

# breakfast @ sayers food

monday – saturday 7.00am till 11.30am

sunday - 7.00am till 2.30pm

**please order & pay at the counter**

**please let us know if you have any allergies as some of our dishes contain nuts etc.**

**organic breads** – sourdough, rugbrod (rye)

quinoa & linseed or ciabatta toast, butter, house made jam 6.0

organic **fruit & nut toast**, butter, house made pear, apple & blueberry jam 7.5

chocolate & **banana bread**, maple butter 8.0

quinoa & brown rice **porridge**, almonds, coconut, maple syrup & berries 16.5

**free range** poached, scrambled or fried eggs, toasted extra virgin olive oil ciabatta

½ serve 10.0

full serve 12.5

**Extras:** hollandaise, tomato chutney, rocket & parmesan salad 3.0

tomato, mushroom, spinach, bacon, Sayers beans, potato cake 4.0

smoked salmon, spicy italian cacciatore sausage, avocado 5.0

(You may request gluten free toast for an additional cost of 1.0)

coriander & cumin beans **tagine**, babaganoush, poached egg, toasted linseed 16.5

**saffron doughnuts**, ricotta custard, salted caramel popcorn chocolate & walnut crumble 16.5

spicy **italian sausage**, scrambled egg, wilted spinach, toasted ciabatta 19.5

potato **rosti**, onion jam, poached eggs, bacon, lemon scented wilted spinach 19.5

house **smoked salmon** kedgerree, saffron pilaf, poached eggs, chilli jam , green papaya salad 20.5

leek & parmesan **croquettes**, corn puree, poached eggs, prosciutto crisp, buckwheat & mixed leaf salad 21.5

house made **tortilla**, pulled BBQ pork, fried eggs, spring onion crema & pickled jalapeno 22.0

**full breakfast** of poached, scrambled or fried eggs, potato cake 3 beans, grilled tomato, field mushroom, italian sausage & bacon

**vegetarian full breakfast** add pumpkin & feta frittata & spinach (no meat) 24.5

**Most dishes can be altered to suit gluten free requests**

**Please let us know if you have any allergies as some of our dishes contain nuts etc.**

All our products are of the highest standard & prepared fresh on a daily basis with local produce, including locally farmed free range eggs & free range chicken

**UNFORTUNATELY, NO CHANGES CAN BE MADE TO THE MENU DURING PEAK PERIODS**

**with pride – The Sayers Team**