

Sage

MONDAY - SATURDAY: 8AM - 4PM
SUNDAY: 9AM - 4PM

CAFE: (02) 4365 5655
OFFICE: (02) 4365 5664
E: INFO@SAGECAFE.COM.AU

ALL DAY BREAKFAST

MORNING FEAST 26.9

two free-range eggs cooked to your preference (poached, scrambled, or fried), paired with savory chorizo, bacon, oven-roasted tomato, hash brown, sautéed mushrooms, served with a slice of toasted sourdough.

add baked beans - 3.2

THE BREAKFAST COMBO (GF/A) 19.9

eggs cooked your way (poached, scrambled, or fried), served with bacon, oven-baked tomato, rocket, and a side of toasted sourdough

add mushrooms 4.0

BLUEBERRY PANCAKES (VEG) 20.9

topped with a scoop of creamy ice cream, berry compote & drizzled with rich maple syrup

add banana - 3.2

FLORENTINE EGG STACK (VEG) 18.9

poached eggs on top of wilted baby spinach, served on a slice of toasted sourdough, drizzled with our rich, hollandaise sauce

add bacon - 5.0

add smoked salmon - 6.0

SAGE BREKKIE BURGER 22.9

smoky bacon, free-range eggs, sautéed baby spinach, caramelized onions, melted tasty cheese, and a tangy BBQ sauce, all nestled in a soft brioche bun.

add avocado 4.0

FRENCH BRIOCHE DELIGHT (VEG) 22

fluffy brioche French toast, served with a vibrant berry compote, a side of creamy greek yogurt, a drizzle of rich maple syrup and a light dusting of icing sugar

add 1 scoop of ice-cream - 3.0

OUR SMASHED AVOCADO (GF/A) (VEG) 22.9

smashed avocado on toasted sourdough, with crumbled fetta, roasted cherry tomatoes, rocket and house made dukkha.

add 1 egg - 3.0

BREAKFAST BRUSCHETTA 21.9

smashed avocado topped with fresh tomato salsa, crumbled fetta, and bacon, poached egg, all served on a hearty slice of toasted sourdough.

BREAKFAST TACO'S 16.9

fluffy scrambled eggs, maple bacon, and tangy tomato relish wrapped in 2 warm 6" tortilla.

add tasty cheese 3.0

VEGAN BREKKIE (V) 19.9

sauteed mushrooms, grilled tomato, baked zuchinni, hash brown, baked beans with a side of tomato relish.

add avocado 4.0

CHILD'S MEALS

CHILDS BREKKIE - 14.9

1 fried or poached egg with a slice of toast & bacon

CHILDS CHICKEN NUGGET WITH CHIPS 14.9

CHILDS CHEESEBURGER N CHIPS 14.9

LUNCH

THE SAGE CLASSIC (GF/A) 25.9

housemade burger pattie with lettuce, tomato, cheese, bacon, fried egg, caramilzed onion, aioli served on a brioche bun with a side of chips.

CARNIVORE CRUNCH 25.9

melted cheese on top of chopped steak, fresh lettuce, tomato, tangy tomato relish, and caramelized onions, all served on toasted brioche roll with a side of chips.

B.L.A.T (DF) 21.9

(bacon, avocado, lettuce & tomato) with garlic aioli on turkish bread.

add a side of chips - 3.0

BACON & EGG ROLL 14.9

bacon, fried egg with your choice of BBQ or tomato sauce on a brioche bun

add avocado - 4.0

FISH, CHIPS & SALAD (DF) 26.9

grilled barramundi fillet, served alongside a portion of chips, a fresh side salad and a side of tangy tartare sauce.

CLUCKIN GOOD BURGER 23.9

crispy, southern seasoned chicken breast, fresh lettuce, tomato, cheese, garlic aioli, and pickles, all nestled in a soft toasted milk bun served with a side of fries.

add egg 3.2

MORROCAN LAMB SALAD 25.9

tender moroccan-spiced lamb cutlet, served with a fresh mediterranean salad of mesclun lettuce, cucumber, tomatoes, olives, red onion, and feta, drizzled with a zesty lemon dressing.

PUMPKIN, SPINACH & MUSHROOM RISOTTO (VEG) 23.9

roasted pumpkin, spinach, and mushroom risotto, cooked in a garlic and white wine sauce, topped with shaved Parmesan.

add chicken - 6.0

add prawns (3) - 6.0

SALMON STACK 25.9

pan-seared, dukkah-crusted salmon fillet, served on a stack of oven-roasted seasonal vegetables with harissa aioli and a lemon wedge

WARM CHICKEN SALAD 21.9

mesclun lettuce, tomato wedges, sliced avocado, spanish onion, walnuts & cucumber topped grilled chicken and a citrus dressing

PERFECT PENNE (V) 17.9

chickpea's, wilted baby spinach, roasted pumpkin tossed through a creamy hummus sauce and penne pasta.

