



# Breakfast

#### Toast \$8.00

Your own choice of toast with choice of butter peanut butter, strawberry jam, apricot jam, marmalade or vegemite.

#### Eggs your way \$12.00

Choices of Toast and Fried, Scramble or Poach with whipped butter

#### Smashed Avo Toast \$16.00

Rye Sourdough, Smashed Avo, Radish, Feta Cheese & Pumpkin seeds.

Add 2 eggs \$5.00 Add Halloumi Cheese \$5.00

### Classic Egg Benedict \$19.00

Sourdough Toast, Poached Egg & Hollandaise Sauce/Choice of: Bacon, Salmon, Ham, Spinach & Halloumi

#### Omelette \$18.00

Bacon, Tomato, Onion, Cheddar Cheese

Spinach, Mushroom, Swiss Cheese, Onion, Tomato

### Mixed Berry Granola \$17.00

House made cranberry and apricot granola, served with coconut yogurt and berry compote finish off with fresh blueberry & strawberry.





# Mains

# Chicken Schnitzel \$ 25.00

House herb crumbed chicken breast, with mixed garden salad, fries and lemon wedge

Parmy \$ 4.00 Gravy \$ 3.00 Pepper Gravy \$4.00

## Fish & Chips \$ 28.00

Pale Ale beer battered Garfish fillet with mixed garden salad, fries, lemon and tartare

# Salt & Lemon Pepper Squid \$25.00

Australian squid seasoned in salt & pepper, with mixed garden salad, fries, lemon and tartare

# Mediterranean warm lamb salad \$25.00

Balsamic Lamb chargrilled, with couscous, onion, rocket, roast pumpkin, fetta served with charred lemon.

### Scotch Fillet \$ 38.00

Chargrilled your way with garden salad, fries and choice of sauce.

# Avocado Salad \$18.00

Fresh garden salad of lettuce greens, tomato, red cabbage, carrot, cucumber, avocado with vegan citrus mustard dressing





# **Build Your Own Bowl**

# \$17.00

Choose 5 ingredients | 1 protein | 1 dressing

Grilled Mushroom	Carrot
Cucumber	Red cabbage
Broccoli	Roast Pumpkin
Baby Spinach	Brown Rice
Quinoa	Cannellini Beans
Roast Capsicum	Black Beans
Chick Peas	Boiled Egg
Roasted Beetroot	Mixed Olives
PROTEIN	
Roast Chicken (GF)	Smoked Salmon(GF)
Steamed Prawns (GF)	Avocado (VE, GF)
Fried Tofu pieces (V)	Bacon
DRESSING	
Satay Sauce (GF)	Japanese Dressing (VE,GF)
Lemon & Avocado dressing (VE,GF)	Korean Spicy Sauce (VE,GF)
Nam Jin Sauce (VE,GF)	

Extra Protein \$4.00 Extra Ingredient \$2.00

Bowls can be served heated





# Burgers

#### Beef Burger \$19.00

House made beef burger, bacon, American cheese, Pickles, Lettuce, tomato, tomato sauce, mustard served on Brioche bun.

#### Fried Chicken Burger \$18.00

Buttermilk fried chicken, bacon, lettuce, tomato, pickles, chipotle mayo, American cheese served on Brioche bun with fries.

#### Pulled Pork Burger \$18.00

Slow cooked pork, chipotle and crunchy slaw in brioche bun.

#### Bacon & Egg Burger \$15.00

High protein. Bacon and 2 fried eggs, with your choice of tomato sauce, BBQ sauce, or tomato relish or tomato sauce in a brioche roll

#### Lentil Burger (VE) \$17.00

Lentil patty with Swiss cheese, truffle mayo, lettuce, tomato, roasted capsicum, and avocado in a brioche bun with sweet potato fries.

Add chips to any burger = \$2.00

Gluten free Bun= \$2.00





# **Baguettes & Wraps**

# \$10.00

# Chicken Parma

Crumbed chicken tenders with tomato relish, ham, lettuce & provolone cheese

# Pesto Chicken

Roast chicken breast with basil pesto mayo, provolone cheese, sundried tomato & lettuce

# Traditional Tuna

Tuna with lettuce , tomato, cheddar cheese & garlic aioli

### Traditional Ham

Smoked Ham with lettuce, tomato, cheddar cheese & sweet mustard pickle

# Salad delight (VEO)

Beetroot relish, tomato, lettuce, cucumber, red onion, Swiss cheese & roast capsicum

# Fried Tofu (VE)

Fried tofu pieces with baby spinach, cucumber, carrots & Korean spicy sauce

#### BLT

Barossa bacon, lettuce, tomato & aioli

### Portuguese Brisket

Slow cooked Portuguese brisket with red onion, lettuce, roast capsicum, and chipotle mayo

# **Traditional Turkey**

Smoked turkey with brie cheese, lettuce, tomato and cranberry sauce





# **Kids Menu**

# \$ 12.00

## with a juice box

# Kids Cheeseburger ( GFO )

120g House made beef burger, American cheese, tomato sauce served on brioche bun with fries & veg sticks

# Kids Fish & Chips

Battered whiting fillet served with chips & tomato sauce with veg sticks

# Kids Pasta

Spaghetti pasta with house made Napolitano sauce and parmesan cheese

# Chicken and Chips

Crumbed chicken tenders or Grilled chicken tenders with chips & tomato sauce with veg sticks

# Build Your Own Meal

Choose your own ingredients





# Sides

### Garlic Bread \$ 6.00

### Cheesy Garlic Bread \$7.00

Fries (5) \$ 7.00 (L) \$ 13.00 Served with tomato sauce

#### **Sweet Potato Fries** \$ 14.00 Served with aioli

Wedges \$ 14.00

Served with sweet chili & sour cream





# **Juices and Smoothie**

### Lob Recovery \$7.50

Pineapple juice, mango, strawberries, and watermelon

## Blueberry Coconut Splash \$8.50

Water, coconut milk, blueberries, and whey protein

#### Muscle Builder \$8.50

Skim milk, banana, cinnamon, chia seeds, whey protein, and peanut butter

#### Anti-Inflammatory \$8.20

Pineapple juice, raspberries, strawberries, blueberries, and chia seeds

#### Fruit Smoothie (S) \$6.00 (L) \$7.00

Skim milk, honey and one fruit of choice: blueberries, strawberries, mango, raspberries

#### Milkshake \$6.00 (L) \$7.00

Skim milk, ice cream, choice of chocolate, strawberry, caramel, or vanilla topping

#### Iced Chocolate \$6.00 (L) \$7.00

Skim milk, ice cream, and chocolate topping

#### Iced Coffee \$6.50 (L) \$7.50

Skim milk, ice cream and fresh espresso coffee