



PODIUM

CAFÉ

ALL DAY BREAKFAST

- EARLY BIRD BOWL** Moroccan spiced chickpeas, wilted baby spinach, roasted sweet potato, marinated mushrooms, poached egg + coconut yoghurt // 16.9
- BAKED EGGS** Spanish style baked eggs in rich tomato with chorizo, capsicum and wilted spinach, served with toasted sourdough // 16.9
- SMASHED AVO** Toasted sourdough topped with fresh avocado, Persian feta, rocket and finished with lime, pepper and balsamic vinegar // 16.9
- SAVOURY MINCE** Traditional style savoury mince with peas, corn and carrots in thick sauce, served with toasted sourdough + poached egg // 16.9
- WAFFLES** A choice of: Crispy bacon, ice cream and maple syrup **OR** Fresh berries, kiwifruit, passion fruit, banana, Australian honey + coconut yoghurt // 16.9
- LEG HAM BENEDICT** Poached eggs on toasted English muffin with honey-baked ham, spinach and hollandaise sauce // 16.9
- PODIUM BREAKFAST** Crispy bacon, two eggs (poached, fried or scrambled), grilled tomatoes, and toasted sourdough // 16.9

HOUSE MADE HOT & COLD ITEMS

- QUICHE** A choice of: Zucchini, bacon and cheese **OR** Ham, cheese and tomato **OR** Feta, sweet potato and caramelised onion // 6.9
- FILLO** A choice of: Butter chicken **OR** Lamb and rosemary **OR** Spinach and feta // 6.9
- BAGEL** A choice of: Smoked salmon, dill and cream cheese **OR** Camembert, pesto, spinach and onion jam // 6.9
- CROISSANT** A choice of: Ham, cheese and tomato **OR** Vegemite and cheese // 5.9
- ADD A SIDE OF CHIPS** to any Quiche, Filo, Bagel or Croissant + 2.9

READY MADE SALADS

- COUS COUS** Sultanas, Spanish onion, grilled zucchini, cherry tomatoes, mint, coriander and parsley with zesty dressing // 9.9
- GRILLED CHICKEN SALAD** Grilled chicken strips, bean sprouts, lettuce, tomato, capsicum and cucumber with honey mustard dressing // 9.9
- FRUIT CUP** Selection of seasonal local fruit topped with coconut yoghurt // 6.9

ALL DAY LUNCH

- TOFU BOWL** Bamboo rice, Szechuan tofu, marinated mushrooms, wilted bok choy, green beans and avocado topped with coconut yoghurt // 15.9
- TERIYAKI BEEF BOWL** Bamboo rice, Teriyaki beef, pickled ginger, seaweed salad, wilted bok choy, green beans and avocado topped with Kewpie mayonnaise // 15.9
- MOROCCAN CHICKEN SALAD** Marinated grilled chicken strips on lettuce, tomato, chickpeas, bean sprouts, cucumber with a mild Moroccan dressing // 15.9
- BEEF SALAD** Marinated rib fillet with lettuce, spinach, tomato, pickles and bean sprouts with a mild chilli sesame soy dressing // 15.9
- BLT** Crispy bacon, lettuce and tomato with house made dill aioli on toasted Turkish bread, served with rustic fries // 15.9
- SOUTHERN FRIED CHICKEN BURGER** Chicken breast pieces coated in our secret Cowboys spice mix with lettuce, tomato, cheese, avocado and mild Sriracha aioli on Turkish bread, served with rustic fries // 16.9
- TURKISH BREAD STEAK SANDWICH** 150g rib fillet steak, vintage cheddar, iceberg, tomato, caramelised onion and BBQ on toasted Turkish bread, served with rustic fries // 16.9



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BUILD YOUR OWN SALAD | SANDWICH | WRAP

SALAD

10.9

Mixed fresh lettuce leaves

SANDWICH

5.9

BREADS: White, wholemeal, grain or gluten free **G+**

WRAP

8.9

WRAPS: White or gluten free **G+**

CHOOSE 1 MEAT

Honey smoked ham
Poached chicken breast

CHOOSE 1 MEAT

Hungarian salami

CHOOSE 1 MEAT

Vegetarian options: **V**
Char-grilled Mediterranean veg
Avocado

EXTRA MEATS
each + 2.3

CHOOSE 6 FILLINGS

Tomato slices
Cucumber slices
Beetroot
Pineapple
Spanish onion
Carrot
Capsicum
Mushrooms

