



## Smoothies

Reg. 16oz - \$9 | Lrg. 24oz - \$9.5

### Thin Mint

Banana, Cacao, Mint, Milk (Any).

### Green Breakfast

Kiwi, Spinach, Banana, Milk (Any).

### Berry Blast

Blueberries, Strawberries, Strawberry Puree, Coconut water.

## Juices

Reg. 16oz - \$9 | Lrg. 24oz - \$9.5

### Immune Boost

Carrot, Apple, Orange Turmeric.

### Pear-fect!

Cucumber, Celery, Pear Lemon

### Summer Memories

Pineapple, Carrot, Lime

## Build your own

Reg. 16oz - \$9 | Lrg. 24oz - \$9.5

### Smoothies

Choose 2 + Milk/Water

- Kiwi
- Milk
- Mint
- Spinach
- Strawberry
- Banana
- Blueberry
- Cocoa
- Coconut water

### Juices

Choose 3 below

- Apple
- Carrot
- Celery
- Cucumber
- Lemon
- Lime
- Orange
- Pear
- Pineapple
- Turmeric

**Kids Juices available: Apple/Orange/Milk \$2**





# House-made Protein Shakes

Reg. 16oz - \$9 | Lrg. 24oz - \$9.5 | Sample Packs - \$4.5

## Choose from any four flavours:

Chocolate | Caramel | Strawberry | Vanilla

**Mixed with your choice of milk, water  
or coconut water and our house  
vanilla WPI protein**

**OR**

**Swap the flavouring for 30g protein  
sample available in a variety of  
different flavours**

## Additional

- Espresso (Sgl/Dbf) 4.2/4.8
- Honey 2
- Berries 2.5
- Banana 2.5
- 30g Protein 4.5
- Cocoa 1
- Peanut Butter 2.5
- Vanilla Ice Cream 2
- Whipped Cream 1.5
- Syrups 1.5





# Coffee

	Reg	Lrg	X Lrg
• Cappuccino.....	4.5	5.4	6.3
• Latte.....	4.5	5.4	6.3
• Flat White.....	4.5	5.4	6.3
• Long Black .....	4.5	5.4	6.3
• Mocha.....	4.7	5.6	6.5
• Dirty Chai.....	4.8	5.7	6.6
• Chai Latte.....	4.7	5.6	6.5
• Piccolo.....	4.2	4.8	
• Macchiato.....	4.2	4.8	
• Cafe Miel.....	4.5	5.4	6.3
• Hot Chocolate.....	4.5	5.4	6.3
• White Hot Chocolate.....	4.5	5.4	6.3
• Espresso.....	4.2	4.8	5.4

\*Membership discounts apply

# Tea

- English Breakfast..... 4
- Earl Grey..... 4
- Camomile..... 4
- Lemongrass & Ginger... 4
- Peppermint..... 4
- Green .....

# Milk

- Full Cream
- Skim/Skinny
- Oat
- Almond
- Soy
- Lactose Free

## Surcharges

- Non-Dairy Milk... 1
- Decaf..... 0.7
- Coffee Syrup..... 1





## Iced Drinks

	Reg.	Lrg
• Iced Latte.....	6.3	7.3
• Iced Long Black.....	5.3	6.3
• Iced Dirty Chai.....	6.6	7.6
• Iced White Chocolate....	6.6	7.6
• Iced Chocolate.....	6.6	7.6
• Frappe.....	7.3	8.3
• Affogato.....	5.2	5.8

## Soft Drinks

• Cascade.....	5
• Coca-Cola.....	5.5
• Diet Coke.....	5.5
• Coke Vanilla.....	5.5
• Coke Zero.....	5.5
• Fuze Tea.....	5.5
• Kombucha.....	5.5
• Mt Franklin Still.....	4
• Mt Franklin Sparkling....	4.3
• Powerade.....	5.5
• Pump.....	5
• Re' Drinks.....	6
• Sprite.....	5.5





