



Fresh



BREAKFAST

	Members	Non-Members
Toast <i>White / Wholemeal / Multigrain / Gluten Free</i> Raisin or Sourdough + \$1	\$6.20	\$8.20
Eggs on Toast <i>Choice of Fried, Poached or Scrambled, Sourdough</i>	\$10.50	\$12.50
Bacon & Egg Roll <i>Fried Egg, Bacon, Cheese on Milk Bun</i>	\$13.00	\$15.00
Smashed Avo <i>Poached Eggs, Avocado Puree, Dukkha, Fetta, Balsamic Glaze, Sourdough</i>	\$16.50	\$18.50
3 Egg Omelette <i>Ham, Cheese, Spinach, Tomato, Sourdough</i>	\$18.50	\$20.50
Breakfast Stack <i>Mushroom, Kale, Crumbed Haloumi, Hommus, Fried Egg, Sourdough</i>	\$18.50	\$20.50
Eggs Benedict <i>Choice of:</i> 1. Bacon or Ham with Spinach 2. Salmon with Spinach	\$19.00 \$23.00	\$21.00 \$25.00
Full Breakky <i>Eggs (your way), Bacon, Sausages, Mushrooms, Roast Tomato, Sourdough</i>	\$23.00	\$25.00
ADD ONS		
\$2 each <i>Tomato, Spinach, Cheese, Avocado, Egg, Hash Brown</i>		
\$4 each <i>Ham, Mushrooms, Grilled Haloumi, Sausages, Bacon, Chicken, Smoked Salmon</i>		

LUNCH *(after 10am)*

	Members	Non-Members
BURGERS + SANDWICHES		
Grilled Chicken Burger <i>Grilled Chicken, Tomato, Lettuce, Mayonnaise, Cheese</i>	\$15.00	\$17.00
Steak Sandwich <i>Minute Steak, Tomato, Lettuce, Onion, Beetroot, Cheese, BBQ Sauce, White Bread</i>	\$15.00	\$17.00
Fresh Club Sandwich <i>Grilled Chicken, Bacon, Tomato, Lettuce, Cheese, Relish</i>	\$15.00	\$17.00
Chickpea and Lentil Burger <i>Chickpea and Lentil Pattie, Lettuce, Tomato, Onion</i>	\$15.00	\$17.00



LUNCH *(after 10am)*

Members Non-Members

WRAPS

"BLAT" Wrap

Bacon, Lettuce, Avocado, Tomato Wrap

\$15.00 \$17.00

Chicken Caesar Wrap

Chicken, Cos Lettuce, Bacon, Parmesan, Caesar Dressing

\$15.00 \$17.00

Crispy Chicken Wrap

Pesto Aoli, Sun Dried Tomato, Spinach, Cheese

\$15.00 \$17.00

Falafel Veggie Wrap

Falafel, Lettuce, Tomato, Cucumber, Onion, Aoli, Sweet Chili

\$15.00 \$17.00

Crunchy Fish & Chipotle Mayo Wrap

Flathead, Chipotle Mayo, Mesclun, Tomato, Avocado

\$15.00 \$17.00

Add Chips

\$4.00 \$6.00

MAINS

Chicken Schnitzel

Crumbed Chicken, Gravy, Chips, Side Salad

\$26.00 \$28.00

250g Rump Steak

Grilled Rump Steak, Steamed Vegetables, Chips

\$26.00 \$28.00

Chicken & Avocado Cheese Melt

Grilled Chicken, Avocado, Cheese, Sourdough, Chips, Side Salad

\$26.00 \$28.00

SIDES

Chips

\$10.50 \$12.50

Wedges

\$12.00 \$14.00

SALADS

Caesar Salad

Cos Lettuce, Parmesan, Bacon, Egg, Cheese, Caesar Dressing

\$16.00 \$18.00

Greek Salad

Mix Lettuce, Tomato, Cucumber, Fetta, Olives, Capsicum

\$16.00 \$18.00

Falafel Salad

Mesclun, Falafel, Cucumber, Spanish Onion, Beetroot, Walnuts, Olives

\$16.00 \$18.00

KIDS MENU

Chicken Nuggets & Chips

\$13.00 \$15.00

Fish & Chips

\$13.00 \$15.00

Cheese Toastie

\$6.00 \$8.00



BEVERAGES

	Members	Non-Members	
JUICES	\$10.00	\$12.00	
Super Juice - Kale, Cucumber, Apple, Spinach, Mint, Lemon			
Energiser - Carrot, Orange, Apple, Ginger			
Early Start - Orange, Pineapple, Ginger, Mint, Mango			
Cleanser - Apple, Cucumber, Pineapple, Lemon, Ginger			
Build Your Own (choose 4) Apple, Orange, Pineapple, Watermelon, Carrot, Celery, Beetroot, Tomato, Lemon, Cucumber			
ADD ONS			
\$0.50	Additional Fruit		
\$1.20	Ginger		
\$2.00	Protein		
SMOOTHIES	\$9.50	\$11.50	
Triple Berry - Mixed Berries, Yoghurt, Ice, Milk			
Banana + Honey - Banana, Honey, Cinnamon, Yoghurt, Milk			
Peanut Butter + Muesli - Peanut Butter, Muesli, Banana, Almond Milk			
Mango Madness - Mango, Almond Flakes, Yoghurt, Chia, Honey, Milk			
SHAKES			
Milkshakes - Chocolate, Strawberry, Banana, Vanilla, Caramel	\$7.50	\$9.50	
Protein Shakes - Chocolate, Strawberry, Banana, Vanilla, Caramel	\$8.00	\$10.00	
HOT DRINKS			
Flat White, Cappuccino, Latte, Chai Latte, Mocha, Long Black	Reg	\$4.70	\$5.10
	Lrg	\$5.40	\$5.90
Short Black, Macchiatto		\$3.70	\$4.10
Piccolo		\$4.50	\$4.90
Tea - English Breakfast, Chamomile, Green Tea, Peppermint, Earl Grey		\$4.50	\$4.90
EXTRA			
\$0.90	Extra Shot, Decaf, Soy Milk, Almond Milk, Oat Milk, Syrups		
ICED DRINKS			
Iced Coffee		\$8.30	\$8.70
Iced Latte		\$5.80	\$6.20
EXTRA			
\$0.90	Extra Shot, Decaf, Soy Milk, Almond Milk, Oat Milk, Syrups		