



C A F É

Open weekdays 6:30am - 2:30pm  
Kitchen closes at 2:00pm

M - MEMBERS / N.M - NON-MEMBERS

## ALL DAY BREAKFAST

	M	N.M
<b>100% PURE ACAI BOWL</b>	\$16.9	\$21.2
Acai berry served with seasonal fruit and granola topped with chia seeds, toasted almonds and local honey.		
Add nutella	\$2	\$2.5
Add yoghurt	\$0.5	\$0.7
Add gf granola	\$1.2	\$1.5
<b>BREKKY BURGER</b>	\$16.9	\$21.2
Toasted turkish roll, fried egg, bacon, caramelised onion, spinach, tomato and cheese with a side of hash browns.		
<b>SMASHED AVO</b>	\$16.9	\$21.2
Toasted sourdough topped with fresh avocado, persian feta, rocket and finished with lemon pepper and balsamic vinegar.		
<b>PODIUM OMELETTE</b>	\$18.9	\$23.7
Three egg flat omelette with ham, cheese, tomato, mushrooms and onion served with sourdough.		
<b>PODIUM BREAKFAST</b>	\$16.9	\$21.2
Crispy bacon, two eggs (poached, fried or scrambled), grilled tomatoes, two hash browns and toasted sourdough.		
<b>EGGS ON TOAST</b>	\$12.9	\$16.2
Your choice of eggs (poached, fried or scrambled) on your choice of fresh toast.		

### HUNGRY AS A COWBOY? Add extras \$3.5 M \$4.4 N.M

Add extra eggs (poached, fried or scrambled), crispy bacon, grilled tomato, baked beans, hash brown, hollandaise sauce, pan fried mushrooms, avocado, two slices of toast. (White, wholemeal, multigrain, sourdough or gluten free **G+**)

## BUILD YOUR OWN SALAD | SANDWICH | WRAP

1 START HERE!	M	N.M
<b>SALAD</b>	\$10.9	\$13.7
1 MEAT + 5 FILLINGS + DRESSING OR SAUCE Iceberg Lettuce		
<b>SANDWICH</b>	\$7.5	\$9.4
1 MEAT + 2 FILLINGS + DRESSING OR SAUCE Choose from white, wholemeal, grain or gluten free. <i>Sourdough \$1 M \$1.3 N.M</i>		
<b>WRAP</b>	\$9.9	\$12.4
1 MEAT + 3 FILLINGS + DRESSING OR SAUCE Choose from white or gluten free.		

ADD A SIDE OF CHIPS to any sandwich or wrap \$3.9 M \$4.9 N.M

## LIGHT MEALS

	M	N.M
<b>FILO OF THE DAY</b>	\$9.9	\$12.4
<b>BAGEL OF THE DAY</b>	\$9.9	\$12.4
<b>CROISSANT</b>	\$9.9	\$12.4
Choice of: ham, cheese and tomato or bacon, egg and cheese.		
<b>SALAD OF THE DAY</b>	\$9.9	\$12.4
<b>BOWL OF CHIPS WITH GRAVY</b>	SMALL \$6.5 LARGE \$10.9	\$8.2 \$13.7
<b>BIRCHER MUESLI</b>	\$6.9	\$8.7
Bircher muesli with yoghurt.		
<b>FRUIT SALAD</b>	\$6.9	\$8.7
Seasonal fresh fruit		
Add natural yoghurt	\$1	\$1.3
Add granola/gf granola	\$1.2	\$1.5
<b>ADD A SIDE OF CHIPS</b>	\$3.9	\$4.9
To any filo, bagel or croissant.		

## ALL DAY LUNCH

	M	N.M
<b>CHICKEN BUDDHA BOWL</b>	\$16.9	\$21.2
Tandoori chicken breast, cherry tomatoes, cucumber, bean mix, spanish onion and coriander served on brown rice with tzatziki and crisp flat bread.		
<b>TACO BOWL</b>	\$16.9	\$21.2
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.		
<b>BLT</b>	\$16.9	\$21.2
Crispy bacon, lettuce and tomato with house made aioli on toasted turkish bread, served with rustic fries.		
<b>SOUTHERN FRIED CHICKEN BURGER</b>	\$17.9	\$22.4
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.		
<b>TURKISH BREAD STEAK SANDWICH</b>	\$18.9	\$23.7
150g rib fillet steak, tasty cheese, iceberg lettuce, tomato, caramelised onion and bbq sauce on toasted turkish bread, served with rustic fries.		
<b>DAILY SPECIAL</b>	\$15	\$18.8
See our specials board for today's meal.		
<b>ADD A SOFTDRINK OR WATER</b>	\$4	\$5
To any All Day Lunch menu item.		

### 1 START HERE!

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<b>SALAD</b>	\$10.9	\$13.7
1 MEAT + 5 FILLINGS + DRESSING OR SAUCE Iceberg Lettuce		
<b>SANDWICH</b>	\$7.5	\$9.4
1 MEAT + 2 FILLINGS + DRESSING OR SAUCE Choose from white, wholemeal, grain or gluten free. <i>Sourdough \$1 M \$1.3 N.M</i>		
<b>WRAP</b>	\$9.9	\$12.4
1 MEAT + 3 FILLINGS + DRESSING OR SAUCE Choose from white or gluten free.		