# WEEKDAY CAFE MENU



## BREAKFAST *(Until 12pm)*

<b>Toast</b>	<b>8</b>
<b>Fruit Toast (v)</b>	<b>9</b>
<b>Bacon and egg roll</b>	<b>15</b>
<b>3 Egg Omelette (v)</b>	<b>20</b>
<b>Smashed Avo (v)</b>	<b>19.5</b>
<b>Eggs Benedict</b>	<b>23</b>
<b>Big Breakfast</b>	<b>25</b>
<b>Belgium Waffles(v)</b>	<b>22</b>

## SIDES

Free range egg	4	Bacon	4.5
Roast tomato	4	Feta	4.5
Pesto	4	Hash brown	4.5
Roast Mushroom	4	Halloumi	4.5
Avocado	4.5	Smoked Salmon	5.5

## MAINS *(After 12pm)*

<b>Roast Chicken Breast</b>	<b>28</b>
<b>Salmon</b>	<b>30</b>
<b>Prawn Fettuccine</b>	<b>27</b>
<b>Ragu Bolognese</b>	<b>28</b>

## BURGERS & WRAPS

*(After 12pm)*

<b>Club Wrap</b>	<b>16</b>
<b>The Vegan(ve)</b>	<b>20</b>
<b>Katsu Chicken Burger</b>	<b>22</b>
<b>BBQ Beef Burger</b>	<b>22</b>

## SALADS & SNACKS

*(After 12pm)*

<b>Mediterranean Chicken Salad</b>	<b>20</b>
<b>Falafel Salad (ve)</b>	<b>19</b>
<b>Potato chip (V)</b>	<b>12</b>
<b>Wedges (V)</b>	<b>12</b>

## KIDS MENU *(After 12pm)*

<b>Kids burger &amp; chips</b>	<b>14</b>
<b>Kids chicken &amp; chips (df)</b>	<b>14</b>
<b>Kids Penne pasta with Nap sauce (v)</b>	<b>14</b>

**DF: Dairy Free / V: Vegetarian / VE: Vegan / GF: Gluten Free**



# Saturday Only Menu

## Toast (V) \$8

(2 pieces) white or wholemeal choices of vegemite, house peanut butter or strawberry jam (GF +\$2)

## Fruit toast (V) \$9

(2 pieces) - Sourdough fruit toast served with butter

## Bacon and egg roll \$15

Bacon, egg, cheese, aioli and ketchup on a milk bun GF +\$2 (Gluten free bun available on wrap upon request)

## Eggs on Toast \$15

2 organic eggs cooked your way (poached, scrambled or fried), 2 pieces sourdough served with butter (GF +\$2)

## Haloumi and pesto Roll (V) \$17

Grilled haloumi, house pesto, avocado, aioli, rocket on a milk bun (available on wrap upon request) - GF +\$2 (Gluten free bun)

## Smashed Avo (V) \$18

Smashed avocado, with organic poached eggs, & crumbled Danish fetta (GF +\$2)

## Scramble tofu on toast (VE) \$17

With avocado and roast tomato (GF +\$2)

## Quesadilla (V) \$20

Spinach, mushroom, feta and mozzarella served with a side of smashed avocado and sour Cream (vegan available on request)

## Eggs Benedict \$23

Smoked salmon, smashed avocado, wilted spinach, 2 poached eggs, and hollandaise sauce on an English muffin

## Big breakfast \$25

Bacon, beef sausage, baked beans, mushroom, 2 eggs cooked your way (poached, scrambled or fried) and sourdough toast (GF +\$2)

## Acai bowl \$16

With peanut butter, fresh fruit and granola (VG, GF, DF)

## Belgium Waffles (V) \$22

Whipped mascarpone vanilla bean ricotta with caramelized banana, biscoff and brown sugar roasted nut crumb

## Sides

Avocado 4.5

Bacon 4.5

Smoked salmon 5.5

Fetta 4

Hash brown 4.5

Free range egg 4

## Kids From 12pm

## Burger & chips \$14

## Chicken & chips (DF) \$14

## Penne pasta with Nap sauce (V) \$14

## Snacks From 12pm

## Potato chip (V, GF, VG) \$12

With ketchup

## Wedges (V, GF) \$12

With sour cream & sweet chilli

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