add chicken - 6.0

add prawns (3) - 6.0

add salmon - 8.0

SEASONED POTATO WEDGES S - 6.9 L - 10.9

served w sour cream & sweet chilli sauce

BOWL OF CHIPS S - 5.5 L - 9.5

EXTRAS

Tasty Cheese | Grilled Or Fresh Tomato | Hollandaise 3.0 | Protein Powder 3.0

Extra Egg | Banana | Ice Cream | Baked Beans 3.2

Fetta | Haloumi | Mushroom | Hash Brown | Avocado 4.0

Bacon | Chorizo | Beef Patty 5.0

Chicken | Smoked Salmon | Prawns (3) 6.0

Salmon Fillet | Grilled Barramundi 8.0

*ONLY BE ADDED TO A MEAL,
CANNOT CREATE*

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HOT BEVERAGES

Fair-trade Organic or Full flavoured Forte Di Stefano Coffee

Soy Milk 0.6 | Decaf 0.6 | ADC Almond Milk 0.8 | Organic Coconut Milk & Lactose Free 1.0
Oat Milk & Bonsoy 1.2

	S	L
Piccollo Latte.....	4.3	
Macchiato.....	4.3	
Cappuccino.....	4.5	5.5
Flat White.....	4.5	5.5
Long Black.....	4.5	5.5
Café Latte.....	4.5	5.5
Chai Latte.....	4.5	5.5
Hot Chocolate (Gf).....	4.5	5.5
Matcha Latte.....	4.8	5.8
Golden Latte.....	4.8	5.8
Mocha.....	4.9	5.5

T2 TEA SELECTION

Pot for one 4.9 | Pot for two 8.5

Refer to our Tea Menu for a wide selection of premium fresh leaf teas.

CHILLED DRINKS

Single Origin Cold Drip Coffee - served on ice.....	5.9
Iced Coffee, Iced Chai, Iced Mocha, Iced Chocolate, Iced Matcha.....	8.5
Iced Latte, Matcha Latte, Chai Latte Iced Long Black.....	7.5
Frappe's - chai, mocha, matcha, coffee or choc.....	7.5
Spider's - with coke, no sugar coke, sprite, fanta.....	7.5

DELICIOUS CAKES

See our front cabinet for more house baked treat selections!

Including many **gluten free, raw, vegan, dairy free** and **sugar free** options
such as our apple polish, cacao tart, lemon tart and many more!

BREAD SELECTION

CHOOSE FROM OUR BREAD RANGE	1 SLICE	2 SLICE
Artisan Sourdough.....	4.0	7.5
Brioche Loaf.....	4.0	7.5
Brioche Milk Bun.....	4.0	7.5
Turkish Bread.....	4.0	7.5
Cinamon Raisin Turkish.....	4.2	7.7
Gluten-Free Bread.....	6.0	9.5
Housemade Banana Bread <i>toasted with butter</i>	9.0	
Housemade Pear & Almond Bread <i>toasted with maple butter</i>	10.0	
Housemade Paleo Banana Bread GF/DF <i>toasted with honey</i>	10.0	
Housemade Pumpkin Bread <i>toasted with maple syrup</i>	10.0	

SUPER SMOOTHIES

all vegan and paleo friendly 10.0

ACAI SMOOTHIE GF

acai, strawberries, raspberries,
blackberries, hempseed & almond milk.

BREAKFAST SMOOTHIE

banana, medjool dates, quick oats,
blueberries, desiccated coconut,
cinnamon and organic almond milk

PROTEIN VITALITY GF

blueberries, banana, goji berries,
pea protein & organic almond milk

RAW ENERGY

banana, medijol dates, raw almonds
cinnamon, raw cacao & coconut milk

FRUIT SMOOTHIES AND CRUSHES

your choice of either banana, mango and strawberry - 7.9

blend with vanilla ice-cream OR greek yoghurt.

Mixed berries, Cranberry juice & Ice - 7.5

Mango, Coconut Water & Ice - 7.5

GOT THE SHAKES

	CHILDS	LARGE
Chocolate.....	4.5	6.9
Caramel.....	4.5	6.9
Vanilla.....	4.5	6.9
Strawberry.....	4.5	6.9

LETS GET SOCIAL

FOLLOW OUR
INSTAGRAM



@SAGE.CAFE.ERINA

GF/A - GLUTEN FREE AVAILABLE
VEG - VEGETARIAN DF - DAIRY FREE V - VEGAN
PLEASE ADVISE STAFF OF ANY ALLERGIES

PLEASE EXPECT A MINIMUM 15-20 MINUTE WAIT ON MEALS DURING BUSY PERIODS.
WE THANKYOU FOR YOUR PATIENCE.

NOT ALL INGREDIENTS ARE LISTED ON THE MENU.

INFORM YOUR SERVER OF ANY DIETARY NEEDS BEFORE ORDERING.
BE AWARE THAT OUR MENU CONTAINS ALLERGENS
AND IS PREPARED IN A KITCHEN HANDLING NUTS, SHELLFISH, GLUTEN, AND EGGS.
WHILE WE MAKE EVERY EFFORT TO ACCOMMODATE DIETARY NEEDS,
WE CANNOT GUARANTEE ALLERGEN-FREE FOOD.