

HOT BEVERAGES

COFFEE

Signature 100% Rainforest Alliance Certified Blend, or Decaf

	M	G
Cappuccino, Flat White, Latte, Mochaccinno,	<i>Cup</i> 4	4.7
Long Black, Short Black, Piccolo, Macchiato, Ristretto, Hot Chocolate, Chai Latte	<i>Mug</i> 4.7	5.2

EXTRAS

Coffee Shot, Soy Milk, Almond Milk, Coconut Milk, Lactose Free Milk, Malt, Cream, Marshmallows or Syrup	0.8	1.2
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TEA

Bun Organic Tea

English Breakfast, Earl Grey, Green, Masala Chai,	<i>Cup</i> 4	4.7
Peppermint, Chamomile	<i>Pot</i> 4.7	5.2

COLD BEVERAGES

Ice Coffee	6	7
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Iced Latte	6	7
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Iced Mocha	6	7
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Iced Caramel Crush	6	7
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Classic Milkshake	6	7
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Banana, Chocolate, Caramel, Strawberry, Vanilla, Nutella,
Malt, Espresso

Thickshake	7	8
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Banana, Chocolate, Caramel, Strawberry, Vanilla, Nutella,
Malt, Espresso

FRESH JUICES

Orange Only	8	9
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Nothing but fresh OJ

Green Recovery	8	9
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Kale, cucumber, mint, apple

Tropic Thunder	8	9
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Apple, orange, pineapple, cucumber



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MENU

ESSENTIALS

	M	G
TOAST		
Raisin Toast, White, Wholemeal, Multigrain (2 slices) served with butter, honey, jam, nutella or vegemite	4.5	5
Gluten Free additional	0.5	0.8
CROISSANT		
Toasted with butter, honey, jam, nutella or vegemite	5.9	6.9
Toasted with ham and cheese	6.9	7.9
BLT		
Grilled rasher bacon, lettuce, tomato and smokey BBQ sauce on toast	12	14
- Add Avocado	14	16
AVOCADO SMASH		
Seasoned avocado, hemp seed dukkah, fetta & goji berries on pumpkin sourdough with balsamic reduction	16	18
- Add Bacon	18	20
B&E ROLL		
Grilled bacon, fried egg, mixed leaves, American cheddar and bourbon bacon jam on a toasted Turkish bun	13	15

TOASTIES

HCT Smoked ham, mature cheddar and tomato	8	9
HCP Smoked ham, mature cheddar and pineapple	8	9
CCA Chicken breast, cheese and avocado	8	9
Triple Threat (V) Mature cheddar, jack cheese blend, Swiss cheese, caramelised onion	8	9

TURKISH MELTS

QUEENSLANDER Loaded with smoked ham, pineapple and jack cheese blend	1 Slice	9	12.5
	2 Slices	10.9	14.9
UPTOWN TURKEY MELT Turkey breast, cranberry spread, avocado, Swiss cheese	1 Slice	9	12.5
	2 Slices	10.9	14.9
CHICKEN LOCO Chicken breast, bacon, pineapple and jack cheese blend	1 Slice	9	12.5
	2 Slices	10.9	14.9

FAVOURITES

SOUP OF THE DAY (GFO) Served with a fresh baked dinner roll	7	8
LASAGNE (VO) House-made premium beef or pumpkin, ricotta and spinach, served with a garden salad	13.9	15.9
NACHOS (GF) (VO) House-made mild beef chilli con carne, corn chips, black beans, melted Mexican cheddar, salsa, guacamole and sour cream	16.5	18.5

(GF) Gluten Free, (V) Vegetarian, (GFO) Gluten Free Option, (VO) Vegetarian Option

Prices shown are M - Member and G - Guest

*Please note all sandwiches can be made with Gluten Free Bread, but are assembled in areas where traces of gluten may be present. Please make staff aware of any allergies or dietary requirements when placing your order.

Surcharge applies on Public Holidays.

BREAKFAST

Available everyday until 10am

	M	G
BREAKFAST YOUR WAY (V, GFR) 2 eggs poached, scrambled, boiled or fried with smokey tomato relish and sourdough	13	15
BREKKY BURRITO Toasted tortilla with scrambled egg, baby spinach, Mexican cheddar, maple bacon, guacamole and tomato salsa	15	17
AVOCADO SMASH (V, GFR) Smashed avocado with minted fetta, blistered tomatoes, beetroot powder and mixed seeds on pumpkin sourdough	16	18
PUMPKIN, SPINACH & FETTA FRITTERS (V) Stacked with avocado, black bean & corn salsa, seed medley, rocket and house-made chilli jam	16	18
PORK BELLY EGGS BENNY (GFR) Braised pork belly, house potato hash, poached egg, spinach, bearnaise, black sesame seeds, crackle crumb	20	22
GREEN VITALITY BOWL (V, GF) Sautéed broccolini, spinach & kale, preserved lemon, edamame & quinoa, radish, beetroot labneh, poached egg	15	17
PEACH BELLINI FRENCH TOAST (V) Thick-cut brioche, prosecco peaches, blueberry cheesecake gelato, maple syrup and toasted almonds	16	18
ADD-ONS		
Eggs (2) poached, scrambled, boiled or fried	3	4
Smokey bacon	3	4
Smashed Avocado	3	4
Hash Browns	3	4
Chicken & Honey Chipolatas	3	4

SNACKS

Available Sunday - Thursday 11am - 9pm
Friday & Saturday 11am - 10pm

BEER BATTERED FRIES WITH AIOLI (V) (GFR)		
Small	5.9	6.9
Large	7.9	9.9
- Add Rich Gravy	1	1.5
SEASONED WEDGES (V) Served with sweet chilli and sour cream	8.9	10.9
PORK & PRAWN DUMPLINGS Six pan fried pork & prawn gyoza with chilli sesame sauce, shallots	8.9	10.9
BAJA SALT & PEPPER SQUID (GFR) Crispy squid with lime, sweet corn & kale slaw, smoked paprika, southwest aioli	16	18
COCONUT SRIRACHA PRAWNS Panko & crispy noodle crusted prawns with coconut sriracha sauce, mango, lime & sesame salsa	18	20
GRILLED CHICKEN SATAY SKEWERS Lemongrass & lime grilled chicken, Thai cucumber salad, turmeric rice, creamy peanut sauce	14.5	16.5
BEEF SLIDER TRIO Beef patty, cos lettuce, tomato, cheddar cheese, pickles, garlic aioli and tomato chutney on mini brioche buns	16	18