

					MEMBEDS	c
10	1111,	ΙĿΝ	α	PIMOPOU9		

\boldsymbol{c}	n	╒	F	F	F
0	_				-

Marshmallow

Signature 100% rainforest Alliance certified blend, decaf or Single origin Coffee of the week \$3.90 Capuccinno, Flat white, Latte, Mochacinno, MUG

Long black, Chai Latte, Hot chocolate, Short black, \$4.50 Piccolo, Macchiato, Ristretto Vienna \$4.50 Extra shot of coffee \$1.00 Soy milk, Almond milk, Coconut milk, Lactose-free \$0.70 Malt \$0.70 Cream

SYRUP Vanilla, Caramel, Hazelnut, Chai

TEA **SMALL POT** Bun organic tea \$3.90 LARGE POT English breakfast, Earl grey, Green, Masala chai, \$6.00 Peppermint, Chamomile

LIQUEUR COFFEE Baileys, Whiskey, Kahlua, Galliano, Tia Maria, Rum



COLD DRINKS

MILK SHAKE \$5.90

Classic milkshake available in Banana, Chocolate, Caramel, Strawberry or Vanilla

GOURMET THICK SHAKE \$6.90

Topped with whipped cream & available in Banana, Strawberry, Chocolate, Salted Caramel, Red Velvet, Nutella or Vanilla Malt

ICED COFFEE \$6.90 \$5.90



Blended signature 100% rainforest Alliance certified coffee, milk & ice topped with whipped cream

COFFEE CRUSH \$6.90 **MOCHA CRUSH** \$7.50 **CARAMEL CRUSH** \$7.50



SMOOTHIE BAR

MANGO NECTAR Mango, banana, almond milk, low fat frozen yoghurt & honey

COCO SUPERBERRY Acai berries, coconut milk, raspberries, blueberries & fresh strawberry BANOFFEE BLISS Banana & salted caramel, almond milk, ice-cream & toasted almonds

QUEENSLAND DREAM MACHINE Banana, mango, strawberries, coconut milk & ice-cream



FRESH SQUEEZED JUICE BAR \$8.00

FEEL GOOD Carrot, celery, apple, beetroot & ginger GO GREEN Cucumber, kale, green apple & orange CITRUS TWIST Pineapple, orange, lemon & mint **VERY BERRY** Blended raspberries, blueberries, strawberries, apple & orange





\$5.00 \$5.00 \$1.50 \$1.20 \$1.20 \$0.70 \$1.20

\$0.70 \$1.20 \$0.70 \$1.20

\$4.60 \$6.50









































MENU



CAFE FAVOURITES

~	MEMBERS	GUESTS	
TOAST Raisin Toast (2 pieces) Toast (2 pieces) Toasted with honey, jam or vegemite	\$4.50 \$4.00 \$4.50	\$5.50 \$5.00 \$5.50	
SANDWICHES - MADE TO ORDER White, wholemeal, grain bread, Turkish or wrap Choice of 1 meat & three fillings toasted extra	\$7.90 \$0.60	\$9.90 \$1.00	
MIXED SANDWICH PLATE	\$7.90	\$9.90	



OPEN GRILLS

One piece texas toast	\$8.50	\$10.50
Two pieces of texas toast	\$12.50	\$14.50

HAWAIIAN Ham, cheese & pineapple **CHICKEN DELIGHT** Chicken, avocado & Swiss cheese **AUSSIE** Ham, tomato & cheese



SIGNATURE SANDWICH SELECTION

Available toasted or untoasted (Please see the cabinet for a sample of our range)

Available toasted of antoasted (Flease see the cabinet	ror a sarripic	or our rain
ROAST TURKEY, CRANBERRY & BRIOCHE Sliced roast turkey breast & cheese on toasted brioche with rich cranberry, avocado spread & semi-dried tomatoes	\$10.90	\$12.90
ROAST BEEF & SWISS MELT Rare roast beef, swiss cheese, caramelised onion, mixed lettuce, tomato & chipotle ranch on toasted Turkish bread	\$11.90	\$13.90
SMOKED SALMON & AVOCADO Smoked Salmon, avocado, pickled red onion, mesculin, basil pesto & garlic aioli on Turkish bread	\$11.90	\$13.90
GRILLED CHICKEN & MAPLE CURED BACON Seasoned chicken breast with smashed avocado, red ranch, tomato & bacon rashers on Turkish bread	\$11.90	\$13.90
GARDEN OF EDEN BRUSCHETTA (Made Fresh) Open toasted Vienna bread topped w' fresh avocado, charred pumpkin, fetta & balsamic drizzle	\$10.90	\$12.90



	MEMBERS	GUESTS
All served with a side salad HOUSEMADE BEEF OR VEGETARIAN LASAGNE HANDMADE PIES QUICHE OF THE DAY	\$13.90	\$15.90
SALADS		
GRILLED PESTO CHICKEN Chicken tenderloins, lettuce, bacon pieces, cherry tomato, avocado, toasted pine nuts & ranch dressin	\$16.50 g	\$18.50
CHARRED PUMPKIN & FETTA Beetroot, candied walnuts, mixed leaves & balsamic dressing	\$13.50	\$15.50
GARDEN GROWN Avocado, mixed lettuce, cherry tomato, carrot & boiled egg with Italian vinaigrette	\$12.50	\$14.50
MOROCCAN LAMB & CHICKPEA Lamb tenderloins, mesculin, diced beets, fetta, butternut pumpkin & pomegranate dressing	\$16.50	\$18.50
HEALTHY HARVEST QUINOA BOWL Avocado, broccoli, kale & mixed leaves, pine nuts & poppy seed dressing	\$13.50	\$15.50
Add grilled chicken breast	\$6.00	\$8.00
LIGHT MEALS		
SOUP OF THE DAY with a dinner roll	\$6.50	\$7.50
GOURMET BAKED POTATOES HAWAIIAN leg ham, tasty cheese & pineapple with sour cream MEXICAN House made mild beef chilli con carne, cheese, guacamole & sour cream LOADED HOG BBQ pulled pork, crispy bacon, sour cream & melted cheddar	\$12.90	\$14.90
VEGETARIAN NACHOS Salsa, guacamole, Mexican cheddar, black beans & sour cream	\$13.50	\$15.50
BEEF NACHOS House made mild beef chilli con carne & beans,	\$15.50	\$17.50

CAFE CLASSICS

B.L.T

Bacon, lettuce & tomato toasted sandwich with BBQ sauce

M: \$11.50 | **G**: \$13.50

BACON & EGG SANDWICH

Grilled Bacon & a fried egg with cheddar & BBQ sauce on Texas toast

Mexican cheddar, salsa, guacamole & sour cream

M: \$11.90 | **G**: \$13.90

CLUB SANDWICH

Toast, bacon, turkey, cheese, egg & avocado with lettuce, tomato & ranch dressing

M: \$14.50 | **G**: \$16.50