

BRUNCH 9AM TILL 4PM

Proud to use local Bellbird Bakery and Butterfly & Scotch Bacon

CAVE ROCK BREAKFAST	29.5	SUMMER SCRAMBLED EGGS	26
Beef, jalapeño & cheese sausage, streaky bacon, potato hash, eggs poached or fried, balsamic tomato, portobello mushrooms, sourdough *gf		Citrus prawns, cherry tomatoes, pickled fennel, herb cream, Tabasco gel, chilli, coriander *gf *n *s	
PEPPER & JALAPEÑO PORK HASH	27	AVOCADO SMASH	25
Spinach, poached egg, chive hollandaise, pickled carrot & red onion, chipotle mayo, toasted seeds gf *df s		Coconut labneh, herb cream, pickled vege, chilli, coriander, sourdough; with either poached eggs or spiced falafel *gf df *s	
BEACHED AS BENNY	27	SUMNER TOASTIE	18.5
Sourdough, avocado cream, poached eggs, chive hollandaise, green oil, dukkah; Either Bacon, Salmon, Mushroom or Avocado *gf *n		Bacon, brie cheese, green tomatillo jam, sourdough, fried egg *gf	
		GRANOLA	21
		Toasted seeds & nuts, dried fruit, coconut chia seed pudding, fresh summer fruit, citrus gel gf v n	

SIDES

Hollandaise **3** / Potato hash **6** / Mushrooms **8** / Bacon **8** / Smoked salmon **8** / two eggs your way **7** / Spinach **5**



LUNCH 11AM TILL 4PM

SMALL PLATES

SWEET CHILLI FLATBREAD	22
Sweet chilli & basil pesto, rocket, cherry tomato, pecorino *vg	
BUTTER BEAN, PLUM & SRIRACHA HUMMUS	19.5
Toasted seeds, sumac, sweet chilli pesto, house-made pita *gf v s	
PORK BITES	24
Asian BBQ sauce, avocado cream, chipotle mayo, chilli, pickled fennel, Korean dukkah gf *n *s	
CORN RIBS	22.5
Chipotle mayo, Tajin, herb cream, pecorino gf *v *n	
CARNITAS TACO	15
Braised cumin orange pork, avocado crème, avocado, Tabasco gel, chilli, coriander gf *n *s	
FRIED GARAM MASALA CAULIFLOWER	21.5
Coconut labneh, pickled vege, herb cream, toasted seeds gf v *n	
CITRUS CEVICHE	26
Coconut Leche de Tigre, herb cream, chilli, green oil, coriander gf df *n	
SCALLOPS	27
Avocado cream, chorizo, herb dressing, green oil *gf df *n	

v - vegan | vg - vegetarian | gf - gluten free (advise if coeliac) | df - dairy free | n - contains nuts (please advise staff) | s - spicy | *Dietary option available

CLASSICS

BEACH SEAFOOD CHOWDER	27
Salmon, prawn, mussels, potato, crispy capers, toasted bread *gf	
TEMPURA FISH & CHIPS	29
Mushy peas, tartare & tomato sauce *df	
CHIPOTLE STEAMED NZ MUSSELS	28.5
Garlic, lime, coconut milk, coriander, chilli, toasted bread *gf df *s	
BEACHED BURGER	28.5
Beef, bacon, Swiss cheese, tomatillo jam, house secret sauce, cos, Bones pickles, milk bun, fries *gf *df	
SMASHED FALAFEL BURGER	27.5
Coconut labneh, cos, herb cream, Bones pickles, milk bun, fries *gf *df *v *n	
GRILLED OCTOPUS SALAD	27
Romesco sauce, pickled vege, green salad, avocado cream, green oil gf df *n	
HOUSE CAESAR SALAD	25.5
Cos lettuce, bacon, croutons, parmesan, egg, anchovy dressing - add confit chicken or smoked salmon 8 *gf *df vg	
SUMMER SALAD	24
Mesclun, quinoa popcorn, toasted seeds, coconut labneh, watermelon, cucumber, mint, honey mustard vinaigrette gf df v s - add confit chicken or smoked salmon 8	



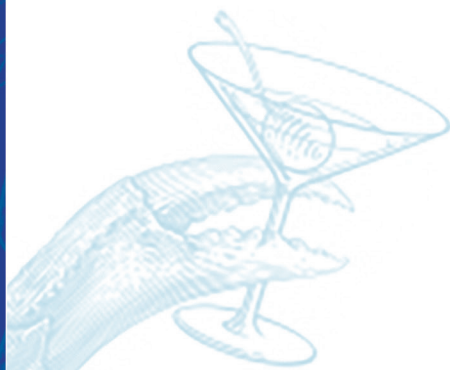
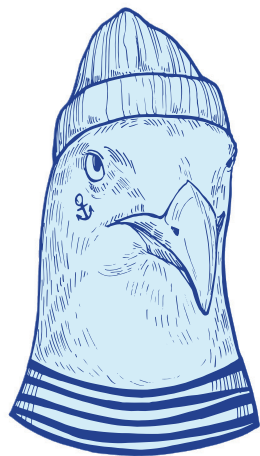
PIZZAS

