

# SEA LA VIE BREAKFAST

**Roasted mushrooms** - with sheep's fetta, vine-ripened cherry tomatoes, wild baby rocket and caramelised onions, drizzled with a balsamic reduction and olive oil, served with wholegrain sourdough toast 14.97  
with poached egg - add 1.8

**Corn fritters** - with sautéed baby spinach, slow-roasted tomatoes, salsa verde, sprinkled with pine nuts 14.5

**Eggs Benedict** - two eggs poached, with fresh hollandaise sauce on Turkish bread smoked salmon 16.97, ham 14.97  
bacon 15.97, florentine 13.97

**Honey-roasted speck** - served with homemade baked beans and toast 13.97  
with poached egg - add 1.8

**Bacon and eggs** - eggs, cooked how you like them, with grilled tomatoes and toast 13.97

**Sea la vie - the BEST omelettes on the planet!**

**Spanish omelette and toast** – open-style with ham, tomato, potatoes, peas, onions, chorizo sausage and tasty cheese 14.97

**Vegetarian omelette and toast** - roasted capsicum, mushrooms, tomato, baby spinach, peas, shallots and fetta cheese 14.97

**Extras – per item 3**

eggs, bacon, sautéed mushrooms, sausages, spinach, hashbrowns, grilled tomatoes, homemade baked beans

extra slice of toast 1

**Toast: wholemeal / white / fruit / Turkish / wholegrain sourdough** - two slices, served with butter and preserves, both on the side 4.97

**The MEGA BREAKFAST - the most awesome-tasting, delicious breakfast ever** - eggs (cooked how you like them), grilled tomatoes, veal chipolata sausages, bacon, mushrooms, hashbrown, homemade baked beans and toast 18.5

**Bacon and egg roll** - served on Turkish with tomato, tomato relish and hollandaise sauce 11.5

**Buttermilk pancake** - your choice of caramelised banana, or poached fruit, served with honey yoghurt and a side of maple syrup 13.97

**Porridge** – keep out the winter chills with this hot steaming favourite, served with brown sugar and poached winter fruits 12.97

**French toast** – moist and sweet, dusted with cinnamon sugar, served with vanilla ice cream 10.97

**Toasted muesli** - served with honey yoghurt and milk 9.97

**Banana bread** - thick cut, under the hot press, with a side of butter - 1 slice 4, 2 slices 7.9

**Children's Corner** (strictly for our friends 12 and under) 8.97

**Egg** (poached, sunnyside, scrambled), sausage, bacon and toast

**Waffle** - (pre-made) served with banana and vanilla ice cream

10% surcharge on Sundays and public holidays.  
We will gladly divide the bill equally, however we cannot individualise the bill.

# SEA LA VIE LUNCH

Available from 11am daily

## Light Lunches

**Roman rolls:** lightly toasted and served with:

- **Chicken breast**, aioli, semi-dried tomatoes, roasted capsicum, bocconcini cheese and red cos lettuce 15.5

- **Smoked salmon**, shaved cucumber, Spanish onion, cream cheese, and wild rocket, with a preserved lemon and caper mayonnaise 16.5

- **Char-grilled vegetables:** zucchini, eggplant, kumera and slow roasted tomatoes, with melted tasty cheese and garlic aioli 15

**Char-grilled tuna steak** on **couscous** salad with sultanas, char-grilled zucchini, eggplant, kumera, chickpeas, baby spinach and green olives in a tangy preserved lemon dressing with coriander and North African spices 21.5

**Roasted vegetable and goat's cheese tart**, made in-house, garnished with a baby leaf salad 16.5

**Flathead fillets** with a mixed salad, chips and tartare sauce 18.97

**French crepe** filled with spinach in a cheese béchamel sauce, finished with grilled parmesan and a salad of tomato, Spanish onion and lettuce 16.97

