

## COFFEE, TEA & LIQUERS

### COFFEE LOVERS

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

	MEMBERS	GUESTS
<b>CUP</b>	4	4.7
<b>MUG</b>	4.6	5.1
Capuccinno, Flat White, Latte, Mochacinno, Long Black, Hot Chocolate, Short Black, Piccolo, Macchiato, Ristretto, Chai Latte (Non-Coffee)		
<b>EXTRAS</b>	1	1.5
Extra Shot		
Soy Milk, Almond Milk, Coconut Milk, Lactose Free, Malt, Cream, Marshmallows	0.8	1.3
<b>SYRUPS</b>	0.8	1.3
Vanilla, Caramel, Hazelnut		

### BUN ORGANIC TEA

<b>CUP</b>	4	4.7
<b>POT</b>	6.1	6.6
English breakfast, Earl grey, Green, Masala chai, Peppermint, Chamomile		

### LIQUER COFFEE

Baileys, whiskey, Kahlua, Galliano, Tia Maria, Rum	10	12
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## COLD DRINKS

<b>CLASSIC MILK SHAKES</b>	5.9	6.9
Banana, Chocolate, Caramel, Strawberry, Vanilla		

<b>GOURMET THICK SHAKES</b>	6.9	7.9
Banana, Strawberry, Chocolate, Salted Caramel, Nutella or Vanilla Malt		

<b>ICED COFFEE</b>	6	7
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## FRAPPES

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

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

## FRESHLY JUICED

<b>FEEL GOOD</b>	8	9
Carrot, celery, apple, beetroot, fresh ginger		

### SIMPLY ORANGE

Nothing but fresh OJ

### TROPICAL GREEN

Apple, pineapple, orange, celery, kale

### CITRUS OASIS

Pineapple, orange, lemon, cucumber, fresh mint

## SMOOTHIE BAR

<b>BERRY BOOSTER</b>	9	10
Amazonian acai berry, blueberry, raspberry and strawberry with coconut milk		

### BANOFFEE BLITZ

Banana, salted caramel, cookie dough ice-cream, almond milk

### PINK PASSION

Pink dragonfruit, mango, passionfruit, low fat frozen yoghurt, coconut milk

### GOLDEN COAST

Mango, banana, strawberry, low fat frozen yoghurt, coconut milk



# CAFE

## MENU



## SOMETHING LIGHT

	MEMBERS	GUESTS
<b>TOAST</b> Choice of breads (2 Slices) served with butter, honey, jam, nutella or vegemite GLUTEN FREE ADDITIONAL	<b>4.5</b> 0.5	<b>5</b> 0.8
<b>CROISSANT</b> Toasted with butter, honey, jam, nutella or vegemite Toasted with ham & cheese	<b>5.9</b> <b>6.9</b>	<b>6.9</b> <b>7.9</b>

## SANDWICHES

<b>MIXED SANDWICH PLATE</b> Selection featured in the cabinet	<b>8</b>	<b>9</b>
<b>MADE TO ORDER</b> Wrap or Bread, fresh or toasted with 1 meat and 3 salad items Gluten Free Additional	<b>9</b> 0.5	<b>10</b> 0.8

## OPEN MELTS

1 or 2 slices on Turkish Toast

<b>1 SLICE</b>	<b>9</b>	<b>10.9</b>
<b>2 SLICES</b>	<b>12.9</b>	<b>14.9</b>
<b>QUEENSLANDER</b> Ham, pineapple, mayo, Jack cheese blend		
<b>TURKEY MELT</b> Turkey breast, cranberry spread, avocado, Swiss cheese		
<b>CHICKEN LOCO</b> Chicken, crispy bacon, pineapple, mayo, Jack cheese blend		

