

ALL DAY MENU

TOAST & HOUSE PRESERVES (3 SLICES) sourdough, multigrain, fruit loaf, crumpets, gluten free (df, v, veo)	10
EGGS YOUR WAY ON TOAST (2 SLICES) poached, fried or scrambled (gfo, dfo, v)	16
SUPERSEED PORRIDGE oats, chia, quinoa, cinnamon poached pears, blueberries, walnut granola crunch (v, veo, dfo, n)	23
THE BREKKY BURGER bacon, fried egg, mushroom, swiss cheese, relish, spinach (vo) add potato hash / 5	18
SMASHED AVO BRUSCHETTA tomato salsa, Persian feta, pepitas, basil pistou, poached egg, sourdough (2) (v, veo, gfo, n)	26
THE ATLANTIC Dr Marty's crumpets, smoked salmon, poached eggs, sautéed spinach, hollandaise, dill, lemon (gfo)	26
CHILLI SCRAMBLED Korean chilli paste, chorizo, sourdough, parmesan snow, fried shallots (vo, gfo)	26
EGGS BENEDICT smoked brisket, poached eggs, sautéed greens, hollandaise, potato hash (gf, dfo)	26
CALIFORNIAN GREEN & GRAIN sautéed greens, tri quinoa, pumpkin hummus, avocado, goji berries, feta, dukkah, poached egg (veo, gf, dfo, n)	26
SANDBAR BIG BREAKFAST eggs your way, bacon, pork & fennel sausages, roma tomatoes, sautéed baby spinach, mushrooms, potato hash, sourdough (2) (gfo, dfo)	28
VEGGIE BREAKFAST eggs your way, sautéed greens, mushrooms, roma tomatoes, potato hash, avocado, sourdough (2) (gfo, dfo, v, veo)	27
CRISPY FRIED CALAMARI & TIGER PRAWNS rainbow slaw, chips, sriracha mayo, lemon (gf, df)	28
PRAWN TACOS (3) flour tortilla, shredded cos, tiger prawn, chipotle mayo, pickled papaya, coriander, lemon	26
CHEESE & BACON BURGER beef pattie, American cheddar, butter pickles, caramelised onion, relish, tomato, cos, milk bun, chips (gfo, dfo)	27
BBQ BRISKET SANDWICH toasted ciabatta, rocket, gruyère, chimichurri mayo, chips (gfo, dfo)	27
FISH & CHIPS beer battered barramundi, salt & vinegar seasoning, rainbow slaw, lemon, tartare (gfo, df)	28
VEGAN BOWL brown rice, broccoli, cucumber, avocado, pickled daikon & ginger, soaked currants, falafels, sesame dressing, dukkah (ve, gfo, df, n)	26
CHICKEN BOWL togarashi, quinoa, broccoli, avocado, cucumber, spinach, green goddess dressing, feta, pepitas (vo, gfo, dfo)	28
SALMON BOWL grilled Atlantic salmon, brown rice, broccoli, kale, kimchi, furikake, edamame, toasted sesame dressing, lime (gf, df)	28
HOT CHIPS honey mustard mayo, ketchup (gf, v, df)	12

Please note, a 10% surcharge applies on Sundays.
15% surcharge applies on public holidays.



OPEN DAILY FROM 8AM

175B BEACONSFIELD PARADE,
MIDDLE PARK 3206

SAVOURY SNACKS

BANANA BREAD (V) fresh or toasted, butter	6
HAM & CHEESE CROISSANT (V)	12
HAM, CHEESE & TOMATO TOASTIE (VO, GFO)	12
BEEF SAUSAGE ROLL tomato sauce	12
SPINACH & RICOTTA ROLL (V) tomato sauce	12
ITALIAN STYLE MEATBALL BAGUETTE tomato, red onion, olives, herbs, mozzarella	18
TANDOORI CHICKEN WRAP baby spinach, feta, tomato, raita	18
CHICKEN FOCACCIA (GFO, DFO, N) rocket, tasty cheese, sun dried tomato, pesto	18
VEGGIE FOCACCIA (V, GFO) roast pumpkin, spinach, sun dried tomato, feta, pesto	18
SMOKED SALMON BAGEL (GFO) spinach, cream cheese, capers, dill add house salad or chips / 6	18

OPTIONAL EXTRAS

HOLLANDAISE (GF, V)	3
EGG (GF, V)	4
POTATO HASH (V)	5
ROMA TOMATOES (GF, VE)	5
MUSHROOMS (GF, VE)	5
FRESH AVOCADO (GF, VE)	5
SAUTÉED SPINACH (GF, VE)	5
FETA (V)	5
BACON (GF)	6
PORK & FENNEL SAUSAGE (GF)	6
SMOKED SALMON (GF)	7
HOUSE SALAD (GF, VE)	6
SIDE CHIPS (V)	6

PLEASE ORDER AND PAY AT THE COUNTER.
DON'T FORGET TO QUOTE YOUR TABLE NUMBER!

