

BREAKFAST (GFA) TILL 12

- **The Breakfast Bowl GF** Poached eggs, grilled tomatoes, avocado, kale chips, halloumi, beetroot relish & dukkha on spinach \$17.95
- **Big Breakfast** fried eggs, bacon, sausage, mushrooms, hash brown fried tomato, homemade baked beans & toast \$20.95
- **Smashed Avo** Poached eggs, wilted spinach, confit tomatoes herb ricotta, sourdough and pears cider reduction \$18.95
- **Power Bowl** Seasonal fresh fruit, house made granola, mint and bush honey yoghurt, chia, toasted nuts and coconut flakes \$12.95
- **Eggs Benedict** Soft poached eggs, wilted spinach, sour dough with hollandaise sauce & choice of
Ham, Bacon or pulled pork \$16.95 **Smoked Salmon** \$21.95
- **Eggs your way and Toast** Fried, Poached or Scrambled \$10.95
- **Eggs and Avo** scrambled eggs, Avocado, harissa salt, crusty loaf, tomato medley, smoked salmon and sumac \$17.95
- **Truffle and Parmesan omelette GF** burgundy truffles with parmesan cheese and crispy enoki \$14.95

Extra omelette fillings \$2.00ea Avocado \$4.00 salmon \$5.00

- **Spanish beans and Eggs** House baked beans in spicy tomato sauce, chorizo sausage & poached eggs with toasted sour dough \$17.95
- **Kids Breakfast** (strictly under 10 only)
1 fried or scrambled egg, hash brown and fruit or toast \$8.95

Extras

Bacon, Ham, Mushroom, Baked beans, Hash brown, Sausage fried tomato (2slices) \$3.50ea Smoked Salmon \$5.00, Avocado \$4.00

SANDWICHES

WHITE, WHOLEMEAL, MULTIGRAIN, GF, WRAP

- **Chicken, Bacon**, cheese & avocado \$12.95
 - **Club sandwich** chicken, tomato, lettuce, ham, bacon, cheese, mayonnaise and chips \$17.95
 - **Salad**, cheese, lettuce, tomato, beetroot, carrot & cucumber \$10.95
 - **Veggie delight** char grilled veggies, hummus, cheese & lettuce \$11.95
- Toasted \$1.00 Wrap \$2.00 Gluten free \$2.00
- Extra filling** tomato, lettuce, cucumber, cheese, beetroot, carrot, onion \$1.00ea
- Meat filling** chicken, ham, pastrami, Avocado \$3.00ea
- Smoked salmon \$5.00

Food Allergy Warning Please be advised we take all care in food preparation food may still contain traces of tree nuts, wheat, eggs, soybean, dairy, peanuts, fish and shellfish please notify staff of any allergies and fish may contain small bone on occasion

SALADS

- **White Bean and Haloumi GF**
Garlic infused white beans, grilled haloumi, roasted peppers, baby cucumbers, mixed leaves and pomegranate reduction \$16.95
 - **Warm Egyptian lamb salad GF Low Carb**
Lamb back strap in lemon, parsley, paprika, chick peas, tomatoes, roasted pumpkin, yoghurt, rosemary and garlic oil on leaves \$21.95
 - **Vietnamese beef noodle Salad GF DF LOW Carb**
Pickled Beef strips with rice noodles, julienne vegetables, daikon radish torn mint, coriander and our chef house dressing \$19.95
 - **Warm teriyaki Salmon salad GF DF**
Teriyaki glazed salmon with warm sticky rice, blanched harvest greens, wasabi mayonnaise and chilli sambal \$21.95
 - **Crispy Thai Chicken Salad DF Low Carb**
Chicken breast with lemongrass, chilli, ginger, coriander with snow pea sprouts, mixed vegetables, crispy noodles and on leaves and nam jim dressing \$18.95
 - **The Vegan Bowl V, GF, DF Low Carb P**
Black beans, pickles cabbage, roast pumpkin, puffed quinoa BBQ corn, cashews nuts, mixed leaves with olive oil & lemon \$15.95
- Salad Extras** Add Chicken \$4.00 Beef \$4.00 Prawn \$6.00 (4)
Smoked Salmon \$5.00 Avocado \$4.00

MAINS GF, DF, LOW CARB P

- **Grilled fish of the day** garden salad, lemon & aioli \$22.95
- **Bunless Pork belly burger** twice cooked pork belly on leaves with sour slaw and spicy apple sauce and sweet fries \$19.95
- **Bunless Grilled chicken breast burger** avocado, tomato salsa, black beans sweet chilli sauce lettuce and sweet fries \$19.95
- **Bunless prime Beef** mince, grilled onions, beetroot relish, lettuce and sweet fries \$19.95
- **Paleo Nachos** Prime beef mine in a mild Mexican homemade tomato sauce kumara chips lettuce avocado and tomato salsa \$19.95

TURKISH BREAD

- **Mediterranean**
Eggplant, capsicum, olives, sundried tomatoes & cheese \$16.95
- **Ham** tasty cheese red onion French mustard & tomato \$16.95
- **Tandoori chicken** natural yoghurt, cheese, tomato & red onion \$16.95
- **Smoked salmon** with dill, cream cheese, bread and butter pickle, tomato and mixed leaves \$16.95

