



FULLY LICENSED

## breakfast menu

7am -11.30am weekdays and 7am - 2.30pm weekends

gourmet croissant **w** spinach, smokey bacon & gruyere cheese 8.9  
 croissant **w** ham & gruyere cheese 6.9  
 croissant **w** jam **v** 6.5

ricotta hotcakes **w** butterscotch banana & vanilla ice cream **v** 15

breakfast fried rice 15.9

fried eggs, bacon, avocado, sweet chilli mayo on toasted panini 15.5

mediterranean brekkie **w** grilled roma tomato, spinach, fetta, scrambled eggs, chorizo and turkish toast 17.5

the big brekkie: bacon, eggs, sausage, tomato, mushroom & thick toast 17.9

bubble & squeak **w** lamb & rosemary sausage & tomato chilli jam **GF** 16.5

eggs florentine **w** poached eggs, sautéed spinach, hollandaise and turkish bread **v** 15  
**w** ham 16 **w** salmon 17

eggs **w** bacon & thick toast 11.9

omelette **w** double smoked ham, cherry tomato, gruyere cheese & thick white toast 15.9

french toast **w** caramelised apple and cinnamon cream 12.9

sourdough toast **w** avocado, sea salt, lemon & olive oil **v** 10.9

thick toast **w** butter & preserves on your choice of white, sourdough, wholemeal, raisin toast, turkish or **GF** 6.5

### FITNANCE HEALTHY START BREAKFAST

bruschetta **w** cherry tomato salsa, fetta, poached eggs, balsamic & olive oil **v** 13.9

breakfast parfait **w** seasonal fruit, muesli and yoghurt **VGF** 10.5

### SOMETHING ON THE SIDE

two eggs· bacon· sausages· smoked salmon 6  
 mushroom· tomato· avocado· sautéed spinach 5  
 hash brown· baked beans 3 thick toast (1 slice) 2.5

## lunch menu

11.30am-2.30pm

japanese crumbed barramundi **w** tartare sauce, chips & salad 17.5

lemon pepper calamari **w** mizuna salad & lime aioli **GF** 16.5

B.L.A.T bacon, cos lettuce, avocado, roma tomato **w** aioli on toasted panini **w** chips 15.9 **w** chicken 17.9

greek style lamb burger **w** tomato salsa, mint yogurt & chips 16.5

gourmet steak sandwich **w** caramelised onion, roma tomatoes, gruyere cheese, rocket, hollandaise & chips 17.5

caesar salad **w** chicken 16.5

**w** garlic prawns **GF** 17.5

grilled peach salad **w** bocconcini, prosciutto & verjuice dressing **VGF** 17.9

crispy wonton hoisin chicken salad 17

angel hair pasta **w** chilli prawns, garlic, cherry tomato & olive oil 18

summer vegetable risotto **VGF** 17

chicken pizza **w** chorizo, english spinach, brie & garlic olive oil 16.9

nasi goreng **w** chicken & prawns 17.5

antipasto plate **GFV** option available 16

big breakfast @ lunch  
 eggs, bacon, sausage, tomato, mushroom & thick toast 17.9

chips **w** aioli 7

wedges **w** sour cream & sweet chilli 8.5

### SOMETHING ON THE SIDE

lemon pepper calamari **w** lime aioli 7.5  
 side bowl of wedges 5 garlic prawns 6.5  
 side bowl of salad 4 side bowl of chips 5  
 homemade gravy 2

### SPOON ON THE GO GO

bacon and egg muffin, hash brown and reg coffee 10  
 breakfast parfait **w** seasonal fruit, muesli and yoghurt **VGF** 10.5  
 raisin toast 6.5  
 thick toast **w** butter & preserves on your choice of white, sourdough, wholemeal, turkish or **GF** 6.5

**please order at the counter**

gluten free: **GF** vegetarian: **V**

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