### 2 MEAT

+ vegetarian options  
Honey smoked ham  
Poached chicken breast  
Bacon  
Hungarian salami  
Feta  
Avocado  
*Extra meats \$2.3 M \$2.9 N.M*

### 3 FILLINGS

Tomato slices  
Cucumber slices  
Beetroot  
Spanish onion  
Capsicum  
Spinach  
Iceberg lettuce  
Tasty cheese slices  
*Extra fillings each \$0.8 M \$1 N.M*

### 4 DRESSINGS & SAUCE

Honey mustard dressing  
Balsamic  
Tomato  
Sweet chilli  
BBQ  
Garlic Aioli  
Sweet Mustard  
Pickle  
Tomato Relish

## DRINKS

	M	N.M
<b>MILKSHAKE</b>	\$6.9	\$8.7
<b>THICK SHAKE</b> Chocolate, Strawberry, Caramel, Coffee, Vanilla, White Chocolate and Choc Mint.	\$8.9	\$11.2
<b>ICED COFFEE</b> Ice cream, coffee, vanilla syrup, milk and whipped cream.	\$8.5	\$10.7
<b>ICED CHOCOLATE</b> Ice cream, chocolate syrup, milk and whipped cream.	\$8.5	\$10.7
<b>ICED MOCHA</b> Ice cream, chocolate syrup, coffee, milk and whipped cream.	\$8.5	\$10.7
<b>ICED LATTE</b> Ice, coffee and milk.	\$7.5	\$9.4
<b>ICED LONG BLACK</b> Ice, coffee and cold water.	\$6.5	\$8.2
<b>ICED CHAI LATTE</b> Ice, chai powder and milk.	\$7.9	\$9.9

## SMOOTHIES

	M	N.M
<b>MANGO</b> Frozen mango, yoghurt and skim milk.	\$8.9	\$11.2
<b>BANANA AND HONEY</b> Frozen banana, yoghurt, honey and skim milk.	\$8.9	\$11.2
<b>MIXED BERRY</b> Frozen mixed berries, yoghurt and skim milk.	\$8.9	\$11.2
<i>Add protein powder to any smoothie</i>	\$2	\$2.5

**ALL REGULAR SMOOTHIES CAN BE DAIRY FREE UPON REQUEST.**  
Excludes smoothies with protein powder.

## PROTEIN POWERED SMOOTHIES

	M	N.M
<b>SNICKERS</b> Banana, almond milk, cocoa, protein powder, oats and peanut butter. Topped with crushed peanuts.	\$10.9	\$13.7

## FROSTED JUICE

	M	N.M
<b>ENERGISE</b> A super refreshing blend of strawberries, apple, pear, pineapple and dates with lime juice for an added kick. Choose your mixer - apple juice or coconut water.	\$9.9	\$12.4

## FRAPPES

	M	N.M
<b>CARA CAP</b> Ice, ice cream, milk, double espresso and caramel sauce, topped with whipped cream and caramel sauce.	\$9.9	\$12.4
<b>NUTELLA</b> Ice, ice cream, milk and Nutella topped with whipped cream and drizzled with Nutella.	\$9.9	\$12.4

## BOTTLED COLD DRINKS

	M	N.M
<b>COKE</b>	\$5.5	\$6.9
<b>COKE ZERO</b>	\$5.5	\$6.9
<b>SPRITE</b>	\$5.5	\$6.9
<b>FANTA</b>	\$5.5	\$6.9
<b>LEMON LIME &amp; BITTERS</b>	\$5.5	\$6.9
<b>DRY GINGER ALE</b>	\$5.5	\$6.9
<b>MOUNT FRANKLIN SPARKLING WATER</b>	\$5.5	\$6.9
<b>MOUNT FRANKLIN STILL WATER</b>	\$5.5	\$6.9
<b>ORANGE JUICE</b>	\$5.9	\$7.4
<b>APPLE JUICE</b>	\$5.9	\$7.4
<b>PINEAPPLE JUICE</b>	\$5.9	\$7.4
<b>POWERADE</b>	\$6.9	\$8.7

## HOT DRINKS

	M	N.M
<b>LONG BLACK, FLAT WHITE, CAPPUCCINO, CAFÉ LATTE</b>	CUP/8OZ \$5.5 MUG/12OZ \$6.5 16OZ \$7.5	\$6.9 \$8.2 \$9.4
<b>ESPRESSO, PICCOLO</b>	\$4.5	\$5.7
<b>MOCHA</b>	\$6.5	\$8.2
<b>AFFOGATO</b>	\$6.5	\$8.2
<b>VIENNA</b>	\$6.5	\$8.2
<b>BABYCINO</b>	\$2.9	\$3.7
<b>HOT CHOCOLATE</b>	\$5.9	\$7.4
<b>CHAI LATTE SPICED OR VANILLA</b>	\$5.9	\$7.4
<b>ADDITIONAL SYRUPS</b> Hazelnut, Vanilla and Caramel.	\$1.0	\$1.3
<b>POT OF TEA</b> English Breakfast, Earl Grey, Green Tea, Peppermint.	\$4.9	\$6.2

**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.



CAFE

M - MEMBERS / N.M - NON-MEMBERS

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. Gluten free surcharge +1.2M / \$15.NM