

Breakfast

$\begin{array}{c} Chia\ Bowl \\ \hbox{Chia parfait soaked in coconut milk topped with seasonal fruits} \end{array}$		\$14
$ A ca \hat{i} \; Bowl \\ \text{Antioxidant blended Aca} \hat{i} \; \text{with homemade granola and fresh fruits} $		\$16
Fresh fruit salad with yoghurt Add granola \$5	3	\$12
$Choice\ of\ Thick\ Toast\ (served\ \text{with\ jam\ and\ butter})$ Fruit, Multigrain, White or Sourdough		\$7.5
Full Breakfast Two eggs, bacon, hash brown and chipolata served with toasted sourdough		\$20
Savory Breakfast Waffle Two fried eggs, cherry tomato, avocado served with side of maple so	yrup	\$22
Classic Omelette Leg Ham, tomato, herbs and cheese, served with toasted sourdough	1	\$16
Vegetarian Omelette Spinach, mushroom, tomato, onion and cheese served with toasted	sourdough.	\$18
$Eggs\ your\ way$ Two poached, fried or scrambled eggs and crispy bacon served on to	pasted sourdough	\$15
ADD Baby Spinach / Mushroom / Tomato Chipolata sausage / Bacon / Avocado / Hash Brown	\$4 \$5	
Avocado on Toast Smashed avocado topped with crumbled feta and served on toasted Add 2 Poached eggs Bacon	d sourdough $\$6$ $\$5$	\$15
$Eggs\ Benedict$ Two poached eggs served with spinach on toasted sourdough and to Add Salmon Add Bacon Mushroom	spped with hollandaise sauce $\$6$ $\$5$ $\$4$	\$16
Double Bacon and Egg Roll With Tomato relish and baby spinach Add slice cheese Avocado	\$2 \$5	\$14
Homemade Waffles served with Vanilla Ice Co Banana and Caramel OR Strawberry and Chocolate	ream	\$18

Muffins / Cakes / Scones and more... (please check the display cabinet or ask one of our staff member)

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(from 11am onwards)

Roast of the Day served with roasted vegetables and gravy	
Soft Shell Crab Roll Cajun spice fried soft shell crab with slaw and pickled onions	
Spinach and Mushroom Creamy Pasta	
$Siracha\ Chicken\ Burger\ Siracha\ tempura\ fried\ chicken\ served\ in\ milk\ bun\ with\ herbed\ mayo,\ lettuce\ and\ side\ of\ fries.$	\$20
$Grilled\ Fish\ Burger\ Grilled\ fish\ of\ the\ day\ in\ a\ milk\ bun\ with\ lettuce,\ tartare\ sauce\ and\ side\ of\ fries.$	\$20
$Classic\ Hamburger\ $ Angus beef patty in milk bun with cheese, lettuce, tomato, pickles and side of fries.	\$18
Soup of the Day, served with toasted sourdough	\$12
Roasted Vegetable Salad	\$12
Quiche or Frittata of the Day Served with garden salad	\$16
Fish of the Day (grilled or battered) Served with chips and side of tartare sauce	\$20
Salt & Pepper Calamari Served with chips and side of tartare sauce	\$18
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Sandwiches or Freshly baked Baguettes

	Baguette	Sandwich
Roast meat	\$16	\$12
Chicken, avocado, lettuce & mayo	\$16	\$12
Leg ham, tomato, cheese &lettuce	\$14	\$10
Mix salad	\$14	\$10

Drinks

<u>Smoothies</u>	<u>Coffee</u>		
Acaî Smoothie \$10	Flat White	Small	Large
Acai, berries, banana, chia seeds blended with Pineapple juice	Latte	\$4 \$4	\$4.5 \$4.5
Evergreen Detox \$10 Kale, spinach, pineapple, apple	Cappuccino Long Black	\$4 \$4	\$4.5 \$4.5
Banana Smoothie \$9 Banana blended with honey, cinnamon, yoghurt & milk	Chai Latte Hot Chocolate	\$4.5 \$4.5	\$5.0 \$5.0
Mixed Berry \$9 Mixed Berries and banana blended with honey & milk Fresh Juices (Make your own)	Mocha Iced Latte	\$4.5 	\$5.0 \$6.0
	Iced Long Black Loose Leaf Tea (options available)		\$5.0 \$5.0
3 ingredients \$7 4 ingredients \$8 5 ingredients \$9 (Orange, Apple, Celery, Carrot Cucumber Spinach, Pineapple, Ginger, Beetroot)	Extra Shot\$1 Almond Milk \$2 Lactose free \$1 Syrup \$1 Milkshake	,	a Milk \$1 af \$0.50 \$6
	(Vanilla/ Strawberry / chocolate / Caramel)		