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Breakfast Burger	Bacon & egg on toasted bun with BBQ sauce - \$10.50
Haloumi Burger	Grilled haloumi with avocado, fried eggs, tomato, rocket & harissa mayo - \$12.00
Bacon & Eggs	Crispy bacon, eggs cooked to your liking with roasted tomato & thick toast - \$15.00
Sweet Corn Fritters	With crispy bacon, wilted spinach, fresh avocado & tomato relish - \$17.00
Mushroom Bruschetta	Toasted sourdough with tomato, basil, onion salsa, mushrooms & mustard cream fraiche - \$8.50
Paleo Sweet Potato	Roasted pumpkin, roasted sweet potato, crispy bacon & boiled egg on a bed of baby spinach - \$12.00
Roasted Pumpkin Salad	Lettuce, pumpkin, onion, tomato, boiled egg & ricotta with house made basil dressing - \$11.50
Caesar Salad	Baby cos lettuce leaves, bacon, croutons, grilled chicken, soft poached egg & shaved parmesan, drizzled with house made Caesar dressing - \$15.50
Thai Beef Salad	Mixed lettuce, seared marinated beef strips, roasted nuts, noodles & Thai dressing - \$16.50
Grilled Haloumi Salad	Haloumi with toasted sourdough, rocket, pine nuts, tomato, garlic, mint & lemon oil dressing -- \$12.50
Quinoa Salad	Quinoa, feta, roasted pumpkin & beets, spinach, green beans with a lemon thyme dressing - \$12.00
Vegetarian Melt	Basil pesto, baby spinach, roast pumpkin, roast tomato, pimento, olives & feta cheese - \$14.50
Thai Melt	Roast chicken, avocado, roast capsicum, Spanish onion, sweet chilli sauce & tasty cheese - \$14.50
Bacon Melt	Avocado, sliced tomato & tasty cheese - \$14.50
Salt & Pepper Barramundi	Pan-fried barramundi on a bed of marinated vegetables and rocket - \$16.00
Vegetarian Burger	Grilled chickpea pattie on toasted bun with rocket, tomato, capsicum, with chef's dip - \$15.50
Portuguese Chicken Burger	Spiced grilled chicken breast, tomato, Spanish onion, cucumber, mixed lettuce, & harissa mayo on toasted bun - \$16.00
Grilled Lamb & Chorizo Burger	Haloumi cheese, bacon, tomato & rocket leaves with tzatziki and a side of mango chutney – \$17.00
Chicken or Ham	Avocado, mixed lettuce & house made mayo - \$10.00
BLAT	Grilled bacon, mixed lettuce, avocado, tomato & house made mayo - \$15.50
Kids Meals	(10 years & under - white or whole meal bread)
Sandwiches	Choice of ham, cheese, jam, peanut butter, honey or vegemite - \$5.00
Melt	Cheese & ham - \$5.50
Bowl of Pasta	Penne pasta with cheese or Napolitana sauce - \$6.00
Extras:	Bacon, smoked salmon, ham & roasted chicken per portion - \$3.50

29 Jan 15 All Prices Inclusive of GST