



BREAKFAST ALL DAY

TOAST

white, spelt grain, light rye, GF bread w/vegemite, butter, peanut butter, raspberry jam or honey

FRUIT TOAST w/ butter

ACAI & COCONUT CHIA PUDDING

w/fresh berries, micro mint

MANGO PANNA COTTA

w/seasonal berries, mango nectar, toasted coconut & crunchy granola

BIRCHER MUESLI

mixed berries, coconut, chia, goji berries & pistachio crumble, with a saffron poached pear

EGG & BACON TURKISH

cajun BBQ relish, Angus Jack cheddar, mayonnaise & roquette

SMASHED AVOCADO

poached egg, beetroot hummus, pomegranate & cherry tomato salsa w/grilled haloumi & taco crumble, toasted ciabatta bread

BURRITO BOWL

grilled chorizo, avocado crush, charred corn, tomato salsa, grilled pineapple, house baked beans, scrambled egg, capsicum emulsion & wholemeal tortilla bread

MEDITERRANEAN BENEDICT

poached egg w/ricotta & sun-dried tomato pesto, roasted mushroom, sautéed spinach & finished w/orange & poppyseed hollandaise, toasted ciabatta

OMELETTE

cheese, tomato, ham, spinach, Spanish onion, mushroom, toasted light rye slice (egg white available)

THE ATHLETE

eggs, toast, organic Cumberland sausage, bacon, spinach, Portobello mushroom, hash brown, house made beans served w/ tomato relish

FREE RANGE EGGS

2 eggs cooked to your liking w/white, spelt grain or light rye

VEGAN/ MEAT SUBSTITUTES AVAILABLE

"BEYOND MEAT"

120gm patties – chickpea protein made from tempeh & setian

TERIYAKI MARINATED & GRILLED FIRM TOFU

"GARDEIN CHICK'N PATTIES"

200gm crumbed chicken alternative – soy protein

FROM 11am

8.5

POKE BOWLS

SALMON – cooked Teriyaki salmon, brown rice, edamame, nori, avocado, pickled ginger, ponzu **18.5**

8.5

CHICKEN – teriyaki chicken strips, brown rice, edamame, nori, avocado, pickled ginger, ponzu **17.5**

12.5

VEGAN – teriyaki marinated and grilled firm tofu, brown rice, edamame, avocado, trio of house pickled carrot, red cabbage and cucumber, nori **15.5**

16.0

STEAK SANDWICH **19.5**

14.5

turkish roll, 180gm Gippsland Black Angus grassfed porterhouse steak, bacon, egg cajun BBQ relish, Angus Jack cheddar, mayonnaise, roquette

KOREAN BEEF TACO

kim chi vegetable slaw, topped with korean spiced pulled beef & served in a toasted open tortilla **18.0**

15.0

TANDOORI CHICKEN

cucumber, mint, tomato, mango and chickpeas, roti, toasted cumin and coconut dressing (VO – tandoori cauliflower) **17.5**

17.0

SOY MIRIN GLAZED SALMON

grilled salmon, soba noodles, zucchini, carrot, pickled vegetables and sesame dressing **19.0**

17.0

17.0

EXTRAS

egg, Portobello mushroom, grilled tomato **4.0**

sliced avocado, avocado crush, bacon, Cumberland sausage **5.0**

16.0

toast and sauces **1.25**

smoked salmon **5.0**

sautéed spinach, hash browns **4.0**

19.0

SIDES

ultra crunchy fries w/chipotle mayonnaise **7.5**

crunchy mixed vegetable fries (carrot, beetroot & parsnip) w/smoked salt **7.5**

bowl of quinoa, brown rice, mixed vegetables **7.5**

seasoned steamed green vegetables of the day w/olive oil **7.5**

blue corn chips, tomato salsa, avocado crush, sour cream **7.5**

8.5

5

6.5

Food allergy notice – if you have a food allergy or a special dietary requirement please inform a member of the hospitality team. Whilst every care is taken, food produced in our kitchen may contain milk, eggs, wheat, soybean, peanuts, tree nuts, fish and shellfish



DISPLAY

Toastie, muffins, slices, sandwiches and salads

SANDWICHES FROM 9am – \$12

BREAD

Gluten free bread, grain wraps, light rye, multigrain, white bread, white focaccia, white wraps

SPREAD

Aioli, avocado, BBQ sauce, butter, cream cheese, Dijon mustard, mayonnaise, pesto paste, seeded mustard, sweet chili sauce, tomato relish, Tzatziki, tomato sauce, Sriracha sauce

PROTEIN

Bacon, chicken schnitzel, egg mix, poached chicken, premium ham, salami, sliced egg, smoked salmon, tuna, roast beef, tofu, falafel **2nd Protein + 3.50, 3rd Protein + 2.50,**

FILLING

Beetroot, carrot, cucumber, mixed leaves, pineapple, roast peppers, rocket, semi-dried tomato, Spanish onion, spinach, Swiss cheese, tasty cheese, tomato

DRINKS

COLD – soft drinks, juices, energy drinks, ice chocolate and ice coffees in display fridges.

HOT

regular/large coffee

4.0/4.5

regular/large hot chocolate, chai latte

4.2/4.7

piccolo, magic

4.0

extra shot, turmeric, honey, soy milk, lactose free milk, almond milk, flavoured syrups

0.5

POT OF TEA

english, earl grey, chamomile, peppermint, green, chai, lemon ginger

4.3