MARGHERITA	27.5
Tomato, fresh mozzarella, basil vg	
PROSCIUTTO	33.5
Figs, pistachio, rocket, mozzarella *n	
BUFFALO CHICKEN	32.5
Blue cheese, herb cream, celery, chives, mozzarella *n	
SEAFOOD BIANCA	34
White sauce, prawn, salmon, capers, rocket, mozzarella	
PORK & PINEAPPLE	32
Pork shoulder, chilli & lime pineapple, avocado cream, mozzarella s	
HERBIVORE'S HAVEN	31
White sauce, mushroom, artichokes, olives, truffle mayo, mozzarella, parmesan vg	
MEXICO	32.5
Tajin lamb, cherry tomato, chipotle mayo, jalapeño, coriander, mozzarella - Gluten free bases and dairy free cheese options, available on request	

SIDES

FRIES, TOM SAUCE gf df	13.5 / 16.5
#HASHTAG FRIES	17.5
Cajun dust, chipotle mayo df	
GREEN SALAD	13
Mesclun, toasted seeds, honey mustard gf *v	

Free WIFI!: Beach Guest **PASSWORD: 25Esplanade**



DRINKS NON-ALCOHOLIC

CAFFEINE / TEA

HUMMINGBIRD COFFEE	Sml	Lrg
Short Black / Long Black / Americano	5	
Flat White / Latte / Cappuccino	5.5	6
Macchiato / Vienna / Piccolo	5.5	
Mocha / Dirty Chai	6	6.5
Hot Chocolate	5.5	6
Chai - Vanilla or Spiced	5.5	6
Add - vanilla, caramel, hazelnut	0.5	

TI ORÁ PREMIUM TEA SELECTION 5.5

English Breakfast / Earl Grey / Summer Fruit / Peppermint / Green Tea / Chamomile	
Hot lemon, honey & ginger	4.5

COLD/ICED

Cold Brew Coffee	5.5
Peach Iced Tea	6.5
Iced Chocolate / Iced Coffee	8.5
Banana or Berry Smoothie - yoghurt, honey, milk	10

MOCKTAILS

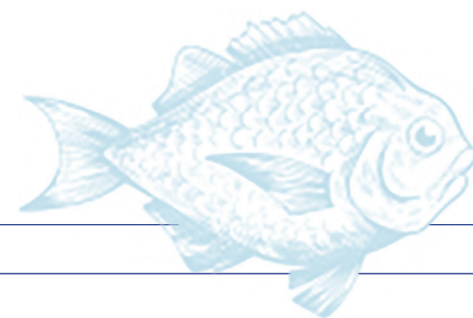
Jungle Juice - Orange, apple, cranberry, mint, passionfruit, lemonade	12.5
Elderflower Spritz - lime, mint, cucumber, soda	12.5
Passionfruit or Berry Mojito - Lime, mint, soda	12.5
Surfs Up - Cranberry, pineapple, lime, soda	12.5

QUENCHERS

JUICE	Sml	Lrg
Orange / Tomato	7	9
Pineapple / Apple / Cranberry		

SOFT DRINKS

	Sml	Lrg
Coke / Coke Sugar Free / Lemonade / Fanta / Soda / Ginger Ale	6	8
Ginger Beer 330ml		7
Perrier Sparkling Water 330ml		6.5
Perrier Sparkling Water 750ml		10.5



DRINKS ALCOHOLIC

BEER

TAPPED	Sml	Lrg
Heineken 5%	10	13.5
Heineken Silver 4%	10	13.5
Monteith's Wayferer Pilsner 4.9%	10	13
Tuatara Hazy 5.5%	11	14.5
Monteith's Hazy Lemonade 4.2%	11	14
Guest Tap - ask the crew		POA
BOTTLED		
Sol 4.5%	10	
Tiger 5%	10	
Heineken 5%	10	
Monteith's Original Ale 4%	10	
Export 33 (Low Carb) 4.6%	10	
Cassels Nectar IPA 6.1%	13.5	
Cassels Milk Stout 5.2%	13.5	
Stoke Lager 2.5%	12	
Garage Project Fugazi 2.5%	12	
Heineken 0%	10	
State of Play IPA 0%	12	
Garage Project Tiny Hazy IPA 0%	12	
Ryder Cyder 4.5%	12	
Sprig & Fern Mango & Lime Cider 4%	12.5	
Monteith's Apple Cider 4.5%	11	
Royal Jamacia Alcoholic Ginger Beer 4.4%	13	

BEACHED COCKTAILS

BEACH HOUSE FROZEN COCKTAIL 15.5

ask our crew for today's flavours!

ESPRESSO MARTINI	20	SUNDOWNER PIMMS	15.5
Vodka, Vanilla, Cold Brew Coffee		Pimm's, Mint, Seasonal Fruit, Lemonade, Ginger Ale	
MOVIESTAR MARTINI	20	PINK LADY	16
Vanilla Vodka, Passionfruit, Prosecco		Little Bidy Pink Gin, Grapefruit Tonic, Blueberries	
GIN SOUR	19	BLOODY MARY	16
Gin, Strawberry, Rhubarb		Vodka, Worcestershire, Tabasco, Tomato Juice, Lemon	
BLUE OCEAN PIÑA COLADA	16.5		
Plantation Pineapple Rum, Coconut Cream, Pineapple, Blue Curaçao			
APEROL SPRITZ	16.5		
Aperol, Prosecco, Soda			
LEMONCELLO SPRITZ	16.5		
Lemoncello, Prosecco, Soda			
MOJITO - CLASSIC, BERRY OR PASSIONFRUIT	16.5		
White Rum, Lime, Mint, Soda			

