



PODIUM

CAFÉ

ALL DAY BREAKFAST

ACAI BOWL Granola, banana, passion fruit, strawberry, kiwi and coconut yoghurt topped with chia seeds and toasted almonds // **9.9**

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**

OMELETTE **A choice of:** Spanish chorizo, capsicum and vintage cheddar **OR** Avocado, tomato and Spanish onion // **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**

EGGS ON TOAST Your choice of eggs (poached, fried or scrambled) on toasted sour dough // **10.9**

Feeling hungry? Add extra eggs (poached, fried or scrambled), crispy bacon, mushrooms, grilled tomato, baked beans, hash brown, hollandaise sauce, avocado, 2 slices of toast (white, brown, multigrain, sour dough or gluten free G+) + **2.9**

HOUSE MADE HOT & COLD ITEMS

QUICHE **A choice of:** Zucchini, bacon and cheese **OR** Ham, cheese and tomato // **6.9**

FILO **A choice of:** Butter chicken **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** Bacon, egg and cheese // **5.9**

PIE **A choice of:** Beef and bacon **OR** Chicken and mushroom // **5.9**

Add Side of Chips or Side of Garden Salad to any Quiche, Filo, Bagel, Croissant or Pie + **2.9**

GRILLED CHICKEN SALAD Grilled chicken strips, bean sprouts, lettuce, tomato, capsicum and cucumber with honey mustard dressing // **9.9**

FRUIT & YOGHURT CUPS

BIRCHER MUSELI Bircher museli with coconut yogurt // **6.9**

GRANOLA Granola with seasonal local fruit and 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 BOWL Your choice of teriyaki beef or chicken with bamboo rice, 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**

Add a softdrink or water to any All Day Lunch menu item + **3**



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
Tuna

Vegetarian options: **V**
Avocado

CHOOSE 1 MEAT

EXTRA MEATS
each + 2.3

CHOOSE 6 FILLINGS

Tomato slices
Cucumber slices
Beetroot

Spanish onion
Carrot

CHOOSE 2 FILLINGS

Capsicum
Spinach

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

BBQ
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.



C A F É

DRINKS

MILKSHAKE

Chocolate, Strawberry, Caramel, 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

CHOOSE YOUR MIXER: Apple juice or coconut water

Detox

The perfect blend of blueberries, boysenberries and banana, with dates added for natural sweetness.

Energise

A super refreshing blend of strawberries, apple, pear, pineapple, and dates.

Booster

Go green with a Booster – mango, banana and spinach with lime juice for an added kick.

HOT DRINKS

Long Black, Flat White,	Cup/8oz	3.9
Cappuccino, Café Latte	Mug/12oz	4.9
	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

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
Powerade	5.9
Raspberry/Lemonade Kombucha	6.9
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

T2 Varieties: Earl Grey, English Breakfast, Just Chamomile, Just Peppermint, Sencha, Lemongrass & Ginger



CAFÉ