

BREKKY OR LUNCH? YOU DECIDE!

AVAILABLE ALL DAY

TOAST & HOUSE PRESERVES (3 SLICES) 12
sourdough, multigrain, fruit loaf, crumpets (2),
gluten free (df, v, veo)
2 SLICES 9

EGGS YOUR WAY ON TOAST (2 SLICES) 16
poached, fried or scrambled (gfo, dfo, v)

OAT & CHIA PORRIDGE 22
salted caramel brûlée banana, cinnamon poached
rhubarb, crunchy superseeds (v, veo, dfo, n)

LEMON RICOTTA PANCAKES 22
raspberry coulis, vanilla mascarpone,
strawberries, oat crumble, maple syrup (v)
add vanilla ice cream (1 scoop) / 5

THE BREKKY BURGER 18
bacon, fried egg, avocado smash, swiss cheese,
chilli tomato relish, rocket (vo)
add potato hash / 5

SMASHED AVO 26
beetroot hummus, medley tomatoes, Persian feta,
almond dukkah, poached egg, sourdough (2)
(v, veo, gfo, n)

EGGS ROYALE 26
Dr Marty's crumpets, smoked salmon,
poached eggs, sautéed spinach, hollandaise,
dill, lemon, crispy capers (gfo, m)

CHILLI PRAWN SCRAMBLED EGGS 26
Korean chilli paste, tiger prawns,
tomato & coriander salsa, fried shallots, furikake,
garlic flatbread (vo, gfo, m)

EGGS BENEDICT 26
smoked brisket, poached eggs, sautéed greens,
hollandaise, potato hash (gf, dfo)

LEAN & GREEN 26
sautéed greens, tri quinoa, charred corn, spiced
pumpkin hummus, avocado, cranberry, dukkah,
poached egg (gf, veo, dfo, n)

SANDBAR BIG BREAKFAST 28
eggs your way, bacon, chorizo, grilled
balsamic tomatoes, sautéed baby spinach,
mushrooms, potato hash, sourdough (2) (gfo, dfo)

OPTIONAL EXTRAS

HOLLANDAISE (GF, V) 3
EGG (GF, V) 4
POTATO HASH (V) 5
GRILLED BALSAMIC TOMATOES (GF, VE) 5
MUSHROOMS (GF, VE) 5
FRESH AVOCADO (GF, VE) 5
SAUTÉED SPINACH (GF, VE) 5
FETA (V) 5
GRILLED HALLOUMI 5
BACON (GF) 6
CHORIZO (GF) 6
SMOKED SALMON (GF, M) 7
HOUSE SALAD (GF, VE) 6
SIDE CHIPS (V) 6

BREAKFAST BRUSCHETTA 26
thyme roasted medley mushroom, cherry tomatoes,
grilled halloumi, spinach, poached egg, balsamic
glaze, multigrain toast (2) (v, gfo, dfo)

CRISPY FRIED LEMON & PEPPER CALAMARI 28
rainbow slaw, chips, chipotle mayo, lemon (gf, df, m)

BBQ BRISKET TACOS (3) 26
flour tortilla, cabbage slaw, tomato, coriander,
jalapeño salsa, chipotle mayo

CHEESEBURGER & CHIPS 27
beef pattie, American cheddar, lettuce, tomato,
caramelised onion, burger sauce, milk bun (gfo, dfo)

STEAK SANDWICH & CHIPS 28
150g medium-rare porterhouse, bacon,
tomato, rocket, caramelised onion,
toasted focaccia, aioli (gfo, dfo)

FISH & CHIPS 28
beer battered barramundi, salt & vinegar seasoning,
rainbow slaw, lemon, tartare (gfo, df, m)

TIGER PRAWN SALAD 29
soba noodles, spring onion, Asian slaw,
mango & chilli salsa, ginger & lime dressing (m)

POKE BOWL 25
brown rice, broccoli, cucumber, avocado,
pickled daikon & ginger, wakame, kimchi,
furikake, ponzu dressing (ve, gfo, df)
add grilled chicken or falafel / 6

HOT CHIPS 12
garlic mayo, ketchup (gf, v, df)

SAVOURY SNACKS

BANANA BREAD (V) 6
fresh or toasted, butter

HAM & CHEESE CROISSANT (VO) 12

HAM, CHEESE & TOMATO TOASTIE (VO, GFO) 12

BEEF SAUSAGE ROLL 12
tomato sauce

SPINACH & RICOTTA ROLL (V) 12
tomato sauce

CHICKEN FOCACCIA (GFO, DFO) 18
herb marinated, spinach, tasty cheese,
tomato, aioli

PERI PERI CHICKEN WRAP 18
cos, tomato, American cheddar, Spanish onion,
chipotle mayo

TEXAS BBQ BRISKET BAGUETTE 18
American cheddar, rocket, chimichurri mayo,
pickles

FALAFEL WRAP (V, GFO) 18
hummus, spinach, olives, tomato, tzatziki

SMOKED SALMON BAGEL (GFO, M) 18
spinach, cream cheese, capers, dill
add house salad or side chips / 6

DIETARIES

(GF) GLUTEN FRIENDLY
(DF) DAIRY FREE
(V) VEGETARIAN
(VO) VEGETARIAN OPTION

(GFO) GLUTEN FRIENDLY OPTION
(DFO) DAIRY FREE OPTION
(VEO) VEGAN OPTION
(N) CONTAINS NUTS

SEAFOOD
(A) AUSTRALIAN
(I) IMPORTED
(M) MIXED ORIGIN

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

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

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

TEA / 5

- English Breakfast Lemongrass & Ginger
- Earl Grey Green
- Peppermint Chamomile

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
- Fuze 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 & MILKSHAKES / 8.5 | PROTEIN SHAKES / 8.5

- Coffee Matcha Strawberry
- Chocolate Caramel Vanilla
- Strawberry Banana Chocolate
- Blue Heaven Vanilla

ALCOHOLIC BEVERAGES

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

WHITE WINE	Glass	Bottle
Deakin Estate Moscato, murray darling	11	50
Vickery Riesling, eden valley	13	61
La La Land Pinot Gris, north west	13	60
Dusky Sounds Sauvignon Blanc, marlborough	13	60
Rob Dolan True Colours Chardonnay, yarra valley	13	60

ROSE	Glass	Bottle
Nick Spencer Rosé, gundagai	13	60
Artea Rosé, france	14	65

RED WINE	Glass	Bottle
Rob Dolan ‘True Colours’ Pinot Noir, yarra valley	14	65
Riversdale Estate Scorpio Pinot Noir, cambridge	16	78
Mojo Cabernet Sauvignon, mclaren vale	12	56
Moments of Clarity Shiraz, barossa valley	14	65
A T Richardson Chockstone Shiraz, grampians	16	78

BEER / CIDER	FANCY A COCKTAIL?
Carlton Draught (on tap) Peroni (on tap) Corona Balter Cerveza 4 Pines Pacific Ale 4 Pines Pale Ale Great Northern Stone & Wood Cascade Premium Light Heineken Zero Sunshine Apple Cider Hard Solo	Limoncello Spritz / 12 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
	@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

