



# ALL DAY MENU

- OMELETTE'S** *served w/ garden salad* - df optional, gf **\$19.5**  
 -Bacon, cheese, tomato, mushroom -Salmon, red onion, capers, cream cheese  
 -Ham, cheese, tomato, mushroom -Spinach, cheese, mushroom, tomato (v)
- EGGS, BACON ON TOAST** - gf op. **\$16.5**  
 Two free range eggs your way, bacon, served on your choice of ciabatta, wholegrain or white bread
- SEQUOIA PORRIDGE** - gf, df, v op. **\$17.5**  
 Quinoa, oats, coconut milk, bacon, banana, mixed berry, roasted chopped peanuts
- SEQUOIA GRANOLA** - gf, df, v **\$17.5**  
 Gluten Free Granola Clusters, w/ coconut yogurt, berry coulis, seasonal fruit, toasted nuts and seeds, side coconut milk
- BIG BREAKFAST** - gf /df / vg op. **\$23.5**  
 Two free range eggs your way, streaky bacon, mushrooms, sausage, hash brown, tomato, choice of ciabatta, wholegrain or white
- FRENCH TOAST** - gf op. **\$18.5**  
 Ciabatta, Cinnamon, cream, bacon, berry coulis, banana, maple syrup.
- CREAMY MUSHROOMS ON CIABATTA** - df / gf / vg op. **\$19.9**  
 Sautéed mushrooms in garlic and herbs, two poached free range eggs, onion, toasted ciabatta, parmesan, balsamic glaze
- SEQUOIA BENEDICT** - gf / vg op. **\$21.5**  
 Two free range poached eggs, toasted ciabatta, hash brown, steaky bacon, wilted spinach, hollandaise  
*Bacon swap to Salmon add \$2 extra Add Salmon \$6 extra*
- BLUEBERRY PANCAKES** **\$19.9**  
 House made vanilla buttermilk pancakes, blue berry, banana, berry coulis, maple syrup, toasted coconut and sliced almonds.
- ACAI BOWL** - gf, df, v **\$17.5**  
 Acai, banana, berries, coconut water topped w/ our Sequoia Granola, fresh seasonal fruits, and coconut yoghurt

## BURGERS

- CRISPY CHICKEN BURGER with Chunky Fries** *Swap to Kumara add \$3* **\$22.5**  
 Fried chicken breast, Aioli, cheese, caramelized onion, tomato, lettuce, smashed avocado, tomato sauce
- BEEF BURGER with Chunky Fries** *Swap to Kumara add \$3* **\$24.5**  
 Beef steak w/ BBQ sauce, aioli, lettuce, tomato, caramelized onion, sweet and spicy pickles, cheese, tomato sauce
- FISH BURGER with chunky Fries** *Swap to Kumara add \$3* **\$20.5**  
 Battered dory, aioli, BBQ, caramelized onion, lettuce, cheese, tomato sauce
- VEGETARIAN BURGER with Chunky** *Swap to Kumara add \$3* **\$22.5**  
 Kumara & Chickpea Coconut Pattie, w/ BBQ sauce, aioli, cheese, caramelized onion, tomato, lettuce, tomato sauce

## KID'S MEAL

- Bacon Egg on Toast  
 Chicken Nuggets & Chips  
 Fish Nuggets & Chips  
 Kid's Pancake  
 Hot Dogs and Chips



v- vegan vg- vegetarian gf- gluten free df- dairy free

GF bread option extra \$2

**SEAFOOD PANCAKES** -vg op. **\$22.5**  
 House made vanilla buttermilk savoury pancakes with seafood, garden salad, aioli and lemon wedges.

**HOISIN PULLED PORK BUN** **\$20.5**  
 Asian style pulled pork served in two steamed bao buns, w/ pickled vegetables, fresh coriander, toasted chopped peanuts, crispy shallot and toasted sesame seeds, sesame aioli, hoisin glaze

**FISH AND CHIPS** **\$20.9**  
 Fried in tempura batter dory, w/ chunky fries, garden salad, and tartare sauce, tomato sauce, lemon wedges.

**SALSA AND SMASHED AVO BRUSCHETTA** - gf op. **\$19.5**  
 Bacon, poached egg, crumbled feta & dukkha, Ciabatta

**PASTA OF THE DAY** **\$21.5**

## SANDWICH

- CLUB SANDWICH with chips** - gf op. **\$16**  
 Bacon, egg, tomato, lettuce, aioli on buttered white toast, served with chips and tomato sauce.
- OPEN STEAK SANDWICH with Chunky Fries** **\$24.5**  
 w/Aioli, jus, lettuce, tomato, garden salad, caramelized onion, fire roasted red pepper, toasted focaccia, tomato sauce on side
- OPEN CHICKEN BACON SANDWICH with Chunky Fries** **\$21.5**  
 Grill chicken breast, w/Smashed avocado, caramelized onion, tomato, lettuce, aioli, jus, cheese on toasted focaccia, tomato sauce on side

**BEEF NACHO** - gf / v op. **\$19.5**  
 House made beef nacho sauce, crunchy corn chips, melted cheese, sour cream and guacamole

**SEASONED WEDGES** - gf **\$15.5**  
 w/ sour cream and sweet chill sauce *add cheese \$3 extra / bacon \$5 extra*

**CHUNKY FRIES** *Swap to Kumara add \$4* **\$10.5**

**LOADED CHIPS** *Swap to Kumara add \$4* **\$16.5**  
 Top with melted cheese and crispy bacon, serviced with tomato sauce and aioli

**FRIED PLATTER** **\$25**  
 Prawn twister, fish nuggets, samosa, spring roll, Jalapeno poppers, vegetable balls, chips, w/ Aioli, sweet chilli and tomato sauce

TO SHARE

## SALAD

- THAI BEEF SALAD** - df / gf op **\$19.5**  
 Spiced Thai beef w/ salad green, herbs, Wonton crisps
- GRILLED SALMON FILLET SALAD** - df / gf **\$24**  
 w/couscous, roasted broccoli, toasted almond, baby spinach, pesto, fresh thyme, lemon zest, pea puree.
- SEQUOIA HEALTHY BOWL** - df / gf / vegan **\$24**  
 Fresh lemon couscous, roasted seasonal vegetable and baby spinach salad, toasted almond, grilled mushroom, and pea puree, finished w/ a coconut yoghurt dressing

we only use free-range eggs on our menu