

breakfast @ sayers food

monday – saturday 7.00am till 11.30am

sunday - 7.00am till 2.00pm

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	9.5
full serve	11.5
Extras: hollandaise, red capsicum relish, 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
beetroot cured salmon bagel , fermented fennel & daikon salad, poached eggs, house made dukkah & labneh	19.5
leek & parmesan croquettes , grilled asparagus, poached eggs, capsicum relish & corn salsa 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

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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