DIETARIES

GF Gluten Friendly	V Vegetarian	DF Dairy Free
GFO Gluten Friendly Option	VO Vegetarian Option	DFO Dairy Free Option
N Contains Nuts	VEO Vegan Option	

Please be aware that all care is taken when catering for special requirements.
It must be noted that within the premises we handle nuts, seafood, shellfish, sesame seeds, wheat flour, eggs, fungi and dairy products. While customer requests will be catered for to the best of our ability, the decision to consume a meal is the responsibility of the diner.

COFFEE

Long, Short, Black, White / 5
Large / 6
Extra shot / 1
Bonsoy, Almond, Lactose Free Milk / 1
Oat, Coconut Milk / 1
Decaf / 1
Syrup / 1
Cold Brew / 7.5
Hot Chocolate / 4.5 / 5.5
Prana Chai / 5.5 / 6.5
Matcha, Turmeric / 5.5 / 6.5
Babycino / 2.5

T2 TEA / 5

English Breakfast Green
Earl Grey Jasmine
Just Peppermint Just Chamomile
Sensha Green Packs a Peach
Lemongrass & Ginger

FIZZY DRINKS

Coke, Diet Coke, Coke No Sugar, Sprite,
Fanta, Dry Ginger, Soda Water / 6
Bundaberg Ginger Beer / 6
Lemon, Lime & Bitters / 6
Heal Thy Soda / 10
Pineapple, Lime & Mint / Ginger, Lemongrass & Lime
Raspberry & Rose / Passionfruit, Peach & Berry
Red Bull / 9
Original / Sugar Free / Tropical

JUICES & OTHER

Strange Love Mineral Water
35Oml / 7.5 | 75Oml / 12
Iced Tea / 7
Peach / Lemon
Cold Pressed Juice / 9
Orange / Apple
Nectar Cold Pressed Juice / 9
Green with Envy, Tropi Cool, Sweet Cheeks, Eagle Eye
Coconut Water / 8
Powerade / 8
Berry Ice / Mt. Blast

ICED DRINKS / 7.5

Coffee Vanilla
Chocolate Caramel
Strawberry Blue Heaven
Banana Matcha

ALCOHOLIC BEVERAGES

SPARKLING	Glass	Bottle
Pizzini Prosecco, <small>king valley</small>	12	56
NV Chandon Brut, <small>yarra valley</small>	15	72
Love 2 Glasses Prosecco, <small>mornington peninsula</small>		22
NV Veuve Clicquot, <small>france</small>		140

WHITE WINE	Glass	Bottle
Deakin Estate Moscato, <small>murray darling</small>	11	50
Vickery Riesling, <small>eden valley</small>	13	61
Wood Park 'Whitlands' Pinot Gris, <small>king valley</small>	12	56
La La Land Pinot Gris, <small>north west</small>	13	60
Dusky Sounds Sauvignon Blanc, <small>marlborough</small>	13	60
Rob Dolan True Colours Chardonnay, <small>yarra valley</small>	13	60

ROSE	Glass	Bottle
Nick Spencer Rosé, <small>gundagai</small>	13	60
Artea Rosé, <small>france</small>	14	65

RED WINE	Glass	Bottle
Rob Dolan 'True Colours' Pinot Noir, <small>yarra valley</small>	14	65
Riversdale Estate Scorpio Pinot Noir, <small>cambridge</small>	16	78
Poggio Anima Sangiovese, <small>italy</small>	12	56
Mojo Cabernet Sauvignon, <small>mclaren vale</small>	12	56
St Hallet Garden of Eden Shiraz, <small>eden valley</small>	13	62
A T Richardson Chockstone Shiraz, <small>grampians</small>	16	78

BEER / CIDER	FANCY A COCKTAIL?
Carlton Draught (on tap) Peroni (on tap) Corona 4 Pines Pacific Ale 4 Pines Pale Ale Balter Cerveza Great Northern Stone & Wood Cascade Premium Light Heineken Zero Sunshine Apple Cider Hard Solo	Blue Lagoon / 20 Dark n' Stormy / 20 Mojito / 21 Cosmopolitan / 20 Campari Spritz / 19 Aperol Spritz / 18 Mimosa / 13.5 Raspberry Gin Spritz / 21 Passionfruit Martini / 20 Lavender Gin Spritz / 22
	
	 @sandbarmiddlepark

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\$14 KIDS MENU

Includes apple/orange popper juice or soft drink

Bacon & Eggs on Toast

Toasted Ham & Cheese Sandwich

Chicken Nuggets & Chips

Kids Sausage Roll & Chips

Kids Fish & Chips

Kids Waffles
with vanilla ice cream, maple syrup
& rainbow sprinkles

