



ALL DAY OPTIONS

FULL SENTINEL BREAKFAST [DF]	30
smoked bacon, eggs, chorizo, fried potato, mushrooms, harissa beans, tomato chutney and sourdough. That's a kickstart to the day.	
EGGS BENEDICT [GF, VEG]	24
with a choice of hot smoked salmon / chorizo /mushroom & tomato chutney on a smashed potato base.	
BELGIAN WAFFLES	18
bacon, banana , maple syrup and add cream for the full effect.	
HARISSA BEANS [DF, VEG]	18
poached eggs, harissa spiced beans, spinach on sourdough, a touch of zing	
SENTINEL GRANOLA BOWL [GF, DF, V, VEG]	15
a breakfast bowl of oats/seeds, raglan yogurt, fresh berries and maple	
OVERNIGHT CHIA SEED BREAKFAST BOWL [GF, DF, V, VEG]	15
soaked chia seeds, coconut cream, roasted apple and blackberries, cashews, toasted coconut	
CROQUE MADAME TOASTIE	22
brie cheese, smoked ham, pickled cabbage, truffle mayo on a sourdough slice of heaven with a fried egg	
SPANISH OMELETTE [GF, VEG]	18
mushroom, potato, spinach, tomato, feta, rocket. Clean and simple.	
MARINATED GRILLED CHICKEN BURGER	22
chipotle mayo, cheese, jalapeno, bacon all day long.	

ADD ME

BACON	7
CHORIZO	9
HALOUMI	7
HOT SMOKED SALMON	9
MUSHROOM	6
TOMATO	6
HARISSA BEANS	6
FRIED POTATOES	6
SOURDOUGH	4
SHOE STRING FRIES	8

GF = GLUTEN FREE
 DF = DAIRY FREE
 VEG = VEGETARIAN
 V = VEGAN

SENTINEL BOWLS

GREEN KETO [GF]	24
hot smoked salmon, spinach, avocado, cucumber, pickled cabbage, avocado mayo	
ENERGY [GF]	22
chicken, pumpkin seeds, roast squash, paprika, feta, sprouted seeds, rocket pesto, spinach	
PROTEIN BOOST [GF, DF]	20
prime beef, spinach, zucchini, fresh corn, harissa yogurt	
VEGANATOR [V, VEG, DF]	18
crispy tofu, fennel, beetroot & raisin couscous, crunchy apple, spinach	
HEALTHY GUT [VEG]	18
haloumi, sourdough croutons, pomegranate, celery, chickpea, watercress, lemon dressing	
BRAIN FOOD [GF, DF]	24
tuna, choy, kale, peanuts, broccoli, quinoa, sesame seeds, shiso dressing	



SMOOTHIES

GREEN VITAMIN C	11
kale, avocado, apple juice, lime, pineapple	
BANANA BERRY	11
mixed berries, banana, coconut yogurt, chia seeds, milk	
VANILLA BEAN SHAKE	7
vanilla yogurt, vanilla ice cream, milk, vanilla bean ...so good	

LIQUID HEALTH BY DESIGN

FRESH LEMON GINGER & HONEY	6
Freshly squeezed and prepared as a refreshing hot drink.	
KOMBUCHA	7
beautiful range of bottled options and flavours	
PROBIOTIC SODAS [DF, V]	8
With 87 billion active probiotics in every 100ml...that's a lot. Both options are a naturally sparkling water kefir, refreshing and good for your soul.	
mint, lime & kawakawa rasberry, lemon & ginger	
PROBIOTIC GUT SHOTS [DF, V]	4
DETOX activated charcoal, lemon & ginger BOOST tumeric, black pepper, lemon & ginger	
SHRUB [DF, V]	7
Made with raw organic apple cider vinegar matured in french oak barrels for 12 months, then carefully hand blended with a mix of raw fruit & botanicals. It cleanses the palate, quenches thirst, and it's ridiculously refreshing. Served with soda water on ice.	
strawberry & hibiscus pink grapefruit & ginger	

BARISTA MADE

FLAT WHITE	5.5
CAPPUCINO	5.5
LATTE	5.5
MOCHA	5.5
LONG BLACK	5
AMERICANO	5
ESPRESSO	5
MACHIATO	5
BATCH BREW	5
CHAI	5.5
MACHA	5.5
HOT CHOCOLATE	5.5
FLUFFIES	2.5

LOOSE LEAF TEAS

by Harney & Sons	
CITRON GREEN	5
DORCHESTER BREAKFAST	5
EARL GREY	5
PEPPERMINT	5
RASPBERRY FRUIT TEA	5
JASMINE TEA	5