

appleseed

all day menu
available until 2:30pm

brekkie

- appleseed big brekkie (GFO)** – 25
toasted ciabatta w two free range eggs -
poached, fried or scrambled w local bacon,
pork sausage, roasted tomato, hash browns +
roasted mushrooms
- eggs on toast (GFO)** – 14
two free range eggs - poached, fried or
scrambled w toasted ciabatta
- eggs benedict (GFO)** – 20
english muffin w two free range poached
eggs, leg ham, sautéed spinach + hollandaise
- avo bruschetta (VE, GFO)** – 19
smashed avocado on toasted ciabatta w
cherry tomato + pickled onion salad, salsa
verde + dukkah
- appleseed granola (GF, VEO)** – 14
gluten free granola, w toasted coconut,
seeds + nuts served w yoghurt + fresh fruit
- smoked salmon crepes** – 20
warm crepes w harris smoked salmon,
sautéed spinach, asparagus salad + herby
creme fraiche

smoked salmon - 8	bacon - 6
pork sausage - 5	avocado - 5
leg ham - 5	haloumi - 5
hash browns - 4	roasted mushrooms - 4
roasted tomato - 4	sautéed spinach - 4

sandwiches & more

- bacon + egg burger (GFO)** – 19
local bacon w two fried free range eggs,
cheese + relish on a toasted bun
- brekkie burrito** – 22
bacon, breakfast sausage, scrambled eggs +
hash browns w sour cream, avocado +
cheese wrapped in a warm tortilla
- southern fried chicken burger** – 24
crispy fried chicken, slaw, pickles, swiss
cheese + buffalo sauce w rustic fries
- vegan schnitzel sanga (VE)** – 20
plant based schnitzel w vegan cheese,
avocado, tomato, salad + smokey chipotle
mayo on toasted ciabatta
- steak sanga (GFO)** – 26
local scotch fillet w onion jam, fried egg,
cheese, salad + aioli on toasted ciabatta w
rustic fries

V-vegetarian, VE-vegan, VEO-vegan option.
GFO - gluten free option
our kitchen processes items containing
allergens such as gluten, fish, nuts etc. while
we take all due care, please note that we
cannot guarantee that our fried items are
100% gluten or allergen free.

bowls & mains

- carbonara arancini** – 19
cheesy pancetta risotto balls w aioli, herb
salad + parmesan
- zucchini, corn + haloumi fritters(GF)** – 20
crispy fritters w romesco, avocado, roasted
corn salad + house made dukkah
- meatballs + polenta (GF)** – 21
local pork & beef meatballs baked in rich
tomato sauce w parmesan polenta, pesto +
herbs
- supergreen pesto pasta (V)** – 21
asparagus, broccolini, peas + housemade
basil pesto w fresh parmesan
- crumbed south australian garfish** – 26
herb + parmesan crumbed SA garfish w
chips, tartare, lemon + garden salad
- lamb fattoush salad (GFO)** – 26
braised lamb shoulder w cherry tomato,
cucumber, pita chips, herb yoghurt + roasted
capsicum
- appleseed sushi bowl (VEO)** – 24
w chicken or salmon or vegan schnitzel
avocado, wakame, edamame, corn salsa,
poached egg, rice + sesame dressing
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- RUSTIC CHIPS W SAUCE OR AIOLI – 12
- WEDGES W SOUR CREAM + SWEET
CHILLI SAUCE – 12