

# 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.**

<b>organic breads</b> – sourdough, rugbrod (rye) quinoa & linseed or ciabatta toast, butter, house made jam	6.0
organic <b>fruit &amp; nut toast</b> , butter, house made pear, apple & blueberry jam	7.5
chocolate & <b>banana bread</b> , maple butter	8.0
<b>bircher muesli</b> , greek yoghurt, rhubarb & blackberry compote, toasted coconut	16.5
<b>free range</b> poached, scrambled or fried eggs, toasted extra virgin olive oil ciabatta ½ serve	10.0
full serve	12.5
<b>Extras:</b> hollandaise, tomato chutney	3.0
tomato, mushroom, spinach, bacon, Sayers beans, potato cake	4.0
smoked salmon, spicy italian cacciatore sausage, avocado, rocket & parmesan salad (You may request gluten free toast for an additional cost of 1.0)	5.0
coriander & cumin beans <b>tagine</b> , babaganoush, poached egg, toasted linseed	16.5
<b>protein pancakes</b> , acai berry coulis, housemade granola, banana, vanilla icecream, raw cacao choc glaze	17.5
<b>wild mushroom</b> mozzarella & spinach bruschetta, poached egg, house dried tomato & pinenuts	19.0
spicy <b>italian sausage</b> , scrambled egg, wilted spinach, toasted ciabatta	19.5
potato <b>rosti</b> , onion jam, poached eggs, bacon, lemon scented wilted spinach	19.5
house <b>smoked salmon</b> kedgeree, saffron pilaf, poached eggs, chilli jam , green papaya salad	20.5
leek & parmesan <b>croquettes</b> , corn puree, poached eggs, prosciutto crisp, buckwheat & mixed leaf salad	21.5
coffee spiced <b>brisket</b> , poppy seed bagel, red cabbage slaw, fried egg, chimichurri	22.5
<b>full breakfast</b> of poached, scrambled or fried eggs, potato cake 3 beans, grilled tomato, field mushroom, italian sausage & bacon	
<b>vegetarian full breakfast</b> 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**