



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