

# 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.**

<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
quinoa & brown rice <b>porridge</b> , almonds, coconut, maple syrup & berries	16.5
<b>free range</b> poached, scrambled or fried eggs, toasted extra virgin olive oil ciabatta ½ serve	9.5
full serve	11.5
<b>Extras:</b> 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 <b>tagine</b> , babaganoush, poached egg, toasted linseed	16.5
<b>saffron doughnuts</b> , orange custard, sweet caramel, chocolate & pistachio soil	16.5
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
beetroot cured salmon <b>bagel</b> , fermented fennel & daikon salad, poached eggs, house made dukkah & labneh	19.5
leek & parmesan <b>croquettes</b> , prosciutto, poached eggs, capsicum relish & corn salsa salad	21.5
<b>truffled wild mushroom</b> , pinenuts, poached eggs, ciabatta & crumbed buffalo mozzarella	23.5
<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**