**Thai-style green curried chicken**, with fresh Asian vegetables and water chestnuts simmered in coconut cream and served on a bed of jasmine rice 17.97

## Salads

**Salad Nicoise:** Italian tuna, new potatoes, green beans, roma tomatoes, cucumber, black olives, boiled egg, capsicum, anchovies and capers, all on a bed of red cos lettuce, with a traditional French dressing 17.97

## Salads - continued

**Caesar Salad:** Baby cos leaves with oven-roasted croutons and crispy bacon, tossed in a whole egg dressing, topped with shaved parmesan and anchovies (optional) 14.97

- Caesar with char-grilled chicken breast add 4

- Caesar with smoked salmon add 5.5

**Couscous Salad:** with sultanas, char-grilled zucchini, eggplant, kumera, chickpeas, baby spinach and green olives in a tangy preserved lemon dressing with coriander and North African spices 16.5

**Slow-roasted duck**, served with caramelised ruby grapefruit and orange, baby salad leaves, and a tangy Asian style dressing 17.5

### Weekend all-day breakfast selections:

**Sea la vie - the BEST omelettes on the Planet**

**Roasted mushrooms** - with sheep's fetta, vine-ripened cherry tomatoes, wild baby rocket and caramelised onions, drizzled with a balsamic reduction and olive oil, served with wholegrain sourdough toast 14.97 with poached egg - add 1.8

**The MEGA BREAKFAST - the most awesome-tasting, delicious breakfast ever - eggs (cooked how you like them), grilled tomatoes, veal chipolata sausages, bacon, mushrooms, hashbrown, homemade baked beans and toast 18.5**

**Spanish omelette and toast** – open-style with ham, tomato, potatoes, peas, onions, chorizo sausage and tasty cheese 14.97

**Vegetarian omelette and toast** - roasted capsicum, mushrooms, tomato, baby spinach, peas, shallots and fetta cheese 14.97

Available from 12pm daily

## Breads

Crusty Italian roll, with olive oil and balsamic reduction 4

Garlic herb bread 4

## Entrees

Pacific oysters: with lime dressing 18 / 36

Bruschetta of roma tomatoes, Spanish onion and basil, drizzled with garlic oil and topped with wild rocket 10.5

Lightly seasoned salt and pepper squid served over wild rocket, lemon and tartare 17 / 25

Green prawns sautéed in garlic, chilli, fresh tomato and herbs, on grilled brioche with a pear, rocket and pine nut garnish 19 / 26

**Sea la vie Chef's 'signature dish'**  
**Seafood taster plate:** fresh oysters, lightly seasoned salt and pepper squid, smoked salmon, sautéed prawns and scallops wrapped in prosciutto 20 / 38

## Pastas

Penne pasta with marinated chicken breast, Napoli, cream, semi dried tomatoes and basil 19.97

**Fresh seafood linguine:** pasta tossed with prawns, calamari, fish and lack mussels, sautéed in white wine, garlic, fresh herbs and roasted tomato 22.97

Papardelle primavera: roasted butternut pumpkin, asparagus, peas, grilled capsicum and Spanish onion, tossed with olive oil and a touch of Napoli, topped with pine nuts and basil pesto 18.97

## Mains

**Mouth-watering char-grilled grain-fed 300g scotch fillet,** served with sautéed vegetables, creamy mash potato, topped with a sensational red wine jus 29.97

Moist chicken breast fillet pan-baked with garlic, white wine, cream, prawns, fresh tomato and sage, simmered till tender and served on creamy potato mash with green beans 27.97

**Sea la vie Chef's 'signature dish'**  
**Succulent Tasmanian salmon fillet,** pan-baked with capers and semi-dried tomatoes, served on a bed of steamed green vegetables, dressed with olive oil, fresh chives and scallops 28.97

Northern Territory barramundi fillet baked with prawns, mussels, leeks and green olives, served with a side of jasmine rice 28.97

## Burgers

200g Home-made char-grilled beef burger on a toasted bun with bacon, cheese, tomato, tomato relish, shredded lettuce and caramelised onion, served with chips 17.97

Chicken burger: marinated breast of chicken grilled and served on a toasted bun with bacon, cos lettuce, Spanish onion, tomato, cheese, Caesar dressing, served with chips 17.97

Steak sandwich: char-grilled scotch fillet on toasted ciabatta bread with wild rocket, tomato, bocconcini topped with caramelised onion and balsamic reduction, served with chips 18.97

We promise the **BEST** lunch on Dee Why Beach.

