

Egg & Bacon Muffin

Fried egg & bacon on a buttered English muffin
 (Tasty cheese, tomato
 or BBQ sauce optional) **\$5.50**

Egg & Bacon Roll

2 fried eggs & bacon on a buttered
 Turkish roll. (Tasty cheese, tomato or
 BBQ sauce optional)..... **\$6.50**

Compote of Dried Fruit

Plump dried fruits marinated in orange
 juice & spices, served on our Low-fat
 House-made Bircher Muesli **\$8.50**
 Plain Bircher Muesli **\$6.50**
 Add Low Fat Yoghurt **\$1.00**

Fresh Free Range Eggs

Your way (2 x poached, fried,
 or scrambled) served with 2 slices of
 Schwob's Toast **\$7.00**
 Add a Side **\$3.00**
 Bacon/Chipolata sausage/Grilled
 Tomato/Spinach/Mushrooms/Baked
 Beans/Hollandaise/Avocado

Grilled Chorizo **\$4.50**
 Hash Browns x 3..... **\$1.00**
 Smoked Salmon **\$4.50**

Elements Big Breakfast

Your choice of eggs with bacon,
 chipolata sausage, mushrooms, hash
 browns, & grilled tomato served with
 1 slice of Schwob's toast..... **15.90**

Elements Vegetarian Big Breakfast

Your choice of eggs with grilled
 mushrooms, hash browns, grilled
 tomato, baked beans & avocado served
 with 1 slice of Schwob's toast..... **15.90**

Eggs Benedict

2 soft poached eggs with grilled ham
 or bacon on a buttered toasted
 English muffin, topped with
 Hollandaise sauce **\$10.90**

Eggs Florentine

2 soft poached eggs with Spinach on
 a buttered toasted English muffin,
 Topped with Hollandaise **\$10.90**

Eggs Royale

2 soft poached eggs with smoked
 Tasmanian salmon on a toasted
 English muffin, topped with
 Hollandaise sauce **\$11.90**

Spanish Omelette

Three free-range eggs pan fried then
 oven baked with onion, roasted red
 capsicum, & chorizo sausage, served
 with 1 slice of Schwob's toast
 (please allow 12-15min)..... **\$13.00**

Vegetarian omelette

Three free-range eggs pan fried then
 oven baked with mushroom, spinach
 & fetta cheese, served with 1 slice
 of Schwob's toast
 (please allow 12-15mins) **\$13.00**

Breakfast Bruschetta

Sliced avocado & tomato, topped with
 crumbled fetta cheese & drizzled
 with olive oil atop dark rye
 Schwob's toast..... **\$9.90**
 Add a soft poached egg **\$3.50**

French Toast

Golden brown French toast
 topped with bacon & maple syrup..... **\$10.90**

Buttermilk Pancakes

Served with a compote of warm
 berries & maple syrup, with your
 choice of low-fat yoghurt or
 ice-cream **\$11.90**

Seasonal Fruit Salad

Small	\$7.00
Large	\$9.50
Add Low-fat Yoghurt &/or Toasted Muesli	\$1.00

Yoghurt Cup

Low-fat & gluten free, your choice of: plain, raspberry, passion-fruit, mango, blueberry, or muesli	\$5.50
Toasted muesli tub	\$0.80

Hot Traditional Porridge (seasonal)

Plain with Honey	\$6.50
Or your choice of Honey, Walnuts & Cinnamon or with Plump Dried Fruits marinated in Orange Juice & Spices	\$8.50

Freshly Squeezed Juices

Create your own juice from: Carrot, Apple, Orange, Celery, Watermelon, Pineapple, Ginger, Lemon or Beetroot	
Small	\$7.00
Large	\$8.00

Smoothies

Mango, Mixed Berries, Banana or Breakfast Smoothie	\$8.00
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Milkshakes

Chocolate, Caramel, Vanilla or Strawberry	\$6.50
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Iced Drinks

Iced Coffee, Chocolate, Mocha or Café Frappe	\$6.50
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Hot Drinks

Latte, Flat White, Cappuccino, Espresso, Double Espresso, Short/Long Macchiato, Hot Chocolate	
Small	\$3.70
Large	\$4.90
Vitasoy or Lite Soy Add	\$0.60
Chai Spice Latte, Mocha	\$3.90

Tea Drop Teas

Malabar Chai, English Breakfast, Honeydew
Green, China Jasmine Green, Lemongrass &
Ginger, Lavender Grey, Cleopatra Camomile,
Peppermint, Fruits of Eden

From the Bakery

Fresh Croissants

With jam or savoury filled.

NY Bagels

Blueberry, Plain, Sesame Seed, Raisin &
Cinnamon, or 7 Grain.

Schwob's Toast

White, Light or Dark Rye, Multigrain, Turkish or
Gluten Free.

Crumpets or English Muffin

All served with butter & condiments.

Banana or Blueberry-Banana Bread. Fruit Loaf, Raisin Toast

Plain or Iced

Freshly Baked In-house Sweet Muffins

Daily specials

Elements
cafe | catering | functions

breakfast menu

Elements cafe | functions | catering
833 collins street, docklands victoria 3008
e info@elementsvicharbour.com.au
t 03 9629 2288 f 03 9620 2788