



Breakfast Menu

	Price M	Price NM
Toast - Sourdough, White, Wholemeal, Multigrain, Raisin, Gluten Free	\$4.50	\$5.00
Eggs on Toast - choice of fried, poached or Scrambled on Sourdough Bread	\$9.00	\$10.00
Bacon and Egg Roll - Fried Egg, Bacon, Cheese on Milk Bun	\$10.00	\$11.00
3 egg omellette - Ham, cheese, spinach, tomato, sourdough bread	\$16.50	\$18.00
Smashed Avo - Poached Eggs , Avocado puree, Dukkha, Fetta and Balsamic glaze on Sourdough	\$14.00	\$15.00
Breakfast stack - mushroom, kale, haloumi, Hommus and fried egg on sourdough	\$16.50	\$18.00
Full Breakky - Choice of eggs, Bacon, Sausages, Mushrooms, Roast Tomato, sourdough	\$17.50	\$19.20
Eggs Benedict - Choice of:		
1. Bacon or ham with spinach	\$15.50	\$17.00
2. Salmon with Spinach	\$16.50	\$19.20
Add ons:		
Tomato, Spinach, Cheese, Ham, Egg, Hash Brown	\$2.00	\$2.00
Avocado, Mushrooms, Grilled Haloumi, Sausages, Bacon, Chicken, Smoked Salmon	\$4.00	\$4.00

Lunch After 10am

Burgers and Sandwiches

Grilled Chicken Burger - Grilled Chicken, Tomato lettuce, Mayo and cheese	\$10.80	\$12.00
Beef Burger - beetroot, lettuce, tomato, onion, cheese and bbq sauce		
Steak Sandwich - minute steak, tomato, lettuce, onion, beetroot, cheese and bbq sauce on White bread		
Fresh Club Sandwich - grilled chicken, bacon, tomato, lettuce, cheese, relish		

Wraps

"BLAT" Wrap - Bacon, Lettuce, Avocado, Tomato Wrap	\$10.80	\$12.00
Chicken Caesar Wrap - crumbed chicken, cos, bacon, parmesan and caesar dressing		
Crispy chicken wrap - pesto aoli, sun dried tomato, spinach cheese		
Falafel Veggie Wrap - Falafel, lettuce, tomato, cucumber, onion, aoli, sweet chilli		
Crunchy Fish and Chipotle mayo wrap - flathead, Chipotle mayo, mesclun, tomato, Avo		
Add chips	\$3.50	\$3.50

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02 9822 3127 | 101 Meadows Road, Mount Pritchard

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Lunch

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Chicken Schnitzel - crumbed Chicken, gravy, chips and side salad	\$18.00	\$19.50
Barramundi - seared barramundi, chips, steamed vegetables and tartare sauce		
250g Rump steak - grilled rump steak, steamed vegetables and chips		
Chicken and Avocado cheese melt - grilled chicken, avocado, cheese, sourdough, side salad		
Serve of Chips	\$8.00	
Serve of Wedges	\$9.00	

Salads

	\$14.00	\$15.20
Caesar Salad - Cos lettuce, parmesan, bacon, egg, cheese, caesar dressing		
Greek Salad - Mix lettuce, tomato, cucumber, fetta, olives and capsicum		
falafel salad - Mesclun, falafel, cucumber, spanish onion, beetroot, walnuts, olives		

Beverage Menu

Juices

	\$8.10	\$9.00
Super Juice - Kale, cucumber, apple, spinach, mint and lemon		
Energiser - Carrot, orange, apple, ginger		
Early Start - Orange pineapple, ginger, mint and mango		
Cleanser - Apple, cucumber, pineapple, lemon and ginger		
Build your own (choose 4): apple, orange, pineapple, watermelon, carrot, celery, beetroot, tomato, lemon, cucumber		
Additional fruit	\$0.50	\$0.50
Add ginger	\$1.20	\$1.20

Smoothies

	\$7.20	\$8.00
Triple berry - mixed berries, yoghurt, ice and milk		
Banana and honey - Banana, honey, cinnamon, yoghurt and milk		
Peanut Butter and muesli - Peanut butter, muesli, banana and almond milk		
Mango madness - Mango, Almond flakes, yoghurt, chia, honey and milk		
Add Protein	\$2.00	\$2.00

Shakes

Milkshakes - chocolate, strawberry, banana, vanilla, caramel	\$6.00	\$6.60
Protein Shakes - chocolate, strawberry, banana, vanilla, carame	\$6.75	\$7.50
Add protein	\$2.00	\$2.00

Hot Drinks - members price/ Non members price

Flat White, Cappuccino, Latte, Chai Latte, mocha, long black Regular / Large	\$4.10 / \$4.50	\$4.80 / \$5.30
Short Black, macchiatto	\$3.00	\$3.50
Piccolo	\$4.10	\$4.50
Teas - English breakfast, Chamomile, Green Tea, Peppermint, earl grey	\$4.10	\$4.50
Extras - Extra shot, Decaf, Soy milk, Almond milk, syrups	\$0.90	\$0.90