We promise that our food will always be fresh, of the highest quality and great tasting. Promise!

10% surcharge on Sundays & public holidays  
We will gladly divide the bill equally, however we cannot individualise the bill.

# SEA LA VIE DINNER

## Breads

Crusty Italian roll, with olive oil and balsamic reduction 4

Garlic herb bread 4

## Entrees

**Pacific oysters:** with lime dressing 18 / 36

**Bruschetta** of roma tomatoes, Spanish onion and basil, drizzled with garlic oil and topped with wild rocket 10.5

**Sea la vie Chef's 'signature dish'**  
**Seafood taster plate:** fresh oysters, lightly seasoned salt and pepper squid, smoked salmon, sautéed prawns and scallops wrapped in prosciutto 20 / 38

**Lightly seasoned salt and pepper squid**  
Served over wild rocket, lemon and tartare sauce 17 / 25

**Slow-roasted duck,** served with caramelised ruby grapefruit and orange, baby salad leaves and a tangy Asian style dressing 17.5

**Green prawns** sautéed in garlic, chilli, fresh tomato and herbs, on grilled brioche with a pear, rocket and pine nut garnish 19/26

**Roasted vegetable and goat's cheese tart,** made in-house, garnished with a baby leaf salad 16.5

## Pastas

**Penne pasta** with marinated chicken breast, Napoli, cream, semi-dried tomatoes and basil 19.97

**Fresh seafood linguine:** pasta tossed with prawns, calamari, fish and black mussels, sautéed in white wine, garlic, fresh herbs and roasted tomato 22.97

**Papardelle primavera:** roasted butternut pumpkin, asparagus, peas, grilled capsicum and Spanish onion, tossed with olive oil and a touch of Napoli, topped with pine nuts and basil pesto 18.97

## Mains

**Mouth-watering char-grilled grain-fed 300g scotch fillet,** served with sautéed vegetables, creamy mash potato, topped with a sensational red wine jus 29.97

**Juicy 250g beef tenderloin** baked in a crust of fresh herbs, with slow-roasted field mushrooms, leeks and vine ripened cherry tomatoes, drizzled with a red wine demi and served with rosemary chat potatoes 29.97

**Sea la vie Chef's 'signature dish'**  
**Succulent Tasmanian salmon fillet,** pan-baked with capers and semi-dried tomatoes, served on a bed of steamed green vegetables, dressed with olive oil, fresh chives and scallops 28.97

**Moist chicken breast fillet** pan-baked with garlic, white wine, cream, prawns, fresh tomato and sage, simmered till tender and served on creamy potato mash with green beans 27.97

**Tender lamb filets** with a fresh macadamia crumb, on a base of minted pea and potato mash, dressed with hollandaise and cranberry sauce 28.97

**Northern Territory barramundi fillet** baked with prawns, mussels, leeks and green olives, served with a side of jasmine rice 28.97

## Sides

**Baby wild rocket,** shaved parmesan and pine nuts tossed with olive oil and balsamic reduction 8.97

Creamy potato mash 6.5

**Greek style salad** of tomato, cucumber, fetta, olives and onion, with a Dijon mustard vinaigrette 8.97

Bowl of chips 7

**Green vegetables:** broccoli, beans and bok choy tossed in olive oil and garlic 8.5

Steamed jasmine rice 4