

CASCADA

// BREAKFAST

LIGHTER BITES

Toast (3) // 5.5

your choice of sourdough or rye served with jam and butter *GF

Raisin Toast (2) // 5.5

thick slices of raisin toast served with jam and butter

Ham and cheese croissant // 5.9

Bircher Muesli // 8.5 *GF

SWEETER

Pancakes

CHOICE 1 // 11.5

butter milk pancakes (3) topped with strawberries and blueberries and served with whipped cinnamon butter and maple syrup

CHOICE 2 // 11.5

choc chip pancakes (3) served with vanilla ice cream and topped with strawberries

CHOICE 3 // 13.5

pancakes (3) topped with maple syrup, served with bacon & whipped cream

French Toast (2) // 13.9

topped with slices of banana, cream fraiche and maple syrup *GF

LARGER BITES

Eggs Benedict // 14.5

served on an English Muffin with your choice of Barossa smoked ham, Barossa bacon or smoked salmon, topped with hollandaise sauce and baby spinach *GF

Smashed Avo and Fetta on Toast // 13.9

with two poached eggs, topped with rocket *GF

Eggs on Toast *GF // 8.9

Burnside Omelette // 12.9

three egg omelette made up of salami, olive and mushroom *GF

Cascada Greens // 14.9

poached egg, broccoli and spinach garnished with lime juice and served over a bed of quinoa salad, topped with rocket *GF

Vegetarian Lot // 14.9

grilled tomato, sautéed mushrooms, sliced avocado, spinach and grilled haloumi served on toast *GF

Hangover Burger // 10.9

Barossa bacon, a fried egg and a hashbrown served in a brioche bun with tomato sauce. *GF

Cuban Breakfast // 10.9

Barossa bacon and fried eggs served in a Cuban bun with caramelised butter and mustard

Cascada // 15.9

chorizo, pickled onion, peppers, Barossa Bacon, Adelaide Green tomatoes, eggs and relish on sourdough *GF

El Capitan // 21.5

eggs, Barossa bacon, haloumi, mushrooms, tomato, avocado and spinach on sourdough *GF

EXTRAS

Bacon // 3.5

Tomato // 3.0

Sausage // 3.0

Mushrooms // 3.0

Hash Brown // 2.0

Smoked Salmon // 3.5

Spinach // 2.5

Ham // 3.5

Avocado // 3.5

Egg // 2.5

BRUNCH

A choice of a Cubanos Sandwich, Piadina or a Phoenician Wrap with one of our selected fillings listed below // 10.9

Pulled Pork

dijon mustard, Swiss cheese, fresh tomato with home made aioli

Grilled Chicken

dijon mustard, Barossa bacon, Swiss cheese, fresh tomato with homemade aioli

Vegetarian

dijon mustard, Swiss cheese, roast mushrooms, caramelised onion and fresh tomato

Vegan

dijon mustard, eggplant, roast mushrooms, caramelised onion and fresh tomato

CASCADA // DRINKS

GREEN SMOOTHIES

Cleanser // 8.0

kale, spinach, apple, lemon, coconut water

Vegan Super // 10.0

pineapple, banana, avocado, spinach, ginger, coconut water

Over the Rainbow // 8.5

spinach, orange, berries, banana, coconut water

Holiday Detox // 9.0

green apple, lime, cucumber, ginger, coconut water, mint

Strawberry Bash // 8.0

spinach, almond milk, strawberries, banana

FRESHLY SQUEEZED JUICES

Orange // 5.0

Apple // 5.0

Cucumber, Watermelon, Ginger // 7.0

Orange, Apple, Watermelon // 7.0

Apple & Strawberries // 6.0

Carrot, Apple, Ginger // 7.0

SMOOTHIES

Banana Choc Protein Smash // 8.0

coconut milk, banana, choc protein powder, ice

Banana Cinnamon // 8.5

½ a banana, cinnamon, honey, almond milk, yoghurt

Tutti-Frutti // 8.5

berries, pineapple, plain yogurt, banana, orange juice

Soy Good Smoothie // 8.5

bonsoy milk, blueberries, corn flakes cereal, frozen banana

Mango Twister // 8.0

mango, strawberries, banana, coconut milk

Iron Man Energy // 8.5

strawberries, choc powder, ice, coconut milk

Pina Colada Summer // 8.5

pineapple, banana, coconut, orange juice, coconut milk, oats

Berry Hit // 8.5

raspberries, blueberries, strawberries, yoghurt, coconut milk

Chocolate Mood // 9.0

dark chocolate, coconut, greek yoghurt, almond milk, whipped cream

SMOOTHIE EXTRAS

Chia seeds // 0.5
Bonsoy // 0.5
Almond Milk // 0.5
Zymil // 0.5
Kale // 0.5
Spinach // 0.5

HOT BEVERAGES

Coffee

espresso, ristretto // 3.2
long black // 3.5
macchiato // 3.5
flat white, cappucino café latte or piccolo // 3.7
mocha // 4.2
chai latte // 4.2
hot chocolate // 4.0
affogato // 5.9
bubbacino // 1.0

Coffee Extras

in a mug // 1.0
decaf // 0.5
bonsoy, almond, coconut or zymil milk // 0.5

Iced Drinks

iced chocolate/coffee // 6.0
iced latte/iced long black // 4.5

Tea Drop Teas // 5.0

English Breakfast, Earl Grey, Peppermint, Chamomile, Honeydew Green, Lemongrass, Ginger, Malabar Chai

BOTTLED DRINKS

Sparkling / Still Water

500ml // 4.9
750ml // 7.9

Organic Juices

Apple & Blackcurrant // 4.5
Apple & Guava // 4.5
Banana & Mango // 4.5

Soft/Sparkling Drinks

Chinotto or Aranciatta Rosso // 3.8
Coke, Coke Zero or Lemonade // 3.8
Lemon, Lime & Bitters // 4.2
Fever Tree Ginger Beer // 4.0