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# CAFE

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MENU



## SOMETHING LIGHT

	MEMBERS	GUESTS
<b>TOAST</b>	<b>4.5</b>	<b>5.5</b>
Choice of breads (2 Slices) served with butter, honey, jam, nutella or vegemite		
<b>Gluten Free Additional</b>	<b>0.5</b>	<b>0.8</b>
<b>CROISSANT</b>		
Toasted with butter, honey, jam, nutella or vegemite	<b>5.9</b>	<b>6.9</b>
Toasted with ham & cheese	<b>6.9</b>	<b>7.9</b>

## SANDWICHES

<b>MIXED SANDWICH PLATE (VO)</b>	<b>8</b>	<b>9</b>
Choose from the selection featured in the cabinet		
<b>FAVOURITES</b>	<b>9</b>	<b>10</b>
<b>HCT</b> - Smoked ham, mature cheddar and tomato		
<b>HCP</b> - Smoked ham, mature cheddar and pineapple		
<b>CCA</b> - Chicken breast, cheese and avocado		
<b>MAKE YOUR OWN</b>	<b>9</b>	<b>10</b>
Choose from Ham, Chicken, Turkey with salad Additional topping extra		
<b>Gluten Free Additional</b>	<b>0.5</b>	<b>0.8</b>
<b>BLT</b>	<b>12</b>	<b>14</b>
Grilled rasher bacon, lettuce, tomato and smokey BBQ sauce on Texas toast		

## SOMETHING SPECIAL

<b>AVOCADO SMASH (V)</b>	<b>12.5</b>	<b>13.5</b>
Seasoned avocado, tomatoes, seed medley, fetta, goji berry and balsamic glaze on pumpkin sourdough		
<b>Add Grilled Haloumi</b>	<b>13.9</b>	<b>15.9</b>
<b>Add Bacon</b>	<b>14.9</b>	<b>16.9</b>
<b>SMOKED SALMON OPEN SANDWICH</b>	<b>14.9</b>	<b>16.9</b>
Sliced salmon, red onion pickle, beetroot tapenade, cucumber and capers on toasted sourdough		
<b>ROAST PUMPKIN, SPINACH &amp; FETTA FRITTERS (V)</b>	<b>13.9</b>	<b>15.9</b>
Stacked with avocado, black bean & corn salsa, seed medley and house-made chilli jam		
<b>Add Bacon</b>	<b>15.9</b>	<b>17.9</b>
<b>GOURMET TERIYAKI CHICKEN WRAP</b>	<b>10.9</b>	<b>11.9</b>
Teriyaki chicken breast, carrot, cabbage, avocado, snow pea sprouts, flour tortilla and citrus dressing		
<b>BREKKY BURGER</b>	<b>12.9</b>	<b>14.9</b>
Grilled bacon, fried egg, mixed leaves, American cheddar and bourbon bacon jam on a toasted milk bun		
<b>CHIPOTLE CHICKEN CLUB</b>	<b>15</b>	<b>17</b>
Seasoned chicken breast, rasher bacon, avocado, American cheddar, mild chipotle aioli, lettuce and tomato on Texas Toast		

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

\*Please note all sandwiches can be made with Gluten Free Bread, but are assembled in areas where traces of gluten may be present.

10 % SURCHARGE APPLIES ON PUBLIC HOLIDAYS

Please make staff aware of any allergies or dietary requirements when placing your order

## OPEN TURKISH MELTS

	MEMBERS	GUESTS
<b>1 SLICE</b>	<b>9</b>	<b>12.5</b>
<b>2 SLICES</b>	<b>10.9</b>	<b>14.9</b>
<b>QUEENSLANDER</b> Loaded with Ham, pineapple, Jack cheese blend		
<b>UPTOWN TURKEY MELT</b> Turkey breast, cranberry spread, avocado, Swiss cheese		
<b>CHICKEN LOCO</b> Chicken breast, crispy bacon, pineapple Jack cheese blend		

## SALADS

<b>CHICKEN CAESAR POWER BOWL</b> (GF) With chicken breast, mixed leaves, kale, grains, creamy caesar dressing, parmesan, boiled egg	<b>16.5</b>	<b>18.5</b>
<b>GRILLED PUMPKIN &amp; HALOUMI SALAD</b> (V) With mixed leaves, grains, pumpkin, diced beetroot, haloumi, walnuts, toasted seeds	<b>15.5</b>	<b>17.5</b>
<b>POKÉ BOWL</b> With brown rice & edamame, teriyaki chicken breast, broccoli, avocado, carrot, mixed leaves and Kewpie mayo	<b>16.5</b>	<b>18.5</b>
<i>Swap Teriyaki Chicken for Smoked Salmon</i>	<b>20.5</b>	<b>22.5</b>

