



# menu



YOUR TIME IS **NOW**

## BREAKFAST until 11:30am

### Toast \$8

Sourdough, multigrain, gluten-free or fruit toast served with butter and preserves (strawberry jam, honey, vegemite, peanut butter)

### Eggs Your Way \$15.5

2 free-range eggs served on your choice of sourdough, multigrain or gluten-free toast.

### Herb Omelette \$18.9

With fresh herbs and parmesan cheese, spinach, roasted red peppers, feta on sourdough toast served with a garden salad.

### Next Gen Big Breakfast \$24.9

2 free-range eggs cooked your way on sourdough toast, bacon, grilled tomato, mushroom, sauteed spinach and chorizo

### Eggs Benny \$19.9

2 free-range eggs, sauteed spinach and ham served with hollandaise sauce

### House-made Granola Bowl \$16.9

Served with Greek yoghurt, house-made berry compote topped with fresh seasonal fruits.

#### Breakfast sides:

Grilled bacon	\$6
Avocado	\$5
Chorizo	\$6
Sauteed mushrooms	\$4
Hollandaise sauce	\$4
Smoked salmon	\$6

## KIDS MEALS under 12 years old

All kids meals comes with fruit box

House-made chicken schnitzel with chips	\$13.5
Pasta with napoli sauce and parmesan cheese	\$13.5
Ham and cheese toastie with chips	\$13.5
Two burger sliders with chips	\$13.5
Margherita pizza with napoli sauce and mozzarella	\$13.5
Kids vanilla ice cream in cone served with sprinkles	\$5

OUR DISHES ARE PREPARED AND COOKED IN A KITCHEN THAT CONTAINS NUTS, EGGS, MEAT, FISH AND SHELLFISH. IF YOU ARE ALLERGIC TO ANYTHING, PLEASE INFORM OUR STAFF AS THERE MAY BE TRACES IN ANY MEALS PRODUCED.



VEGETARIAN



VEGAN



GLUTEN FREE

## MAINS from 11:30am

### Nutrition Bowl \$24.9

Quinoa with roasted red pepper, wild rocket, roasted seasonal vegetables, avocado, mixed seeds and nuts with Japanese dressing.

Includes your choice of;  
Grilled chicken breast  
Grilled beef  
Smoked salmon +\$6

### Poke Bowl \$22.9

Mixed salad, rice, cucumber, carrot, avocado, roasted capsicum and edamame with Japanese dressing.

Includes your choice of;  
Grilled chicken breast  
Grilled beef  
Smoked salmon +\$6

### Next Gen Beef Burger \$24.9

House-made beef patty, tomatoes, lettuce, grilled cheese, Next Gen's secret sauce and side of chips.

### The Steak Sandwich \$24.9

Porterhouse steak, egg, tomato, lettuce, grilled cheese, Next Gen's secret sauce and side of chips.

### The Vegetarian Burger \$24.9

Grilled seasonal vegetables, tomato, grilled haloumi cheese, house-made hummus tahini sauce and side of chips.

### Grilled Beef Slaw \$24.9

Grilled porterhouse steak served with slaw salad and sesame dressing.

### Fish and Chips \$20.9

Flathead and chips with side of salad and tartare sauce

### Chicken Parmigiana \$18.9

House-made chicken schnitzel, napoli sauce, ham and mozzarella cheese with garden salad.

### Falafel wrap \$14.95

Lentil bites in a toasted tortilla with spinach, tomato and hummus.

### Club wrap \$16.9

Grilled chicken, bacon, mayonnaise, lettuce and tomato.

### Caesar salad \$19.9

Crisp cos lettuce, bacon, parmesan and soft-boiled egg with aioli and lemon dressing.

Includes your choice of;  
Grilled chicken breast  
Grilled beef  
Smoked salmon +\$6

#### Sides

Garden salad	\$9.9
Potato chips	\$9.9
Extra sauce	\$2
Sweet potato chips with hummus	\$12
Greek salad	\$13.9

## DRINKS MENU

### HOT DRINKS

Café Latte	\$4.5	Mocha	\$5.5	English breakfast	\$4.9
Cappuccino	\$4.5	Piccolo	\$4.5	Earl grey	\$4.9
Espresso	\$4.0	Dirty Chai	\$6.0	Chamomile	\$4.9
Flat white	\$4.5	Dirty Matcha	\$6.5	Green tea	\$4.9
Long Black	\$5.0	Baby Chino	\$2.0	Pappermint	\$4.9
Long Mac	\$4.5	Chai Latte	\$5.0	Darjeeling	\$4.9
Macchiato	\$4.5	Hot Chocolate	\$5.5	Lemon & ginger	\$4.9
Magic	\$4.5	Matcha Latte	\$6.0		

Caramel, Hazelnut or Vanilla Syrups \$2.0

Almond, soy, oat, lactose-free or coconut milk \$1.0

### COLD DRINKS

Iced Black	\$6.0
Iced Chai Latte	\$7.0
Iced Chocolate	\$7.0
Iced Coffee/Latte	\$6.5
Iced Matcha Latte	\$8.0
Iced Mocha	\$7.5
Vanilla Ice Cream \$1.5	Make it dirty / coffee shot \$1.0
Almond, soy, oat, lactose-free or coconut milk	\$1.0

### FRESH JUICES \$9.9

#### The tropical

Pineapple, apple and orange

#### She hulk

Pear, cucumber, celery, lemon and apple

#### Zinger life

Orange, carrot, strawberry and ginger

### Create your-own (up to four ingredients)

Orange, pineapple, apple, carrot, celery, strawberry, ginger, cucumber.