CHOOSE 2 FILLINGS

Spinach
Jalapeños
Pickles
Olives

CHOOSE 3 FILLINGS

Iceberg lettuce
Tasty cheese slices

EXTRA FILLINGS
each + 0.6

CHOOSE A DRESSING

Honey mustard
Balsamic

CHOOSE A SAUCE

Tomato
Sweet chilli
Whole grain mustard

BBQ
Dijon mustard

Garlic aioli
Sweet mustard pickle

ADD A SIDE OF CHIPS to any Sandwich or Wrap + 2.9

Please advise staff when ordering:

G+ Gluten Free Surcharge + 1.2 **V** Vegetarian

DESSERTS

CAKES, TARTS AND PIES See our cake cabinet for today's selection and prices.



CAFÉ

DRINKS

MILKSHAKE

Chocolate, Strawberry, Caramel, Banana, Lime, Coffee, Vanilla, White Chocolate and Choc Mint.

THICKSHAKE

ICED COFFEE

Ice cream, coffee, vanilla syrup, milk and whipped cream.

ICED CHOCOLATE

Ice cream, chocolate syrup, milk and whipped cream.

ICED MOCHA

Ice cream, chocolate syrup, coffee, milk and whipped cream.

ICED LATTE

Ice, coffee and milk.

ICED LONG BLACK

Ice, coffee and cold water.

SMOOTHIES

Banana and Honey

Frozen banana, yoghurt, honey and skim milk.

Mango

Frozen mango, yoghurt, vanilla syrup and skim milk.

Mixed Berry

Frozen mixed berries, yoghurt and skim milk.

REAL FRUIT FROSTED JUICES

Passions of paradise

Passionfruit, pineapple, mango and ice.

Tropical tornado

Pineapple, mango, kiwi, strawberry and ice.

Avo go go

Avocado, broccoli, spinach, mango, coconut, ginger, lime and ice.

CHOOSE YOUR MIXER: Apple juice or coconut water

HOT DRINKS

| | | |
|------------------------------|-------------------|-----|
| Long Black, Flat White, | Cup/8oz | 3.9 |
| Cappuccino, Café Latte | Mug/12oz | 4.9 |
| | Tall/16oz | 5.9 |
| | Espresso, Piccolo | 3.5 |
| Short Macchiato | | 3.9 |
| Long Macchiato, mocha | | 4.9 |
| Affogato | | 4.9 |
| Vienna | | 4.9 |
| Babycino | | 1.9 |
| Hot Chocolate | | 4.9 |
| Chai latte Spiced or vanilla | | 4.9 |

5.9

6.9

7.9

7.9

7.9

4.9

4.9

7.9

7.9

FRAPPES

7.9

Cookies and Cream

Ice, ice cream, milk, crushed Oreos, white chocolate powder topped with whipped cream and crushed Oreos.

Cara Cap

Ice, ice cream, milk, double espresso and caramel sauce, topped with whipped cream and caramel sauce.

Nutella

Ice, ice cream, milk and Nutella topped with whipped cream and drizzled with Nutella.

Chocolate Deluxe

Ice, ice cream, milk and chocolate, topped with whipped cream and choc chips.

BOTTLED COLD DRINKS

| | |
|------------------------------------|-----|
| Coke | 4.9 |
| Diet Coke | 4.9 |
| Coke Zero | 4.9 |
| Sprite | 4.9 |
| Fanta | 4.9 |
| Lift | 4.9 |
| Mount Franklin Sparkling Water | 4.9 |
| Mount Franklin Still Water | 4.9 |
| Valencia Orange Cold Pressed Juice | 5.9 |
| Apple Raspberry Cold Pressed Juice | 5.9 |
| Pink Lady Apple Cold Pressed Juice | 5.9 |
| Ginger/Lemon Kombucha | 6.9 |
| Passionfruit/Lemonade Kombucha | 6.9 |

Additional Syrups

0.5

Hazelnut, Vanilla and Caramel.

Pot of Tea

 3.9

 5.9

Bushells and Tea Pig Tea varieties including English Breakfast, Earl Grey, Mao Feng Green Tea, Chamomile Flowers, Lemon and Ginger, Peppermint Leaves and Chai.



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