## CAFE CLASSICS

<b>SOUP</b> (VO) House made soup served with a dinner roll	<b>7</b>	<b>8</b>
<b>NACHOS</b> (GF) (V) Corn chips, black beans, melted Mexican cheddar, salsa, guacamole and sour cream <i>Add house made mild Beef Chilli Con Carne</i>	<b>14.5</b> <b>16.5</b>	<b>16.5</b> <b>18.5</b>
<b>FRESH PASTRIES</b> (GFO) (VO) (All served with a Side Salad) Please see the cabinet for today's range	<b>13.9</b>	<b>15.9</b>
<b>LASAGNE</b> (VO) House-made Premium Beef or Pumpkin, Ricotta & Spinach	<b>13.9</b>	<b>15.9</b>

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# COFFEE, TEA & LIQUERS

## COFFEE LOVERS

*Signature 100% Rainforest Alliance Certified Blend, Decaf or Single Origin Coffee of the Week*

	MEMBERS	GUESTS
<b>CUP</b>	<b>4</b>	<b>4.7</b>
<b>MUG</b>	<b>4.7</b>	<b>5.2</b>
Capuccinno, Flat White, Latte, Mochacinno, Long Black, Hot Chocolate, Short Black, Piccolo, Macchiato, Ristretto, Chai Latte (Non-Coffee)		
<b>EXTRAS</b>	<b>1</b>	<b>1.5</b>
Extra Coffee Shot		
	<b>0.8</b>	<b>1.3</b>
Soy Milk, Almond Milk, Coconut Milk, Lactose Free, Malt, Cream, Marshmallows		
<b>SYRUPS</b>	<b>0.8</b>	<b>1.3</b>
Vanilla, Caramel, Hazelnut		
<b>BUN ORGANIC TEA</b>		
<b>CUP</b>	<b>4</b>	<b>4.7</b>
<b>POT</b>	<b>6.1</b>	<b>6.6</b>
English breakfast, Earl grey, Green, Masala chai, Peppermint, Chamomile		
<b>LIQUER COFFEE</b>	<b>10</b>	<b>12</b>
Baileys, Whiskey, Kahlua, Galliano, Tia Maria, Rum		

## COLD DRINKS

<b>CLASSIC MILK SHAKES</b>	<b>6</b>	<b>7</b>
Banana, Strawberry, Chocolate, Salted Caramel, Nutella, or Vanilla Malt		
<b><i>Make it a Thick Shake</i></b>	<b>7</b>	<b>8</b>

## FRAPPES

*Blended signature coffee, milk & ice topped with whipped cream*

<b>COFFEE CRUSH</b>	<b>6.9</b>	<b>7.9</b>
<b>MOCHA CRUSH</b>	<b>7.5</b>	<b>8.5</b>
<b>CARAMEL CRUSH</b>	<b>7.5</b>	<b>8.5</b>

## FRESHLY JUICED

<b>PINK POWER</b>	<b>8</b>	<b>9</b>
Carrot, watermelon, apple, beetroot, fresh ginger		
<b>ORANGE ONLY</b>	<b>8</b>	<b>9</b>
Nothing but fresh OJ		
<b>GREEN GOODNESS</b>	<b>8</b>	<b>9</b>
Apple, pineapple, cucumber, celery, kale		
<b>AMBER AWAKENING</b>	<b>8</b>	<b>9</b>
Fresh turmeric, apple, ginger, carrot, orange		

## SMOOTHIE BAR

*Something Naughty*

<b>TIM TAM SLAM</b>	<b>9</b>	<b>10</b>
Tim Tams, cookies n' cream ice-cream, crushed oreo, whipped cream and choc fudge sauce		
<b>BANOFFEE BLITZ</b>	<b>9</b>	<b>10</b>
Banana, salted caramel, cookie dough ice-cream, almond milk		
<i>Something Nice</i>		
<b>AMAZING ACAI</b>	<b>9</b>	<b>10</b>
Amazonian acai berry, banana, apple juice, blueberry and chia seeds		
<b>GOLDEN COAST</b>	<b>9</b>	<b>10</b>
Mango, banana, strawberry, low fat frozen yoghurt, coconut milk		

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