

The logo for Podium Café is centered within a dark blue circle. The word "PODIUM" is written in a stylized, white, sans-serif font. Each letter is composed of geometric shapes: 'P' is a solid square; 'O' is a circle with a vertical line through its center; 'D' is a solid square; 'I' is a vertical line; 'U' is a solid square with a vertical line through its center; and 'M' is a solid square with a white chevron shape inside. Below the word "PODIUM" is the word "CAFÉ" in a smaller, white, sans-serif font.

PODIUM

CAFÉ

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

Kitchen closes at 2:00pm

All meals may contain and/or come in contact with various allergens including (without limitation) nuts and seafood. Please advise staff when ordering of any allergens.

ALL DAY BREAKFAST

100% PURE 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 Nutella + 2 M / 2.5 N.M **Add yoghurt + 0.5 M / 0.7 N.M** **Add GF Granola + 1.2 M / 1.5 N.M**

CORN AND ZUCCHINI FRITTERS Served with smoky tomato relish, fresh avocado and 2 poached eggs // **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**

PODIUM OMELETTE 3 egg flat omelette with ham, cheese, tomato, mushrooms and onion served with sour dough // **18.9 M / 23.7 N.M**

GREEN EGGS AND HAM Spinach and herb scrambled eggs on pan-fried ham and sourdough topped with peas and Persian feta // **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, grilled tomato, baked beans, hash brown,

hollandaise sauce, pan fried mushrooms, 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 Filo, Bagel, Croissant or Pie + **2.9 M / 3.7 N.M**

FRUIT & YOGHURT CUPS

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

FRUIT SALAD Seasonal fresh fruit // **6.9 M / 8.7 N.M** **Add Natural Yoghurt + 1 M / 1.30 N.M** **Add Granola/GF Granola + 1.20 M / 1.50 N.M**

ALL DAY LUNCH

CHICKEN BUDDHA BOWL Tandoori chicken breast, cherry tomatoes, cucumber, bean mix, Spanish onion and coriander served on brown rice with Tzatziki and crisp flat bread // **16.9 M / 21.2 N.M**

THAI BEEF SALAD Chilled marinated beef served on a salad of cabbage, carrot, spinach, cucumber, cherry tomatoes, mint, coriander, crushed peanuts and finished with Thai dressing and crispy fried shallots // **18.9 M / 23.7 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 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**

CHICKEN BURRITO Mexican spiced chicken breast, corn, black beans, cucumber, cherry tomatoes, sour cream, onion, capsicum and guacamole served with corn chips and salsa // **16.9 M / 21.2 N.M**

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

TANDOORI CHICKEN WRAP Tandoori chicken breast, Cucumber, tomato, spinach and a drizzle of tzatziki in a lightly toasted wrap, served with chips // **16.9 M / 21.2 N.M**

\$15 DAILY SPECIAL See our specials board for today's meal // **15 M / 18.8 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

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	House made cold brew available	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		6.9	8.7
Ice, coffee and milk			
ICED LONG BLACK		5.9	7.4
Ice, coffee and cold water			
ICED CHAI LATTE		7.9	9.9
Ice, chai powder and milk			
HOUSE MADE PEACH ICED TEA		5.9	7.4
ICED MATCHA		7.9	9.9
Add strawberry + 1 M / 1.3 N.M			

SMOOTHIES		8.9	11.2
MANGO MASH	Frozen mango, passionfruit, frozen banana, coconut water, honey and chia seeds		
BANANA AND HONEY	Frozen banana, yoghurt, honey and skim milk		
MANGO	Frozen mango, yoghurt, vanilla syrup and skim milk		
DAIRY FREE MANGO AND STRAWBERRY	Diced mango cheeks, fresh strawberries, apple juice and ice		
Add protein powder to any smoothie + 2 M / 2.5 N.M			

All regular smoothies can be dairy free upon request.
Excludes smoothies with protein powder

COWBOYS PROTEIN POWERED SMOOTHIES		10.9	13.7
SNICKERS	Banana, almond milk, cocoa, protein powder, oats and peanut butter. Topped with cocoa nibs and crushed peanuts		
EIFFEL 65	Blueberries, banana, almond butter, protein powder, almond milk, chia seeds and locally sourced honey		
BREKKY ON THE GO GO	Oats, banana, locally sourced honey, chia seeds, peanut butter, protein powder and yoghurt		

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.

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		

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

M - MEMBERS / N.M - NON-MEMBERS