

# Light Start

## TOASTED SOURDOUGH / RYE / BAGUETTE / BAGEL

With a Selection of homemade Jams & Spreads.

## SEASONAL FRUIT PLATE

Seasonal Fruit Selection with Natural Yoghurt, Granadilla Dressing and Honey.

## ROCKETS GRANOLA

With Banana, Granola & Dark Chocolate Chips.

## BIRCHER MUESLI

With a Sweet Burnt Apple Dressing, Homemade Summer Bircher Muesli with a Seasonal Fruit Puree.

## THE SIMPLE POACH

Two Poached Eggs with Roasted Cherry Tomatoes and on your choice of Toasted Artisanal Bread.

## AVO SMASH

Avocado, Vine Tomatoes, Feta and Basil Pesto Served on a Toasted Ciabatta.

- Add Poached Egg **15**

# Smoothie Bowls

## BERRY BOWL

A Blend of Fat Free Frozen Yoghurt, Mixed Fresh Berries, Banana, Coconut & Granola, and topped with Cut Berries and Dark Chocolate Shavings.

## CHOCOLATE PEANUT BUTTER SMOOTHIE

A Blend of Fat Free Frozen Yoghurt, Cocoa, Banana, & Peanut Butter, with a cut Banana & Granola Topping.

# Rockets Classics

## EGGS BENEDICT

Two Poached Eggs with a Homemade Burnt Hollandaise on Ciabatta. Add:

- Spinach **15**
- Mushroom **25**
- Bacon **30**
- Smoked Salmon **40**

## EGG WHITE HEALTH OMELETTE

Open Egg White Omelette, with Parmesan, Sautéed Mushrooms, Avocado, Roasted Cherry Tomatoes & Feta, and topped with Jalapeños, Baby Spinach. Served with a Toasted Ciabatta.

## ROCKETS CLASSIC OMELETTE

Baby Spinach, Burst Cherry Tomatoes, Mushrooms, Avocado and Homemade Basil Pesto, served with Toasted Ciabatta. Add:

- Peppers & Caramelized Onions **25**
- Bacon & Chorizo **35**
- Smoked Salmon & Creme Fraiche **42**

## CHORIZO FRITTATA

Chorizo, Sweet Capsicum, Sautéed Onion, Red Pepper, Roast Cherry Tomatoes, & Feta, served with Toasted Ciabatta.

**40**

**70**

**59**

**51**

**47**

**52**

**74**

**69**

**58**

**78**

**63**

**68**



# Breakfast Comforts

## BREAKFAST WRAP

57

Chili and Feta Scrambled Egg, Chorizo, Baked Beans, Tomato Salsa, Avocado.

## ROCKETS BREAKFAST CIABATTA

64

Bacon, Avocado, Cherry Tomatoes and Poached Eggs on Toasted Ciabatta.  
Substitute Bacon for Smoked Salmon

## SWEET CORN FRITTERS

64

Bacon, Homemade Sweet Tomato Jam, Avocado, Baby Spinach, Corn, Onion and Coriander Salsa.  
Add:  
Poached Egg **15** Smoked Salmon **40**

## EGGS RANCHEROS

64

Chorizo, Refried Beans, Spicy Homemade Tomato Sauce, Feta, Coriander, Fried Eggs and Avocado. Served on Toasted Ciabatta.

## SAVOURY WAFFLE

75

Chorizo, Grilled Haloumi, Spinach, Fried Egg and Zucchini Hummus, on a Freshly toasted Homemade Waffle.

## FIELD MUSHROOM CASSOULET EN CROUTE

109

Field Mushrooms Simmered in a Creamy White Wine Veloute, with Tender Stem Broccoli, Parma Ham and a Poached Egg. Served on a Toasted Ciabatta Roll.

## SALMON SWEET POTATO ROSTI

142

Our Famous Sweet Potato and Salmon Rosti with Sour Cream, Rocket, Avocado and Sweet Chili Sauce.

# Breakfast Sweets

## CLASSIC BELGIAN WAFFLES

64

Homemade Belgian Waffle, Served with Caramelised Banana, Nutella, & Vanilla Ice Cream.

## PANCAKE STACK

69

Homemade American Pancakes, served with a Maple Syrup, Caramelised Banana and Chantilly Cream.  
Add:  
Bacon **20** Ice cream **14**

## BRIOCHE FRENCH TOAST

64

Classic Brioche French Toast with Mixed Berries, Mascarpone & Maple Syrup.  
Add:  
Bacon **20**

## DEATH BY FRENCH TOAST

74

French Toast with a filling of Nutella, Caramelised Banana and Sugared Cinnamon.

