

# BREAKFAST

## **BANANA BREAD** w/butter

**TOAST SOURDOUGH | TURKISH | GLUTEN FREE** — jam, vegemite, peanut butter, marmelade

## **FRUIT TOAST** w/ricotta & honey

### **BACON & EGG ROLL**

bacon | fried egg | roquette | choice of sauce

### **EGGS ON TOAST**

POACHED | SCRAMBLED | FRIED | on sourdough toast

### **BREKKY WRAP**

2 fried eggs | bacon | avocado | cheese | spinach | choice of sauce

### **CHEF SPECIAL HALLOUMI WRAP/ROLL**

2 fried eggs | grilled halloumi | tomato | avocado | spinach & aioli sauce

### **TOASTED MUESLI**

fresh fruits | greek yoghurt | Honey | Cinnamon & side of milk

### **BAYVIEW BREKKY BURGER**

fried egg | bacon | cheese | tomato | avocado | hash brown | roquette | with choice of sauce...

### **ITALIAN SCRAMBLED EGGS** w/avocado

Scrambled eggs | pancetta | tomato | basil | topped with hollandaise sauce

## **SOURDOUGH TOASTS**

### **AVOCADO, RICOTTA, MUSHROOM & GRILLED HALLOUMI**

smashed avocado | halloumi | ricotta | sundried tomato | grilled mushrooms

### **AVOCADO, GRILLED TOMATO, PROSCIUTTO & BOCCONCINI**

smashed avocado | grilled tomato | bocconcini | sundried tomato & prosciutto

### **AVOCADO, FETTA, TOMATO & GRILLED HALLOUMI**

smashed avocado | tomato | fetta | sundried tomato | grilled halloumi

### **SPINACH MUSHROOM OMELETTE**

chopped grilled mushroom | onion | diced tomatoes | spinach | basil | parmesan cheese | side of hollandaise sauce

### **8 KNOTS EGG BENEDICT**

choice of bacon OR smoked salmon on Turkish toast

poached eggs | wilted spinach | tomato | avocado | topped with hollandaise sauce

### **BIG BREAKFAST** POACHED | SCRAMBLED | FRIED

choice of bacon OR smoked salmon | grilled tomato halloumi | avocado | grilled mushroom | hash brown



# SANDWICHES OR WRAPS

FRESH / TOASTED... can be done with a side of chips

## **CHICKEN PESTO AVOCADO**

freshly cooked chicken breast marinated in homemade sauce | pesto sauce  
sundried tomato | avocado | roasted capsicum | baby spinach

## **CHICKEN SCHNITZEL, CHEESE & AVOCADO**

crumbed chicken breast schnitzel | cheese | avocado | tomato  
sundried tomato | spinach | sweet chilli | homemade sauce

## **TANDOORI CHICKEN**

tandoori chicken breast marinated in fresh homemade mint sauce  
sweet chilli | sundried tomato | avocado | roast capsicum | baby spinach

## **CHICKEN CAESAR WRAP**

freshly cooked chicken marinated with homemade caesar dressing  
bacon | cheese | lettuce

## **HCT & CARAMELISED ONION**

thinly sliced ham | tasty sliced cheese | tomato | sundried tomato  
caramelised onion | roquette | homemade tomato relish

## **BLT AND AVOCADO**

fresh grilled bacon | lettuce | tomato | avocado | garlic aioli

## **PROSCIUTTO & BOCCONCINI**

thinly sliced prosciutto | bocconcini | tomato | sundried tomato  
avocado | roquette | pesto | homemade sauce

## **SMOKED SALMON & AVOCADO**

smoked salmon | avocado | spanish onion | cucumber | capers  
homemade sauce | baby spinach

## **GRILLED VEGETABLES & HALLOUMI**

fresh mixed grilled vegetables | grilled halloumi | pesto  
homemade sauce | baby spinach

## **FALAFEL HUMMUS WRAP**

homemade falafel | cos lettuce | onion | tomato | beetroot | cheese  
hummus | sweet chilli sauce

# 8 KNOTS BURGERS

*all come with chips...*

## **GRILLED CHICKEN BURGER**

grilled chicken breast | cheese | lettuce | tomato | spanish onion  
avocado | chipotle sauce

## **CHICKEN SCHNITZEL BURGER**

freshly crumbed chicken schnitzel | cheese | lettuce | tomato  
spanish onion | sweet chilli sauce | chipotle sauce

## **AUSSIE BEEF BURGER**

Angus beef pattie | cheese | lettuce | tomato  
bacon | caramelised onion | homemade sauce

## **CRISPY FISH BURGER**

Battered Barra fillet | cheese | lettuce | tomato | spanish onion  
sliced beetroot | tartare & aioli sauce

## **CLASSIC VEGGIE BURGER**

grilled veggie pattie | lettuce | spanish onion | sliced beetroot  
tomato | cheese | chipotle sauce

# DA RICO SALADS

choice of BALSAMIC or CAESAR dressing

## GRILLED CHICKEN, PESTO & AVOCADO

mixed lettuce | grilled chicken breast fillet marinated with pesto | cucumber  
tomato | sundried tomato | olives | fetta | onion | avocado | pinenuts

## CHICKEN CAESAR SALAD

baby cos lettuce | grilled chicken | crispy bacon | croutons | boiled egg  
caesar dressing | topped with parmesan cheese

## SMOKED SALMON & AVOCADO

mixed lettuce | smoked salmon | cucumber | tomato sundried tomato | fetta  
onion | olives | capers | avocado | sesame seeds

## BLT & GRILLED HALLOUMI

mixed lettuce | crispy bacon | tomato | halloumi | cucumber | sundried tomato  
| fetta | onion | avocado | olives | sesame seeds

## ROASTED PUMPKIN & HALLOUMI

mixed lettuce | halloumi | pumpkin | tomato | cucumber | sundried tomato  
fetta | onion | olives | avocado | roasted pine nuts

## GARLIC PRAWN & AVOCADO

mixed lettuce | grilled prawn marinated in garlic | cucumber | tomato  
sundried tomato | fetta | onion | olives | avocado | sesame seeds

## COCONUT PRAWN & AVOCADO

mixed lettuce | crumbed coconut prawns | avocado | cucumber | mint leaves  
tomato | sundried tomato | fetta | onion | olives

## GRILLED PROSCIUTTO & SEASONAL FRUIT

mixed lettuce | grilled prosciutto | seasonal fruit | cucumber | tomato  
sundried tomato | greek fetta | onion | olives | avocado | parmesan cheese