

The logo for Podium Café is centered within a large, semi-transparent yellow circle. The word "PODIUM" is written in a blue, sans-serif font. Each letter is stylized: the 'P' is a simple outline; the 'O' is a circle with a vertical line through its center; the 'D' is a simple outline; the 'I' consists of two vertical lines; the 'U' is a simple outline; and the 'M' is a stylized double-line 'M' shape.

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 / 21.20 N.M** **Add yoghurt + 0.5 M / 0.7 N.M** **Add GF Granola**

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, 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**

CROISSANT 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**

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

FRUIT & YOGHURT CUPS

BIRCHER MUESLI Bircher muesli with 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** **Add Granola/GF Granola + \$1.20 M / \$1.50 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**

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**

M - MEMBERS / N.M - NON-MEMBERS

BUILD YOUR OWN SALAD | SANDWICH | WRAP

SALAD

10.9_M / 13.7_{N.M}

Iceberg lettuce

SANDWICH

6.9_M / 8.7_{N.M}

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

WRAP

8.9_M / 11.2_{N.M}

CHOOSE 1 MEAT

Honey smoked ham
Poached chicken breast
Bacon

CHOOSE 1 MEAT

Hungarian salami
Tuna

CHOOSE 1 MEAT

Vegetarian options: **V**
Avocado

EXTRA MEATS

each + 2.3_M / 2.9_{N.M}

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_M / 0.8_{N.M}

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_M / 3.7_{N.M}

Please advise staff when ordering:

G+ Gluten Free Surcharge + 1.2_M / 1.5_{N.M}

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

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

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

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, Cappuccino, Café Latte	Cup/8oz	4.9	6.2
	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.