

Jack's Breakfast Menu

Cinnamon Berry Pancake (veg)

mixed berry compote - vanilla bean icecream –
toasted almond flakes - maple syrup

17 -

Buddha bowl (veg, df, vo)

granola – berries - banana puree – seeds -
nuts and mint

17 -

Smashed Avo' (vo, veg, df, gfo)

sourdough - smashed avocado - marinated feta –
lemon wedge

17 -

Eggs your way (gfo, dfo, v)

eggs scrambled/poached/fried - sourdough - fresh
greens

12-

Eggs benedict (gfo, dfo, vo)

poached eggs – bacon - fresh greens - lemon myrtle
hollandaise

(for vegetarians replace bacon with mushrooms)

22 –

Big Breakfast (veg, vo, dfo)

Crispy bacon - eggs your way – mushrooms - hash
brown - eco garden tomatoes - spicy beans

26-

Toasted Croissant (veg)

toasted croissant with choice of fillings:

bacon – cheese – tomato **12 -**

mushroom – cheese – avocado **14 -**

butter – selection of spreads **8 -**

Extras 6-

Hash brown

Avocado

Bacon

Mushrooms

Smoked salmon

Barista coffee 5 -

cappuccino – latte - flat white - macchiato
espresso, long black - mochaccino

Coffee extras .50- -

extra shot – mug - soy milk - almond milk - rice milk

Soft Drink 4 -

coke - coke Zero – lemonade – solo - sunkist

Freshly made Juices 9 -

apple – orange – pineapple - carrot
add ginger / mint

Bottled Water 5|8

still - sparkling

Milkshake 8 -

Chocolate – strawberry – vanilla - caramel
banana - spearmint

Fruit Smoothies 9 -

mango - berry

Virgin Mary 10 -

tomato Juice - lemon -
worcestershire mix

Juices 5 -

orange – pineapple - pink grapefruit – cranberry –
apple - tomato

Eco Fresh 10 -

Bundaberg ginger beer - fresh fruit - ice

Seabreeze 10 -

cranberry – pink grapefruit juice
(blended with ice)

Jack's Lunch Menu

served daily
12.00pm – 2:00pm

Cauliflower Salad 21 -

roasted florets – quinoa tabouleh – pepita seeds
feta cheese - sweet mustard dressing

add chargrilled chicken **7 -**

add chargrilled prawns **9 -**

Eco Beach Burger 18 –

Chicken OR Beef – side of fries

Selection of Toasted Wraps / Sandwiches 12 -

ask our waitstaff for today's selections - fries

Mango & Prawn Salad 25 -

Leafy greens – pepita seeds – red onion – avocado –
lime dressing

Bowl of Fries OR Sweet Potato Wedges 9 -

with condiments

Eco Beach Grazing Board for two 39 -

Share platter includes selections of the following:

roasted cauliflower florets - dipping sauce

crab croquette - seasonal dips - bread

arancini - selection of cheese

Jack's Tapa's Menu

served daily
17.30 pm – 20:30pm

Fried Cauliflower 12 -

spiced roasted cauliflower – riata dipping sauce

Olive mix 9 -

marinated mixed olives – sundried tomato – fetta

Fish Goujons 15 -

panko crusted fish – remoulade dipping sauce – lemon wedge

Pickled Vegies 12-

Eco Beach pickled: cucumber – mushrooms – artichoke – cabbage

Dips & Breads 11 -

trio of house made dip – selection of toasted breads

Chargrilled Octopus 18 -

beetroot puree – tortilla crisp – radish – herb oil – lime wedge

Crab Croquettes 18 -

wasabi mayonnaise

Arancini 18.5 -

mushroom & thyme arancini balls - saffron aioli

King Prawns 25 -

marle rose dipping sauce – lemon wedges

Trio of Tacos 21 -

choice of chicken OR avo – pickled cabbage – coriander – chilli – smoked cheddar – saffron aioli

Cheese Board for two 35 -

three cheeses – breads / crackers – quince – fresh fruit

Charcuterie Board 45 -

selection of hot and cold meats – cheeses – olives – dipping bread
– pickled vegetables