### PROTEIN SHAKES

#### Whey plus - vanilla or chocolate \$7.5

Fast-digesting protein for quick delivery of amino acids and fast muscle recovery 23g protein 2.1 carbs

#### Ripped - vanilla or chocolate \$7.5

Ultra-lean thermogenic protein, caffeine, green tea & garcinia added 24g protein 1.1 carbs

#### ICE wpi - vanilla, chocolate, caramel \$7.5

Fast digesting and pure whey isolate 27g protein 0.6 carbs

#### Mass - vanilla or chocolate \$7.5

High calories muscle gainer, proteins and carb matrix 35g protein, 45g carbs

### SMOOTHIES \$11

#### Sunshine Bliss

Pineapple, mango, kiwi, strawberry

#### Pash n' Shoot

Mango, pineapple, passionfruit

#### Strawberry Split

Strawberry, banana

#### Detoxify

Banana, blueberry, boysenberry, date.

#### Chilli Lime Paradise

Mango, pineapple, coconut, chilli, lime

ADD PROTEIN POWDER \$4.0

#### MILKSHAKES

Banana	\$8.0	Strawberry	\$8.0
Caramel	\$8.0	Vanilla	\$8.0
Chocolate	\$8.0	Matcha	\$9.0
Hazelnut	\$8.0		

Make it thick \$2  
Almond, soy, oat, lactose-free or coconut milk \$1.0

#### Slim shake - vanilla or chocolate \$7.5

Best for active bodies looking to lose or manage weight, high proteins(40%).18 different minerals, no added sugar, high calcium and green tea added for fat loss support.

#### 100% whey - vanilla or chocolate \$7.5

Quality high proteins low carb support for active bodies, lean muscle gains & rich in amino acid. 2.2g carbs

#### Vegan - chocolate \$7.5

100% natural. High protein(30g). Gluten free, low carb.

ALL THE PROTEIN SHAKES COMES WITH WATER IF NOT SPECIFIED. Almond, soy, oat, lactose-free or coconut milk/water

\$1.0

# NEXT GEN CAFÉ

*Wine Bar*



## RED WINE

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	<i>glass / bottle</i>
ARAMIS WHITE LABEL SHIRAZ <i>Adelaide Hills, SA</i>	12 / 45
AUSTIN PINOT NOIR <i>Moorabool Valley, VIC</i>	15 / 50
AUSTIN SHIRAZ <i>Moorabool Valley, VIC</i>	16 / 70
GRANITE MERLOT <i>Port Phillip Bay, VIC</i>	80
GRANITE NERO D'AVOLA <i>Port Phillip Bay, VIC</i>	80
MARETTI CHIANTI <i>Piedmont, ITALY</i>	15 / 50
LETHBRIDGE-INDRA SHIRAZ <i>Geelong, VIC</i>	110
LETHBRIDGE-MALAKOFF SHIRAZ <i>Pyrenees, VIC</i>	90
LETHBRIDGE SHIRAZ <i>Geelong, VIC</i>	90
6FT6 PINOT NOIR <i>Moorabool Valley, VIC</i>	13 / 42

# NEXT GEN CAFÉ

*Wine Bar*



## WHITE WINE

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	<i>glass / bottle</i>
ARTIGIANO PINOT GRIGIO <i>Italy</i>	12 / 45
AUSTINS RIESLING <i>Moorabool Valley, VIC</i>	12 / 55
BENNETTS CHARDONNAY <i>Bellarine Peninsula, VIC</i>	15 / 45
KIWI ESTATE SAUVIGNON BLANC <i>Marlborough Valley, NZ</i>	12 / 45
LETHBRIDGE CHARDONNAY <i>Geelong, VIC</i>	90

## SPARKLING WINE

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6 FOOT 6 PROSECCO <i>King Valley, VIC</i>	13 / 45
ETON RISE SPARKLING <i>VICTORIA</i>	9 / 35
TIPPING POINT MOSCATO - 200ML <i>Otway Hinterlands, VIC</i>	12

## ROSÉ

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MARCUS HILL ROSÉ <i>Bellarine Peninsula, VIC</i>	12 / 45
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# NEXT GEN CAFÉ

## Bar Menu



### COCKTAILS

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MARGARITA	22
<i>tequila, lime juice, triple sec</i>	
APEROL SPRITZ	22
<i>aperol, sparkling wine, soda water</i>	
ESPRESSO MARTINI	22
<i>double espresso, vodka, kahlua, vanilla syrup</i>	
NG SUNRISE (NON-ALCOHOLIC)	9.8
<i>orange, pineapple, mango, grenadine</i>	

### BEERS \$10

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ASAHI SUPER DRY  
CARLTON DRY  
CASCADE LIGHT  
COOPERS PALE ALE  
CORONA EXTRA  
FURPHY  
HEINEKEN  
JAMES BOAGS  
STELLA ARTOIS

### SPIRITS / LIQUEUR \$10

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BAILEY'S	HENDRICKS	\$13
CAMPARI	WILD TURKEY	
DISARONNO AMARETTO	JIM BEAM WHITE	
JACK DANIELS	VODKA	
JOHNNY WALKER RED	TEQUILA	
MIDORI		