



Breakfast

Breakfast served all day

Two Eggs on Toast - fried or poached.	12.00
Scrambled Eggs on Toast	14.50
Breakfast Roll - fried egg, bacon, melted cheese, rocket and bbq sauce on Turkish bread	14.90
Guacamole - Turkish bread, cherry tomatoes, fetta, red onion with beetroot humus and rocket	15.00
Thick French Toast - cinnamon dusted with balsamic strawberries, cream and maple syrup	15.90
Granola - chia seeds, goji berries and cacao, toasted almonds, seasonal fruit, gourmet yoghurt	16.90
Hot Cake Stack - served with berry compote, ice cream and chocolate sauce	16.90
Belgian Waffles - served with berry compote, ice cream and chocolate sauce	16.90
Blue Infusion Breakfast - two eggs, hash brown, grilled tomato and bacon served on toast	16.90
Scrambled Egg Stack - toasted bagel with scrambled egg and choice of bacon or smoked salmon	16.90
French Omelette - spinach, feta with a choice of bacon, salmon, ham or mushrooms	16.90
Fresh Start Breakfast - spinach, kale, quinoa, roast pumpkin, halloumi and poached eggs	17.50
Vegetarian Breakfast - grilled mushrooms, poached egg, spinach, feta, tomatoes, drizzled with hollandaise sauce on Turkish bread	17.90
Eggs Benedict - two poached eggs with your choice of bacon, smoked salmon or leg of ham, with spinach, hollandaise, served on toast	17.90
Big Breakfast - two eggs, hash brown, grilled tomato and bacon served with toast, haloumi cheese, house made beans, Spanish chorizo and mushrooms	23.00
Breakfast Share Board - toast, two poached eggs, hash brown, smoked salmon, grilled tomato, bacon, ham, haloumi, yoghurt, granola, fresh fruit	30.00

Sides

- Hollandaise
- Fried or poached eggs, bacon, beans, haloumi, Spanish chorizo, hashbrown, grilled tomato
- Mushrooms, smashed avocado or smoked salmon
- Scrambled eggs

- 3.00
- 4.00
- 5.00
- 7.50





Lunch

Lunch served 11 - 2.30

Bowl of Chips	6.00
BLT and Mayo Bagel	12.00
The Ploughman's Sandwich - leg ham, tomatoes, mesclun, cheese, relish, served on toasted Turkish bread	13.00
Deluxe Sandwich - grilled chicken with bacon, spinach, brie and aioli served on toasted Turkish bread	13.90
Quesadilla - chicken, cheese, red onion, tomato, lettuce and chipotle mayo	13.90
Quiche - served with garden salad	14.50
Chicken Salad - grilled chicken, lettuce, red onion, tomato, olives, feta and halloumi drizzled in house-made dressing add haloumi 4.00	16.50
Corn and Zucchini Fritters - with grilled haloumi, cherry tomatoes, red onion, mesclun and Greek yoghurt	16.90
Chicken Burger - marinated chicken breast, crispy bacon, guacamole, mayo, lettuce, tomato and cheddar cheese, served with chips	17.50
The Works Burger - housemade beef patty, beetroot, pineapple, egg, cheddar cheese, lettuce, onion and house made bbq sauce, served with chips	17.90
The 'No Pain No Gain' Burger - housemade beef patty, marinated chicken breast, lettuce, tomato and cheddar cheese, hashbrown, onion rings and housemade bbq sauce, served with chips	25.00





Super Foods

Mango Madness - orange juice, low fat yoghurt, mango, and banana	8.00
Acai Smoothie - acai berry, banana, almond milk, blueberries and vanilla	9.00
Green & Clean Smoothie - spinach, banana, mango pieces, coconut water and chia seeds	9.50
Super Smoothie - almond milk, banana, vanilla protein, honey and granola	9.50
Berry Smoothie - coconut water, berries, mango and honey	9.50
Cocolicious Bowl - amazonia coconut, frozen banana, greek yoghurt, vanilla, coconut milk blended and topped with crunchy granola, fresh fruit, and coconut flakes	13.90
Acoco Bowl - acai, and coconut blended, natural peanut butter, frozen berries, and apple juice topped with crunchy granola, and flakes	13.90

EXTRAS:

Chia seeds	\$1.00
Vanilla protein	\$1.50

Kids Corner

Kids menu for children aged 12 and under only.

Two pieces of toast with vegemite, peanut butter or honey	5.00
Bacon & Egg Muffin	8.00
Bowl of Chips	6.00
French Toast with maple syrup & ice-cream	9.50
Hot Cake with Ice-cream	9.50
Ham & Cheese Toastie	7.00
Kids Milkshakes Chocolate, Strawberry, Caramel, Vanilla	5.00
Babycino - frothed milk with chocolate toppings	1.00

Breakfast served all day. Lunch served 11 - 2.30 (Kitchen closed at 2.30 daily)

Cold Drinks

Iced Strawberry Tea	5.50
Iced Latte - espresso, milk, ice	6.00
Iced Coffee - espresso, milk, ice-cream, cream	6.50
Iced Chocolate - chocolate, milk, ice-cream, cream	6.50
Iced Chai Latte - chai, milk, ice	6.50
Iced Mocha - chocolate, coffee, milk, ice-cream, cream	7.00
Iced Tumeric Latte	6.00
Iced Matcha Latte	6.00
Orange Juice	3.50 4.50
Apple Juice	3.50 4.50

Milkshakes

Chocolate	5.90
Caramel	
Vanilla	
Strawberry	
Blue Heaven	

Frappe

Mango, Lychee & Guava	7.50
Lychee & Green Tea	
Raspberry & Pomegranate	
Coffee or Chocolate - with cream	8.00

Thickshakes

Cookies & Cream	10.95
Salted Caramel Popcorn	
Creamy Caramello	
Peanut Butter and Pretzel	
Red Velvet	
Hershey's Chocolate	
Waffles & Strawberries	
Nutty Nutella	
Honeycomb	
Mega Blue Infusion Thickshake	16.00

Teas

Toby breakfast blend, Earl grey,	4.50
Refresh, Serenity, China green Sencha	
Chai tea - served with frothed milk	5.50
Choice of Syrups - caramel, hazelnut, butterscotch, vanilla, mint, coconut	.90c

Hot Drinks

Coffee

Espresso	3.70	N/A
Ristretto	3.30	N/A
Macchiato	3.90	N/A
Piccolo Latte	3.90	N/A
Long Black	4.00	4.90
Flat White	4.30	4.90
Latte	4.30	4.90
Cappuccino	4.30	4.90
Mocha	4.70	5.30
Affagato	4.20	4.50
Chai Latte	4.30	4.80
Hot Chocolate	4.70	5.00
Nutella Hot Chocolate	N/A	6.00
White Hot Chocolate	4.70	5.00
Tumeric Latte		6.00
Matcha Latte		6.00

Add Cream	.75c
Add Marshmallows	.75c

Enhance your coffee or hot chocolate with a sweet touch of flavour .90c

Mocktails

Strawberry Daiquiri - strawberries blended with ice and cranberry juice	8.50
Atomic Cat - orange juice, tonic water and crushed ice	
Tropical Dream - pineapple, orange and mango nectar	
Strawberry Seduction - strawberries, cranberry juice, ice and cream	



Breakfast served all day
Lunch served 11 - 2.30
(Kitchen closed at 2.30 daily)