

# BREKKY OR LUNCH? YOU DECIDE!

## AVAILABLE UNTIL 4PM

|                                                                                                                                                                        |    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
| <b>TOAST &amp; HOUSE PRESERVES (3 SLICES)</b><br>sourdough, multigrain, fruit loaf, crumpets (2),<br>gluten free (df, v, veo)<br><b>2 SLICES</b>                       | 12 |
| <b>EGGS YOUR WAY ON TOAST (2 SLICES)</b><br>poached, fried or scrambled (gfo, dfo, v)                                                                                  | 8  |
| <b>HOUSE GRANOLA</b><br>vanilla panna cotta, raspberry coulis, passionfruit,<br>toasted coconut, fresh berries (v, dfo, n)                                             | 16 |
| <b>PISTACIO PAPI WAFFLES</b><br>strawberries, vanilla ice cream,<br>crushed pistachios, salted caramel (v, n)                                                          | 20 |
| <b>THE BREKKY BURGER</b><br>bacon, fried egg, avocado smash, swiss cheese,<br>chilli tomato relish, rocket (vo)<br>add potato hash / 5                                 | 24 |
| <b>SMASHED AVO</b><br>beetroot hummus, medley tomatoes, Persian feta,<br>almond dukkah, poached egg, sourdough (2)<br>(v, veo, gfo, n)                                 | 18 |
| <b>EGGS ROYALE</b><br>Dr Marty's crumpets, smoked salmon,<br>poached eggs, sautéed spinach, hollandaise,<br>dill, lemon, crispy capers (gfo, m)                        | 26 |
| <b>CHILLI PRAWN SCRAMBLED EGGS</b><br>Korean chilli paste, tiger prawns, tomato &<br>coriander salsa, fried shallots, furikake,<br>sourdough (vo, gfo, m)              | 26 |
| <b>EGGS BENEDICT</b><br>smoked brisket, poached eggs, sautéed greens,<br>hollandaise, potato hash (gf, dfo)                                                            | 26 |
| <b>LEAN &amp; GREEN</b><br>sautéed greens, tri quinoa, charred corn,<br>spiced pumpkin hummus, avocado, cranberry,<br>dukkah, poached egg (gf, veo, dfo, n)            | 26 |
| <b>SANDBAR BIG BREAKFAST</b><br>eggs your way, bacon, chorizo,<br>grilled balsamic tomatoes, sautéed baby spinach,<br>mushrooms, potato hash, sourdough (2) (gfo, dfo) | 28 |
| <b>OPTIONAL EXTRAS</b>                                                                                                                                                 |    |
| <b>HOLLANDAISE (GF, V)</b>                                                                                                                                             | 3  |
| <b>RELISH (GF, V)</b>                                                                                                                                                  | 3  |
| <b>EXTRA TOAST</b>                                                                                                                                                     | 4  |
| <b>EGG (GF, V)</b>                                                                                                                                                     | 4  |
| <b>POTATO HASH (GF, V)</b>                                                                                                                                             | 5  |
| <b>GRILLED BALSAMIC TOMATOES (GF, VE)</b>                                                                                                                              | 5  |
| <b>MUSHROOMS (GF, VE)</b>                                                                                                                                              | 5  |
| <b>FRESH AVOCADO (GF, VE)</b>                                                                                                                                          | 5  |
| <b>SAUTÉED SPINACH (GF, VE)</b>                                                                                                                                        | 5  |
| <b>FETA (V)</b>                                                                                                                                                        | 5  |
| <b>GRILLED HALLOUMI (GF)</b>                                                                                                                                           | 5  |
| <b>BACON (GF)</b>                                                                                                                                                      | 6  |
| <b>CHORIZO (GF)</b>                                                                                                                                                    | 6  |
| <b>HOUSE SALAD (GF, VE)</b>                                                                                                                                            | 6  |
| <b>SIDE CHIPS (V)</b>                                                                                                                                                  | 6  |
| <b>SMOKED SALMON (GF, M)</b>                                                                                                                                           | 7  |
| <b>GARLIC PRAWNS (GF, M)</b>                                                                                                                                           | 7  |

|                                                                                                                                                               |    |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
| <b>HALLOUMI &amp; EGGS</b><br>pumpkin purée, balsamic tomatoes, avocado, pesto,<br>dukkah, poached eggs, multigrain toast (v, gfo, dfo, n)                    | 26 |
| <b>CRISPY FRIED LEMON &amp; PEPPER CALAMARI</b><br>rainbow slaw, chips, chipotle mayo, lemon (gf, df, m)                                                      | 28 |
| <b>CHEESEBURGER &amp; CHIPS</b><br>beef pattie, American cheddar, lettuce, tomato,<br>caramelised onion, burger sauce, milk bun (gfo, dfo)                    | 27 |
| <b>STEAK SANDWICH &amp; CHIPS</b><br>150g medium-rare porterhouse, tomato, rocket,<br>caramelised onion, toasted focaccia, aioli (gfo, dfo)                   | 28 |
| <b>FISH &amp; CHIPS</b><br>beer battered barramundi, salt & vinegar seasoning,<br>rainbow slaw, lemon, tartare (gfo, df, m)                                   | 28 |
| <b>TIGER PRAWN SALAD</b><br>soba noodles, spring onion, Asian slaw,<br>mango & chilli salsa, ginger & lime dressing (m)                                       | 29 |
| <b>CHICKEN BOWL</b><br>grilled herb chicken, togarashi, quinoa, broccoli,<br>avocado, cucumber, spinach,<br>green goddess dressing, feta, pepitas (veo, gfo)  | 28 |
| <b>BARRA BOWL</b><br>grilled spring creek barramundi, brown rice,<br>broccoli, kale, kimchi, furikake, edamame,<br>toasted sesame dressing (gfo, dfo, veo, n) | 29 |
| <b>HOT CHIPS</b><br>garlic mayo, ketchup (gf, v, df)                                                                                                          | 12 |

