

# BREAKFAST

## 8:00-11:00

# LUNCH

## 11:30-2:00

### TOAST (SERVED ALL DAY)

SOURDOUGH, 7 GRAINS OR RAISIN SERVED WITH BUTTER, JAM OR VEGEMITE

### HEALTH KICK

MUESLI CRUSHED WITH ALMONDS, GRANNY APPLES, CINNAMON, LOW FAT YOGHURT & TOPPED WITH HONEY

### HOMEMADE LOW FAT MUFFINS FROM

BAKED DAILY

### TOASTED EGG & BACON

SANDWICH OR ROLL

### BLAT (SERVED ALL DAY)

BACON, LETTUCE, AVOCADO & TOMATO ON A TURKISH ROLL

### AVOCADO TOAST

AVOCADO MASH, CHERRY TOMATO, PERSIAN FETTA & FRESH HERBS  
OPTIONAL WITH POACHED EGG EXTRA \$2.00

\$5.00

\$8.00

\$2.50

\$7.00

\$8.00

\$9.50

### BABA BEANS

HOMEMADE BUTTER BEANS COOKED IN TRADITIONAL TURKISH STYLE  
WITH A RICH RED SAUCE & TOPPED WITH POACHED EGGS

### EGG FLORENTINE

SERVED ON SOURDOUGH TOAST, BABY SPINACH, POACHED EGGS &  
TOPPED WITH HOMEMADE HOLLANDAISE SAUCE

### MAKE YOUR OWN FREE RANGE EGG BREAKFAST

FRIED, POACHED, SCRAMBLED OR OMELETTE

EXTRAS:

BACON

EXTRA EGG

AVOCADO

SPINACH

\$2.50

\$2.00

\$2.00

\$2.00

TOMATO

MUSHROOM

PREMIUM LEG HAM

SMOKED SALMON

BAKED BEANS

\$11.00

\$13.00

\$7.00

\$2.00

\$2.00

\$2.50

\$3.00

\$3.00

### LEAN BEEF BURGER

WITH MELTED CHEESE, LETTUCE, TOMATO, CARAMELISED ONION  
& HOMEMADE TOMATO CHUTNEY  
OPTIONAL WITH CHIPS EXTRA \$4.00

### GRAIN FED CHICKEN BURGER

WITH MELTED CHEESE, AVOCADO, TOMATO, LETTUCE &  
HOMEMADE MUSTARD MAYO  
OPTIONAL WITH CHIPS EXTRA \$4.00

### VEGGIE BURGER

VEGGIE PATTIE, LETTUCE, TOMATO & TZATZIKI SAUCE  
OPTIONAL WITH CHIPS EXTRA \$4.00

### CHICKEN PARMA & CHIPS

### ROAST OF THE DAY

SERVED WITH VEGGIES

\$9.00

\$9.00

\$9.00

\$12.50

\$12.50

### FISH OF THE DAY

### SALT & PEPPER CALAMARI

SERVED WITH CHIPS & SALAD

### SALAD OF THE DAY

REFER TO SPECIALS BOARD

### MEALS OF THE DAY

REFER TO SPECIALS BOARD

### SIDES

CHIPS

VEGGIES

SALAD

MARKET PRICE

\$12.50

FROM \$10.00

FROM \$11.00

\$7.00