

# FROM THE PRESS

**V** ORGANIC SOURDOUGH.

WHITE, WHOLEMEAL, GRAIN **5**

**G** GLUTEN FREE, BRIOCHE **6**

HOUSE SPREADS AVAILIABLE

**P** CROISSANT. SMOKED HAM, PROVOLONE CHEESE **9**

**P** BREAKFAST PANINO. DOUBLE BACON,

FRIED EGG, GRILLED ONION,

JACK CHEESE, WOODFIRE PANINO. **10**

## BREAKFAST WRAPS:

**V** ZAATAR EGG. SCRAMBLED, SPINACH, FETA. **11**

**V** HALLOUMI ZAATAR. CYPRIOT HALLOUMI. **10**

**V** VEGAN. ROASTED CAPSICUM,

CARAMELISED ONION, SPINACH, OLIVES,

MUSHROOMS, VEGAN HALLOUMI **12**

BEEF SAUSAGE. SCRAMBLED EGG, SPINACH,

CAPSICUM, CRISPY ONION, AIOLI **13**

# CHEF FAV'S

**S** HOLISTIC. POACHED EGGS, SMOKED SALMON,

AVOCADO, TUMERIC CAULIFLOWER,

OLIVES, BEAN SALSA **24**

MEDITERRANEAN. SCRAMBLED EGGS, HALLOUMI,

MUSHROOMS, TOMATOES, CUCUMBER,

OLIVES, LABNEH, ZAA'TAR BREAD **22**

**D** SHAKSHUKKA. TWO EGGS BAKED, TOMATOES,

CHICKPEAS, CAPSICUM, MORROCAN SPICES,

TUMERIC LABNEH, ZAA'TAR BREAD **22**

# CLASSICS

**P** NEPTUNES BIG BREAKFAST. TWO EGGS YOUR WAY, BACON, GRILLED TOMATO, HASH BROWN,

BEEF SAUSAGE, HALLOUMI, SOURDOUGH **24**

EGGS BENEDICT. ENGLISH MUFFIN,

POACHED EGGS, HOLLANDAISE,

CHOOSE HAM **15** / BACON **16** / SALMON **17**

THREE EGG OMELETTE. CHOOSE 3 INGREDIENTS **13**

BACON, BEEF SAUSAGE, SMOKED SALMON, TOMATO,

MUSHROOMS, SPINACH, KALE, ONION, CAPSICUM,

OLIVES, FETA, HALLOUMI, MOZZARELLA,

**V** EGGS YOUR WAY ON ORGANIC SOURDOUGH. **10**

SELECT ADD ONS BELOW

# ADD ONS

BACON **5**

BEEF SAUSAGE **5**

SMOKED SALMON **6**

HASH BROWNS **4**

HALLOUMI **4**

VEGAN HALLOUMI **7**

AVOCADO **5**

CORN FRITTER **6**

MUSHROOMS **4**

SPINACH **6**

TOMATO **4**

LABNEH (THICKENED

YOGHURT) **3**

COCONUT YOGHURT **5**

# DIETARY

**V** VEGETARIAN

**G** GLUTEN FREE

**S** SEAFOOD

**N** NUTS\*

**P** PORK

Neptunes  
YOUR HOME

# HEALTHY BOWLS

**G V** QUINOA BIRCHER. ORANGE & RHUBARB SYRUP, APPLE, GREEK YOGHURT, CINNAMON, PEPITA SEEDS **12**

**N V** HOT ORGANIC OATS. ALMOND MILK,

CARAMELISED BANANA, BERRIES,

STRAWBERRY, CINNAMON **13**

**N V** ACAI. AMAZONIAN ORGANIC BERRIES, BANANA,

COCONUT, GRANOLA, FRESH BERRIES, CHIA SEEDS **16**

# SWEET

**V** TRIPLE-STACK PANCAKES. BANANA,

STRAWBERRIES OR BLUEBERRIES,

**N** NUTELLA OR MAPLE SYRUP **17**

**N V** BANANA LOAF. RICOTTA,

CINNAMON, ORGANIC HONEY **9.5**

**V** RICOTTA CREPES. QUINOA, MAPLE SYRUP,

MIXED BERRIES, WHIPPED CREAM **9.5**

# PASTRIES

BUTTER CROISSANT **6.5**

BROWNIE **6**

CRONUT. **9**

BOMBOLONE. ITALIAN DONUT,

**N** NUTELLA, STRAWBERRY JAM, RICOTTA **5**



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## BEVERAGES

FLAT WHITE. LATTE. CAPPUCCINO.

LONG BLACK. EXPRESSO. 4 MOCHA 4.5

X SHOT. LARGE .5

TEAS FROM TEA DROP 4.5

ENGLISH BREAKFAST. EARL GREY. PEPPERMINT.  
HONEYDEW GREEN. CHAMOMILE. FRUITS OF EDEN

MALABAR CHAI TEA. ALMOND/SOY MILK 5.5

ICED LONG BLACK 5 ICED LATTE 6 ICED MOCHA 8

ICED CHOCOLATE. ICED COFFEE 7.5.

FRAPPE. ICED CHAI 6

EXTRAS. SOY/ALMOND MILK 1

MACCHIATO RETAIL COFFEE

250G BAG 12.5

NESPRESSO PODS 8

## SMOOTHIES

MANGO TUMERIC. MANGO. BANANA.

TUMERIC. YOGHURT. MILK 8

MIXED BERRY. SEASONAL BERRIES.

HONEY. YOGHURT. MILK 8

MANGO POWER. MANGO. VANILLA PROTEIN.

MINT. COCONUT WATER 10

ACAI. BANANA. CHIA SEEDS.

COCONUT YOGHURT 10

PEANUT BUTTER. BANANA. PEANUT BUTTER.

VANILLA PROTEIN. RAW CACAO. MILK 10

MILKSHAKE. CHOC, STRAWBERRY, CARAMEL, VANILLA 7

EXTRAS. PROTEIN. PEANUT BUTTER 2

## JUICES

IMMUNITY. ORANGE. APPLE. CELERY. GINGER. LEMON 8

ANTIOXIDANT. APPLE. CELERY. MINT. BEETROOT 8

GREEN. APPLE. CELERY. CUCUMBER.

SPINACH. GINGER. LEMON 8

TROPICAL. ORANGE. APPLE. PINEAPPLE. MINT 8

## MOCKTAILS

LYCHEE BLOSSOM. LYCHEE. ROSE. COCONUT. APPLE 9

LEMON MINT. MINT. LEMON. ORANGE 9

COCO PEACH. PEACH. COCONUT. LEMON 9

PEACHY MANGO. MANGO. PEACH. ORANGE 9

PASSIONFRUIT DELIGHT. PASSIONFRUIT.

PINEAPPLE. LEMON 9

Neptunes  
YOUR HOME

87 THE GRAND PARADE, BRIGHTON LE SANDS

PHONE: (02) 9567 8590