## FAVOURITES

<b>CROQUE MONSIEUR</b> Shaved ham, gruyere cheese, maple mustard, bechamel on toasted sourdough	<b>9</b>	<b>10</b>
<b>BLT</b> Rasher bacon, lettuce, tomato, BBQ sauce on toast	<b>12</b>	<b>14</b>
<b>B&amp;E</b> Fried egg, rasher bacon, melted cheddar, smokey BBQ on Texas toast	<b>12.5</b>	<b>14.5</b>
<b>TURKEY CLUB</b> Turkey breast, cheddar, rasher bacon, fried egg, avocado, lettuce, tomato, mayo on Texas toast	<b>15</b>	<b>17</b>

## SIGNATURE RANGE

<b>AVO &amp; HALOUMI STACK</b> Avocado, tomato, grilled haloumi, mixed seeds, balsamic & truffle glaze on toasted sourdough	<b>11.5</b>	<b>13.5</b>
<b>GRILLED CHICKEN &amp; MAPLE BACON</b> Seasoned chicken breast, avocado, chipotle aioli, tomato, bacon rasher on Turkish bread	<b>12.5</b>	<b>14.5</b>
<b>RED REUBEN</b> Roast beef, red cabbage, melted Swiss cheese, Russian dressing on Turkish bread	<b>12.5</b>	<b>14.5</b>
<b>SMOKED SALMON &amp; FETTA</b> Sliced salmon, red onion pickle, cucumber, avocado, fetta, basil, roast garlic aioli on Turkish bread	<b>12.9</b>	<b>14.9</b>

**10% Surcharge applies on public holidays**

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

## SALADS

	MEMBERS	GUESTS
<i>(All based on our Healthy Fix Salad Bowl with mixed leaves, quinoa, cherry tomatoes, carrot)</i>		
<b>BUILD YOUR OWN</b> Healthy Fix Salad Bowl with your choice of 1 meat Smoked salmon additional	<b>15.5</b> 8	<b>17.5</b> 9
<b>CHICKEN CAESAR POWER BOWL</b> With chicken breast, kale, roast garlic aioli, avocado, parmesan, boiled egg	<b>16.5</b>	<b>18.5</b>
<b>BURRITO BOWL</b> With crumbled fetta, avocado, black beans, corn chips (Choose pulled pork or chicken breast)	<b>16.5</b>	<b>18.5</b>
<b>CHARRED PUMPKIN &amp; HALOUMI SALAD</b> With pumpkin, diced beetroot, haloumi, walnuts, toasted seeds Add Moroccan Lamb Tenderloin	<b>15.5</b> 6	<b>17.5</b> 7

## CAFE CLASSICS

<b>SOUP</b> House made soup served with a dinner roll	<b>7</b>	<b>8</b>
<b>NACHOS</b>		
<b>BEEF</b> House made mild beef chilli con carne, beans, Mexican cheddar, salsa, guacamole, sour cream	<b>15.5</b>	<b>17.5</b>
<b>VEGETARIAN</b> Black beans, salsa, guacamole, Mexican cheddar, sour cream	<b>13.5</b>	<b>15.5</b>
<b>LOADED GOURMET SPUDS</b>	<b>13.5</b>	<b>15.5</b>
<b>WILD HOG</b> BBQ Pulled Pork, Jack cheese blend, sour cream, crispy bacon		
<b>MEXICAN BEEF</b> House made mild beef chilli con carne, beans, Jack cheese blend, sour cream, guacamole		
<b>HAWAIIAN</b> Shaved honey ham, pineapple, Jack cheese blend, sour cream		

## PASTRIES

(All served with a side of our Healthy Fix Salad)

<b>PIES</b> Our gourmet selection is available from the window	<b>13.9</b>	<b>15.9</b>
<b>QUICHE</b> Today's fresh flavour is available from the cabinet	<b>13.9</b>	<b>15.9</b>
<b>LASAGNE</b> Housemade Premium Beef or Pumpkin, Ricotta & Spinach	<b>13.9</b>	<b>15.9</b>

