

The logo for Podium Café is centered within a large, light yellow circle. The word "PODIUM" is written in a blue, sans-serif font. Each letter is stylized: the 'P' is a simple vertical bar; the 'O' is a circle with a vertical line through its center; the 'D' is a vertical bar with a curved top; the 'I' is a thin vertical bar; the 'U' is a vertical bar with a curved bottom; and the 'M' is a stylized 'M' with a double-line effect on its right side.

PODIUM

CAFÉ

**Open Monday to Friday, 6.30am - 3.00pm | tel. 4724 8088**

Kitchen closes at 2:00pm

## ALL DAY BREAKFAST

**ACAI BOWL** Acai berry served with seasonal fruit and granola topped with chia seeds, toasted almonds and local honey // **16.9 M / 21.2 N.M** **Add yoghurt + 0.5 M / 0.7 N.M**

**CARAMELIZED BANANA CREPES** Served with toasted almonds and yoghurt // **16.9 M / 21.2 N.M**

**SMASHED AVO & HALOUMI BURGER** Toasted Turkish roll, grilled haloumi, fried egg, spinach and avocado, with a side of hash browns // **16.9 M / 21.2 N.M** **Add bacon + 2.9 M / 3.7 N.M**

**BREKKY BURGER** Toasted Turkish roll, fried egg, bacon, caramelised onion, spinach, tomato and cheese with a side of hash browns // **16.9 M / 21.2 N.M**

**SMASHED AVO** Toasted sourdough topped with fresh avocado, Persian feta, spinach and finished with lime, pepper, dukkah and balsamic vinegar // **16.9 M / 21.2 N.M**

**SAVOURY MINCE** Traditional style savoury mince with peas, corn and carrots in thick sauce, served with toasted sourdough + poached egg // **16.9 M / 21.2 N.M**

**BREAKFAST BRUSCHETTA** Two slices of sour dough with pesto, tomato, onion, feta and poached eggs // **16.9 M / 21.2 N.M** **Add bacon + 2.9 M / 3.7 N.M**

**LEG HAM BENEDICT** Poached eggs on your choice of English muffin, croissant or bagel with honey-baked ham, spinach and hollandaise sauce // **16.9 M / 21.2 N.M**

**PODIUM BREAKFAST** Crispy bacon, two eggs (poached, fried or scrambled), grilled tomatoes, and toasted sourdough // **16.9 M / 21.2 N.M**

**EGGS ON TOAST** Your choice of eggs (poached, fried or scrambled) on your choice of fresh toast // **12.9 M / 16.2 N.M**

Feeling hungry? Add extra eggs (poached, fried or scrambled), crispy bacon, haloumi, mushrooms, grilled tomato, baked beans, hash brown, hollandaise sauce, avocado, 2 slices of toast (white, wholemeal, multigrain, sour dough or gluten free **G+**) + **2.9 M / 3.7 N.M**

## HOUSE MADE HOT & COLD ITEMS

**GLUTEN FREE FRITTATA** Sweet potato, pumpkin, feta and spinach frittata, served with a side salad // **13.9 M / 17.4 N.M**

**FILO OF THE DAY** // **7.9 M / 9.9 N.M**

**BAGEL OF THE DAY** // **6.9 M / 8.7 N.M**

**COISSANT** A choice of: Ham, cheese and tomato OR Bacon, egg and cheese // **6.9 M / 8.7 N.M**

**PIE OF THE DAY** // **6.9 M / 8.7 N.M**

**SALAD OF THE DAY** // **9.9 M / 12.4 N.M**

**BOWL OF CHIPS WITH GRAVY** Small // **5.9 M / 7.4 N.M** Large // **8.9 M / 11.2 N.M**

## FRUIT & YOGHURT CUPS

**BIRCHER MUESLI** Bircher muesli with Greek yoghurt // **6.9 M / 8.7 N.M**

**GRANOLA** Granola with seasonal local fruit and natural Greek yoghurt // **6.9 M / 8.7 N.M**

**FRUIT SALAD** Seasonal fresh fruit served with natural Greek yoghurt // **6.9 M / 8.7 N.M**

## ALL DAY LUNCH

**POWER BOWL** Whole grain rice topped with roasted popped chickpeas, diced sweet potato, grilled chicken strips, wilted spinach, roasted cherry tomatoes, minted yoghurt, beetroot hummus and finished with lime and cumin aioli and fresh coriander leaf // **16.9 M / 21.2 N.M**

**LEMON MYRTLE CHICKEN SALAD** Grilled lemon myrtle chicken breast served on iceberg and spinach with avocado, cherry tomatoes, capsicum, cucumber, garlic croutons and finished with green goddess dressing // **16.9 M / 21.2 N.M**

**TACO BOWL** Mexican spiced chicken or tofu, corn, black beans, cucumber, cherry tomatoes, sour cream, onion, capsicum and guacamole, served with your choice of brown rice or corn chips // **16.9 M / 21.2 N.M**

**BLT** Crispy bacon, lettuce and tomato with house made cumin aioli on toasted Turkish bread, served with rustic fries // **16.9 M / 21.2 N.M**

**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 M / 21.2 N.M**

**GRILLED LEMON CHICKEN BURGER** Chicken breast with lettuce, tomato, onion and cumin aioli on Turkish bread, served with rustic fries // **16.9 M / 21.2 N.M**

**TURKISH BREAD STEAK SANDWICH** 150g rib fillet steak, mozzarella, iceberg lettuce, tomato, caramelised onion and BBQ sauce on toasted Turkish bread, served with rustic fries // **16.9 M / 21.2 N.M**

