

# EARLY



# RISERS

"Surf"

"Salt"

Inspired by iconic surf trips up and down coastlines all over the world, our menu brings the sensory journey of salt and smoke to life. Our flavours evoke beach bonfires, cooking over coals, the crunch of that salty wave and the ocean drying on your skin.

## HOT & COLD DRINKS

### COFFEE

Regular	4
Large	4.5
+ decaf, extra shot, almond, oat or soy milk	0.5
Flavoured Lattes	5
Matcha   Turmeric   Prana Chai	
Cold Brew Can	5

### ORGANIC TEA

English Breakfast   Earl Grey   Lemongrass & Ginger	4
Black Chai   Peppermint   Green Sencha	

### COLD DRINKS

Organic Juice by 'Karma' 4
Orange   Apple
Carrot, orange & turmeric
Apple, black currant & raspberry
Kombucha by 'Good Happy' 6.5
Ginger turmeric   Mixed berry
Coconut Water 5
Beloka Water 4.5
Still   Sparkling

FROM 7AM — **BREAKFAST** — TIL 11AM

Muesli biscuit (GF) (DF) 3.5

Croissant | chocolate croissant | almond croissant | muffin (V) 5ea

Mini banana bread, Pepe Saya butter (V) (GF) 7

Orange and almond cake (V) (GF) 7

Edamame and guacamole dip, feta, mint, gluten free crisps (V) (GF) (VE) 12

Fruit bowl, coconut yoghurt (GF) (VE) 10

Apple bircher, blackberries, crumble topping (V) (GF) 12

BLT sandwich (GF) 10

Smoked salmon, crème fraiche, pickled red onion, rocket toastie (V) 10

Tomato, basil, ricotta, black olive toastie (V) 10

Bacon, egg and cheese pie w. tomato chutney 10

Charred asparagus, baby leek, feta and toasted almond quiche (V) 10

## OUR MATES

Harbord Hotel is proud to partner with fellow Northern Beaches locals, Berkelo and Barrel One.

(GF) Gluten Free (DF) Dairy Free (V) Vegetarian (VE) Vegan (Option)

All food is prepared in a kitchen containing nuts, gluten, dairy, soy and other allergens. We will do our best to accommodate allergies and intolerances. Card transaction surcharge applies to all EFTPOS & credit card purchases. 15% surcharge on public holidays.

# HARBORD HOTEL