

BREAKFAST MENU

LIGHT START

TOAST

Raisin Toast, White, Wholemeal, Multigrain (2 slices) served with butter, honey, jam, Vegemite
\$4.5 | \$5.5

YOGHURT & MUESLI JAR

\$5.5 | \$6.5

CROISSANT

Toasted with butter, honey, jam, Nutella or Vegemite
\$5.9 | \$7.9
Toasted with ham and cheese
\$6.9 | \$8.9

FRUIT SALAD JAR

\$5 | \$6

MAINS

BACON & EGGS YOUR WAY

Scrambled, Poached or Fried, rasher bacon
+ toasted pumpkin sourdough
\$16 | \$21

AVOCADO SMASH (V)

Smashed avocado, fetta, lemon myrtle dukkah, blistered cherry tomatoes, balsamic reduction
+ toasted pumpkin sourdough
\$16 | \$21

NOURISH BOWL (V, GF)

Spinach, kale, poached egg, quinoa, lemon dressing, broccolini, avocado + black sesame
\$16 | \$21

EGGS BENNY (V)

Crispy potato rosti, baby spinach, 2 poached eggs, smoked hollandaise
\$16 | \$21

BERRY BLISS HOT CAKES (V)

Fresh berries, coconut & macadamia granola, acai sorbet, boysenberry gel, maple syrup
\$16 | \$21

BIG BREKKY

Rasher bacon, chicken chipolatas, scrambled eggs, field mushroom, blistered cherry tomatoes, Boston baked beans, hash brown + toasted pumpkin sourdough
\$20 | \$22

MADE FRESH DAILY

BEVERAGES

COFFEE & TEA

CUP
\$4 | \$5
MUG
\$4.7 | \$5.9

EXTRAS

\$0.8 | \$1.2

Fresh Juices

ORANGE ONLY

Nothing but fresh OJ
\$8 | \$10

GREEN RECOVERY

Kale, cucumber, mint, apple
\$8 | \$10

TROPIC THUNDER

Apple, orange, pineapple, cucumber
\$8 | \$10

FLAMINGO

Watermelon, strawberry, lime, apple, mint
\$8 | \$10

ADD-ONS

EGGS (2)

Scrambled, Poached or Fried
\$4 | \$5

RASHER BACON (2)

\$5 | \$6

SMASHED AVOCADO

\$4 | \$5

SMOKED SALMON

\$6 | \$8

HASH BROWNS (3)

\$4 | \$5

CHICKEN CHIPOLATAS (3)

\$4 | \$5

Available everyday until 10.00am

(GF) Gluten Free, (V) Vegetarian / Prices shown are M - Member | G - Guest / Surcharge applies on Public Holidays

BREAKFAST PACKAGE

(PLEASE CHOOSE 1 MAIN, 1 HOT BEVERAGE & A JUICE)

\$25 | \$30

MADE FRESH DAILY

MAINS

BACON & EGGS YOUR WAY

Scrambled, Poached or Fried, rasher bacon
+ toasted pumpkin sourdough

AVOCADO SMASH (V)

Smashed avocado, fetta, lemon myrtle dukkah,
blistered cherry tomatoes, balsamic reduction
+ toasted pumpkin sourdough

NOURISH BOWL (V, GF)

Spinach, kale, poached egg, quinoa,
lemon dressing, broccolini,
avocado + black sesame

EGGS BENNY (V)

Crispy potato rosti, baby spinach,
2 poached eggs, smoked hollandaise

BERRY BLISS HOT CAKES (V)

Fresh berries, coconut & macadamia granola,
acai sorbet, boysenberry gel, maple syrup

BIG BREKKY

Rasher bacon, chicken chipolatas, scrambled eggs,
field mushroom, blistered cherry tomatoes,
Boston baked beans, hash brown +
toasted pumpkin sourdough

BEVERAGES

BARISTA COFFEE or TEA

Fresh Juices

ORANGE ONLY

Nothing but fresh OJ

GREEN RECOVERY

Kale, cucumber, mint, apple

TROPIC THUNDER

Apple, orange, pineapple, cucumber

FLAMINGO

Watermelon, strawberry, lime, apple, mint

ADD-ONS

EGGS (2)

Scrambled, Poached or Fried

\$4 | \$5

RASHER BACON (2)

\$5 | \$6

SMASHED AVOCADO

\$4 | \$5

SMOKED SALMON

\$6 | \$8

HASH BROWNS (3)

\$4 | \$5

CHICKEN CHIPOLATAS (3)

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