



hot
drinks

	M	V
long black	4.50	5.50
cappuccino	4.50	5.50
flat white	4.50	5.50
chai latte	4.50	5.50
hot chocolate	4.50	5.50
latte	4.50	5.50
espresso	4.00	4.50
piccolo	4.00	4.50
macchiato	4.00	4.50
extra shot	+ .50	+ .50
mug	+ .50	+ .50

extras

soy	+ .70	+ .70
decaf	+ .70	+ .70
almond milk	+ .70	+ .70
oat milk	+ .70	+ .70
caramel syrup	1.00	1.00
hazelnut syrup	1.00	1.00
vanilla syrup	1.00	1.00

tea
leaves

english breakfast	4.00	5.00
earl grey	4.00	5.00
peppermint	4.00	5.00
green tea	4.00	5.00
chamomile	4.00	5.00
green tea	4.00	5.00
lemon & ginger	4.00	5.00
darjeeling	4.00	5.00

cold
drinks

iced chocolate	7.50	8.00
iced coffee	7.50	8.00
affogato	7.50	8.00

milk
shakes

chocolate	7.00	7.50
strawberry	7.00	7.50
caramel	7.00	7.50
vanilla	7.00	7.50
+ thick shakes	1.00	1.50

drinks +
fruit
juices

	M	V
600ml cool ridge spring water	3.50	4.00
charlie's orange	4.90	5.50
charlie's apple	4.90	5.50
pop tops apple	3.00	3.50
pop tops apple blackcurrant	3.00	3.50

smoothies

wild mixed berry	8.00	8.50
mango	8.00	8.50
banana	8.00	8.50

protein smoothies

salted caramel whey protein, dates, banana, almond macadamia nut butter, desert salt, purified water	11.50	13.50
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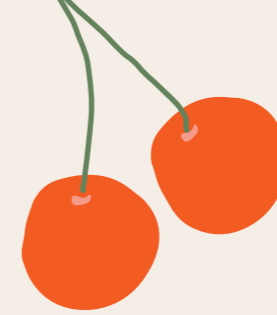
vanilla whey protein, milk, ice	8.00	10.00
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chocolate whey protein, cacao, milk, ice	8.00	10.00
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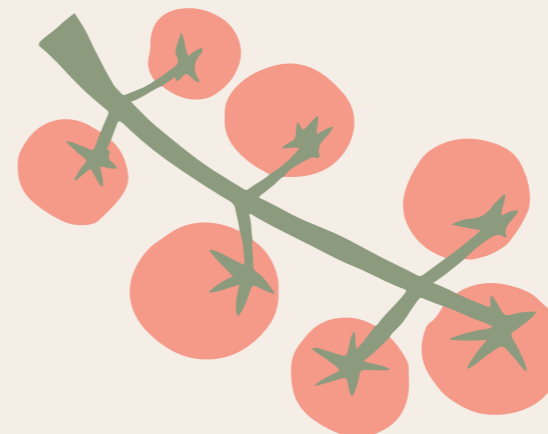
mocha whey protein, espresso, frozen yoghurt, coconut milk, cacao	11.50	13.50
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peanut butter whey protein, sugar free peanut butter, banana, cacao, full cream yoghurt, milk	11.50	13.50
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PRICES = MEMBERS | VISITORS
GF = GLUTEN FREE
V = VEGETARIAN



CAFÉ MENU



breakfast

available from 7:00am to 10:00am

M | V

pear protein pancakes

poached pear and vanilla syrup, topped with vanilla ice cream

15 | 17

breakfast protein pancakes

made with eggs, oats, skim milk and protein powder served with poached eggs and bacon rashers

19 | 21

coconut chia berry bowl

overnight soaked chia in coconut milk, mixed berries, toasted shaved coconut and granola

17 | 19

smashed avo & minted green peas

served on soy and linseed toast topped with popped wild rice, goat's cheese, heirloom tomato, pickled radish and pea shoots

19 | 21

sweet spot breakfast

two eggs cooked to your liking, bacon, chorizo, hashbrown, grilled tomato, mushrooms and sourdough toast

23 | 25

eggs benedict

two poached eggs, choice of bacon, ham or salmon served on sourdough topped with chive hollandaise sauce

22 | 24

vegan big breakfast

sautéed kale, falafel, roasted baby beets, confit tomato, grilled portobello mushroom, sliced avocado served with soy and linseed toast

22 | 24

breakfast burger

fried egg, bacon, baby spinach, hash brown, barbeque sauce and aioli

14 | 16

green goddess omelette

folded omelette filled with sautéed kale, baby spinach, leeks and crumbled fetta, drizzled with green goddess dressing

18 | 20

healthy breakfast bowl

quinoa, poached eggs, edamame beans, pickled radish, grilled tomato, avocado and smoked salmon

22 | 24

light & lunch

available from 11:00am to 2:30pm

M | V

sweet potato chips

with chilli mayonnaise dipping sauce V, GF

11 | 13

baba ganoush plate

baba ganoush, tabouli, tomato medley, pickled sumac spiced onions, fried egg, sujuk and pita bread

20 | 22

battered fish burger

battered fish, fennel slaw, gem lettuce, sliced tomato, pickles and thousand island sauce on a milk bun

18 | 20

bogey

150g onyx beef patty burger, crispy bacon, McClure's pickles, American mustard, Jack's cheese and ranch sauce, crunchy fries

18 | 20

grilled mushroom burger

grilled marinated portobello mushroom, rocket, swiss cheese, spanish onion and truffle aioli served on a milk bun

22 | 24

pork cubano sandwich

barbequed pulled pork, swiss cheese, dill pickles and seeded mustard mayonnaise

19 | 21

marinated chicken roll

marinated and grilled chicken souvlaki served on souvlaki bread with tabouli, onion, tomato and garlic sauce

19 | 21

caesar salad

baby cos lettuce, bacon, croutons, poached egg, shaved parmesan and housemade caesar dressing

17 | 19

rocket & pear salad

arugula leaves, prosciutto, pear, walnuts and blue cheese salad dressed with balsamic honey dressing

19 | 21

quinoa salad

tri colour quinoa, charred corn, avocado, tomato, baby gem lettuce with chilli coriander dressing

17 | 19

extras

poached chicken

6 | 7

smoked salmon

7 | 8

avocado

3 | 4

bowl of chips

7 | 8

children's menu

12 years and under

M | V

scrambled eggs, bacon and toast

10 | 12

bacon sandwich with barbeque sauce

7 | 8

chicken finger nuggets, chips and sauce

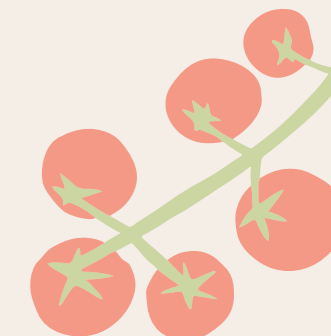
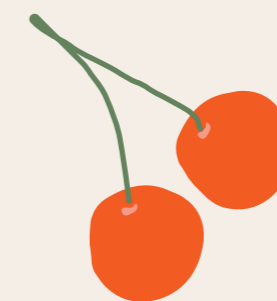
12 | 13

tempura fish fillet, chips and tartare sauce

12 | 13

Don't forget to see our daily specials and display with a variety of sandwiches, savoury pastries and tasty sweet delights.

Open 7 days from 7am to 3pm



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