HOT SEAFOOD

- **Flathead & chips** Beer battered flathead fillets, chips with a garden salad lemon & tartar sauce \$20.95
- **Salt & pepper Squid GF** in lightly floured spice mix with a Greek salad & citrus mayo \$21.95
- **Seafood Basket** batter fish, prawn cutlets, calamari, crab bites and a scallop with chips, lemon and tartar sauce \$22.95

MELTS

- **Chicken** avocado, mango chutney and cheese \$16.95
- **Hawaiian** Double smoked ham, tasty cheese, pineapple \$15.95
- **Margarita** Bacon, cheese, tomato \$15.95
- **Olives** feta, sundried tomatoes, oregano and basil \$16.95
- **Grilled chicken** mushroom shallots sundried tomato cheese \$16.95

BURGERS (GFA)

- **Classic Hamburger** Prime beef mince, onion, tomato, Beetroot, lettuce & BBQ sauce and chips \$18.95
 - **Panko Chicken burger** chicken breast bread with panko crumbs with katsu mayo lettuce and purple slaw and wasabi salted fries \$18.95
 - **Vegan Burger** house made veggie patty, lettuce, tomato and Salsa versa sauce on sourdough with chips \$18.95
- Extras** Egg, bacon, cheese, pineapple \$1.00 each

PASTAS & RISOTTO (GFA)

- **Chicken and mushroom** mix of wild mushrooms in garlic cream sauce topped with parmesan and chives \$17.95
- **Vegetarian Tuscan**, capers, spinach, cherry tomatoes eggplant and garlic in olive oil
- **Bolognese** Pasta \$16.95
- **Smoked Salmon and Dill** Tasmanian smoked salmon with preserved lemon capers berries in a garlic and dill cream sauce \$19.95

KIDS MEALS (UNDER 12 ONLY) Served with chips or fruit \$8.95

- **Cheese burger with sauce**
- **Fish fillet and sauce**
- **Chicken strips or Nuggets (6)**
- **Mini Pizza Ham & pineapple**
- **Kids bolognese Pasta (No Chip)**
- **Fruit and veg plate (No Chips) GF DF**
- **Kids pikelets with ice cream and chocolate sauce (no chips or fruit)**

CHEF SPECIALS

- **Egg and Hash** Fried free range egg, double smoked bacon, fried tomato, sweet potato and pea hash with a fig and balsamic chutney **GF DF** \$13.95
- **Breakfast Burger** Pork mince, fried egg, bacon, cheese crisp, tomato, lettuce and chilli jam in a milk bun \$15.95
- **Singapore Prawn noodles** king prawns & fettuccini in a mild Asian curry with red peppers and baby spinach \$21.95
- **Open Steak Sandwiches** Scotch fillet, Char grilled vegetables, Homemade tomato chutney, salad mixes on sourdough \$19.95
- **Deluxe Bacon & Egg Roll** Smokey bacon, 2 fried eggs, Spinach, cheese, tomato chilli jam in long roll \$14.95
- **Prawn and Black bean Salad** South American spiced king prawns, avocado, black beans, bbq corn, Pico de Gallo, mixed leaves in a corn tortilla bowl and zesty Verde sauce **GF DF Low Carb** \$19.95

LIGHT MEALS

- **Raisin Toast /Cinnamon Toast/ Plain Toast** \$5.00
- **Scones with jam & cream** \$6.95
- **Banana bread** toasted with butter \$5.95
- **Belgium Waffles** Toasted waffles with, vanilla ice cream warm butter scotch sauce and chocolate crumbs \$15.95
- **CAKES** see cabinet served with cream and coulis \$8.95
- **Toasties**
 - Double smoked ham tomato and tasty cheese \$7.95
 - Chicken breast tasty cheese and mayonnaise \$7.95
- **CHIPS** with tomato sauce \$5.00
- **Loaded Fries** Topped with pulled pork, bacon, cheese, Pico de Gallo and sour cream \$10.00
- **SWEET** potato fries with mustard mayonnaise **GF** \$6.96
- **Garlic bread** \$7.95

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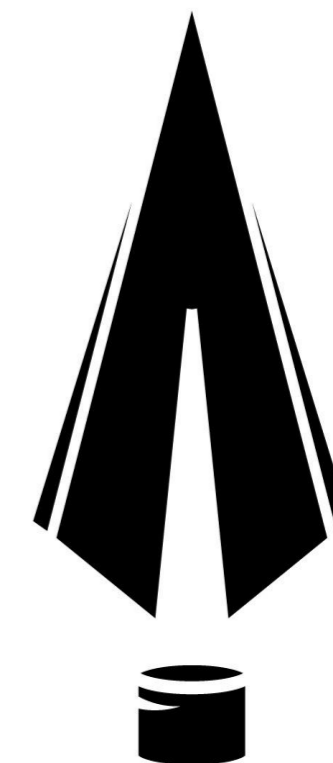
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