**CHICKEN & CASHEW STIR-FRY** Chicken breast, cashews, Asian vegetables and hokkien noodles in mild chilli hoisin and plum sauce // **18.9 M / 23.7 N.M**

**BEEF LASAGNE** Home made bolognese layered between fresh pasta sheets and white sauce, served with garden salad and chips // **18.9 M / 23.7 N.M**

**\$12 DAILY SPECIAL** See our specials board for today's meal // **12 M / 15 N.M**

**Add a softdrink or water** to any All Day Lunch menu item + **3 M / 3.8 N.M**

**Add Side of Chips or Side of Garden Salad** to any Quiche, Filo, Bagel, Croissant or Pie + **2.9 M / 3.7 N.M**

M - MEMBERS / N.M - NON-MEMBERS

## BUILD YOUR OWN SALAD | SANDWICH | WRAP

### SALAD

10.9<sub>M</sub> / 13.7<sub>N.M</sub>

Iceberg lettuce

### SANDWICH

6.9<sub>M</sub> / 8.7<sub>N.M</sub>

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

### WRAP

8.9<sub>M</sub> / 11.2<sub>N.M</sub>

### CHOOSE 1 MEAT

Honey smoked ham  
Poached chicken breast  
Bacon

### CHOOSE 1 MEAT

Hungarian salami  
Tuna

Vegetarian options: **V**  
Avocado

### EXTRA MEATS

each + 2.3<sub>M</sub> / 2.9<sub>N.M</sub>

### CHOOSE 6 FILLINGS

Tomato slices  
Cucumber slices  
Beetroot

Spanish onion  
Carrot  
Capsicum

### CHOOSE 2 FILLINGS

Spinach  
Iceberg lettuce

### CHOOSE 3 FILLINGS

Tasty cheese slices  
Feta

### EXTRA FILLINGS

each + 0.6<sub>M</sub> / 0.8<sub>N.M</sub>

### CHOOSE A DRESSING

Honey mustard  
Balsamic

### CHOOSE A SAUCE

Tomato  
Sweet chilli

BBQ  
Garlic aioli

Sweet mustard pickle  
Tomato relish

**ADD A SIDE OF CHIPS** to any Sandwich or Wrap + 2.9<sub>M</sub> / 3.7<sub>N.M</sub>

Please advise staff when ordering:

**G+** Gluten Free Surcharge + 1.2<sub>M</sub> / 1.5<sub>N.M</sub>

**V** Vegetarian

## DESSERTS

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

**DRINKS** M N.M

**MILKSHAKE** 6.9 8.7

**THICKSHAKE** 7.9 9.9

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

**ICED COFFEE** 7.9 9.9

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

**ICED CHOCOLATE** 7.9 9.9

Ice cream, chocolate syrup, milk and whipped cream.

**ICED MOCHA** 7.9 9.9

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

**ICED LATTE** 5.9 7.4

Ice, coffee and milk.

**ICED LONG BLACK** 5.9 7.4

Ice, coffee and cold water.

House made cold brew available

**SMOOTHIES** 8.9 11.2

**ACAI**

Acai with yoghurt and skim milk.

**BANANA AND HONEY**

Frozen banana, yoghurt, honey and skim milk.

**MANGO**

Frozen mango, yoghurt, vanilla syrup and skim milk.

All smoothies can be dairy free upon request

**REAL FRUIT FROSTED JUICES** 8.9 11.2

**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.

**FRAPPES** 9.9 12.4

**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.

**CHOCOLATE DELUXE**

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

**BISCOFF ICE**

Ice cream, milk, Biscoff topped with whipped cream.

M - MEMBERS / N.M - NON-MEMBERS

**BOTTLED COLD DRINKS** M N.M

Coke 4.9 6.2

Coke Zero 4.9 6.2

Sprite 4.9 6.2

Fanta 4.9 6.2

Lemon Lime & Bitters 4.9 6.2

Dry Ginger Ale 4.9 6.2

Mount Franklin Sparkling Water 4.9 6.2

Mount Franklin Still Water 4.9 6.2

Orange Juice 5.9 7.4

Tropical Juice 5.9 7.4

Apple Juice 5.9 7.4

Pineapple Juice 5.9 7.4

Apple and Black Currant Juice 5.9 7.4

Powerade 5.9 7.4

Raspberry/Lemonade Kombucha 6.9 8.7

Ginger/Lemon Kombucha 6.9 8.7

Passionfruit/Lemonade Kombucha 6.9 8.7

**HOT DRINKS** M N.M

Long Black, Flat White, Cup/8oz 4.9 6.2

Cappuccino, Café Latte Mug/12oz 5.9 7.4

16oz 6.9 8.7

Espresso, Piccolo 3.9 4.9

Short Macchiato 4.9 6.2

Long Macchiato, Mocha 5.9 7.4

Affogato 5.9 7.4

Vienna 5.9 7.4

Matcha 5.9 7.4

Babycino 2.9 3.7

Hot Chocolate 5.9 7.4

Chai latte Spiced or Vanilla 5.9 7.4

Additional Syrups 1.0 1.3

Hazelnut, Vanilla and Caramel.

Pot of Tea 4.9 6.2

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

**BECOME A COWBOYS LEAGUES CLUB MEMBER AND SAVE!**

SCAN THE QR CODE TO JOIN, THEN SHOW OUR TEAM YOUR CONFIRMATION EMAIL TO RECEIVE MEMBERS PRICING.



\*FOR FURTHER DETAILS, SEE STAFF.