## SAVOURY SNACKS

|                                                                                                                     |    |
|---------------------------------------------------------------------------------------------------------------------|----|
| <b>BANANA BREAD (V)</b><br>fresh or toasted, butter                                                                 | 6  |
| <b>HAM &amp; CHEESE CROISSANT (VO)</b>                                                                              | 12 |
| <b>HAM, CHEESE &amp; TOMATO TOASTIE (VO, GFO)</b>                                                                   | 12 |
| <b>BEEF SAUSAGE ROLL</b><br>tomato sauce                                                                            | 12 |
| <b>SPINACH &amp; RICOTTA ROLL (V)</b><br>tomato sauce                                                               | 12 |
| <b>PERI PERI CHICKEN WRAP</b><br>cos, tomato, American cheddar, Spanish onion,<br>chipotle mayo                     | 18 |
| <b>CHICKEN FOCACCIA (GFO)</b><br>grilled herb chicken, spinach, tasty cheese,<br>tomato, aioli                      | 18 |
| <b>HALLOUMI CIABATTA (V, GFO, N)</b><br>rocket, roasted peppers, spanish onion, pesto                               | 18 |
| <b>SMOKED SALMON BAGEL (GFO, M)</b><br>spinach, cream cheese, capers, dill<br><br>add house salad or side chips / 6 | 18 |

Scan the QR code to see photos of our dishes and bring the menu to life!



## 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

Double Espresso, Espresso, Long Black / 5  
Long Macchiato, Short Macchiato/ 5  
Cappuccino, Flat White, Latte / 5  
Mocha, Hot Chocolate / 5  
Prana Chai, Powder Chai / 5.5  
Matcha, Turmeric / 5.5  
Babycino / 2.5  
Cold Brew / 7.5  
Large, Decaf, Syrup / 1  
Milk Options  
Soy, Almond, Oat / 1  
Lactose Free, Coconut / 1

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 / Watermelon

JUICES & OTHER

Strange Love Mineral Water  
35Oml / 7.5 | 75Oml / 12  
Fuze Iced Tea / 7  
Peach / Lemon  
Cold Pressed Juice / 8  
Orange / Apple / Carrot & Ginger / Apple & Strawberry /  
Glowing Green / Orange, Mango & Passionfruit  
Coco Hit Coconut Water - Non Alcoholic / 8  
Original / Lychee Marg / Watermelon Mojito / French Martini  
Powerade / 8  
Berry Ice / Mt. Blast

ICED DRINKS & MILKSHAKES / 8.5

Coffee                      Chai  
Chocolate                Caramel  
Strawberry                Banana  
Blue Heaven                Vanilla

PROTEIN SHAKES / 8.5

Vanilla                      Chocolate  
Add Vanilla Protein Ice Cream / 4

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     |
| Seedling Pinot Gris, murray darling       | 14    | 60     |
| Dusky Sounds Sauvignon Blanc, marlborough | 13    | 60     |
| Seedling Chardonnay, hunter valley        | 12    | 60     |

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

| RED WINE                                        | Glass | Bottle |
|-------------------------------------------------|-------|--------|
| Riversdale Estate Scorpio Pinot Noir, cambridge | 16    | 78     |
| Mojo Cabernet Sauvignon, mclaren vale           | 12    | 56     |
| Moments of Clarity Shiraz, barossa valley       | 14    | 65     |
| Seedling Shiraz, hilltops                       | 12    | 55     |

| BEER / CIDER                                                                                                                                                                                                                                                               | FANCY A COCKTAIL?                                                                                                                                                                                                                                                                                    |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Carlton Draught (on tap)<br>Peroni (on tap)<br>Hard Solo (on tap)<br>Corona<br>Balter Cerveza<br>Great Northern<br>4 Pines Pacific Ale<br>4 Pines Pale Ale<br>Stone & Wood<br>Cascade Premium Light<br>Heineken Zero<br>Hills Apple Cider<br>Barry Guava Pear Tequila Soda | Passionfruit Martini / 20<br>Espresso Martini / 20<br>Baileys Espresso Martini / 21<br>Mojito / 21<br>Cosmopolitan / 20<br>Piña Colada / 19<br>Aperol Spritz / 18<br>Mimosa / 13.5<br>Classic Margarita / 21<br>Spicy Margarita / 21<br>Limoncello Spritz / 18<br>Dark n’ Stormy / 20<br>Pimm’s / 18 |

Ask our team about today’s cocktail specials!  
Not quite what you’re after? We shake up all the classics too.

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