



SWEETS

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|---|--------|
| Croissant | \$6 |
| Almond Croissant | \$8 |
| Chocolate Croissant | \$8 |
| Danish Du Jour | \$7 |
| Muffin Raspberry Chocolate Blueberry Apple | \$6.50 |
| Brownie GF | \$7 |
| Portuguese Tart | \$7 |
| Caramel Slice | \$7 |
| Carrot Cake GF | \$7 |
| Cookie | \$5 |
| Chia Pudding GF, DF | \$8 |
| Granola Bowl | \$8 |
| Banana Bread GF | \$8 |
| Fruit Salad | \$6 |

SAVORY

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|---------------------------|------|
| Ham & Cheese Croissant | \$10 |
| Cheese & Tomato Croissant | \$8 |
| Beef Pie | \$8 |
| Vegan Pie VG | \$8 |
| Beef Sausage Roll | \$8 |
| Pumpkin Feta Roll | \$9 |

SANDWICHES

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|---|------|
| Reuben Corned beef, pickles, cabbage, Russian dressing, Swiss cheese on rye bread | \$14 |
| Serrano Prosciutto, brie, garlic aioli on a sourdough baguette | \$14 |
| Italiano Mortadella, cheese, salami, pesto, rocket on a Turkish roll | \$14 |
| Chicken Caesar Wrap Southern fried chicken, tomato, parmesan, bacon, iceberg, Caesar sauce | \$14 |
| Salmon Bagel Smoked salmon, cream cheese, red onion, capers | \$14 |
| Bacon & Egg Roll Bacon, egg, cheese, aioli on a Turkish roll | \$10 |
| Sweet Potato Falafel GF, VG Falafel, hummus, semi dried tomatoes, spinach on a sweet potato bun | \$14 |

SALADS

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|---|------|
| Grain Mustard Potato Salad | \$12 |
| Greek Salad V | \$12 |
| Italian Pasta Salad Pasta, basil pesto, Italian marinated vegetables | \$12 |
| Thai Noodle Salad Rice noodle, Asian vegetable mix, peanuts | \$12 |

v - vegetarian | vg - vegan | df - dairy free | gf - gluten free | o - optional
 please inform us of any allergies when placing orders
 sunday surcharge of 10% and a public holiday surcharge of 12.5%



FRESH JUICE

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| Energiser Carrot, orange, ginger, celery | \$8 |
| Immuniser Beetroot, carrot, apple, ginger | \$8 |
| Recovery Celery, spinach, apple | \$8 |
| Cleanser Apple, mint, ginger, lemon, celery | \$8 |
| Detox Spinach, pear, celery, mint | \$8 |
| Revitaliser Watermelon, apple, mint | \$8 |
| Orange Juice | \$8 |

COFFEE

| | REGULAR LARGE |
|---|-----------------|
| Espresso | \$4.50 \$5.50 |
| Double Espresso | \$4.50 \$5.50 |
| Flat White | \$4.50 \$5.50 |
| Latte | \$4.50 \$5.50 |
| Long Black | \$4.50 \$5.50 |
| Cappuccino | \$4.50 \$5.50 |
| Mocha | \$4.50 \$5.50 |
| Macchiato | \$4.50 \$5.50 |
| Piccolo | \$4.50 |
| Hot Chocolate | \$4.50 \$5.50 |
| Chai Latte | \$4.50 \$5.50 |
| Extra Shot | \$1 |
| Alternative Milks Almond Oat Soy Lactose Free | \$1 |
| Syrups Vanilla Hazelnut Almond Caramel | \$1 |

TEA

| | REGULAR LARGE |
|-------------------|-----------------|
| English Breakfast | \$4.50 \$5.50 |
| Peppermint | \$4.50 \$5.50 |
| Green Jasmine | \$4.50 \$5.50 |
| Earl Grey | \$4.50 \$5.50 |
| Chamomile | \$4.50 \$5.50 |

MILKSHAKES

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| Vanilla Chocolate Caramel Strawberry Banana | \$8 |
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SOFT DRINK

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| Coca-Cola | \$6 |
| Coca-Cola Zero Sugar | \$6 |
| Coca-Cola Diet | \$6 |
| Sprite | \$6 |
| Sprite Lemon Plus | \$6 |
| Fanta Orange | \$6 |
| Fuze Peach & Black Tea | \$7.50 |
| Fuze Lemon & Black Tea | \$7.50 |
| Mount Franklin Still Water | \$4 |
| Mount Franklin Lightly Sparkling Water | \$4.50 |
| Cascade Ginger Beer | \$5 |
| Cascade Lemon Lime Bitter | \$5 |
| Remedy Kombucha Ginger & Lemon Peach Raspberry Lemon Apple | \$7.50 |
| Remedy Sodaly Guava Raspberry Passionfruit | \$5 |



BEER

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|---|------|
| 7th Day Brewery Pale Ale XPA IPA Pilsner | \$13 |
| Furphy Refreshing Ale | \$11 |
| Byron Bay Lager | \$11 |
| 150 Lashes Pale Ale | \$12 |
| 4 Pines Pacific Ale | \$12 |
| Brookvale Union Ginger Beer | \$13 |

CIDERS

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|--------------------------------------|------|
| 7th Day Brewery Raspberry Sour Cider | \$13 |
| Pipsqueak Apple Cider | \$12 |

LOW ALCOHOL BEER

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| Heineken 0.0% | \$9 |
| James Boags Light 2.3% | \$9 |
| 4 Pines Ultra Low <0.5% | \$9 |

WINE

GLASS | BOTTLE

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|---|-------------|
| Bimbadgen Sparkling Semillon NV Hunter Valley, NSW | \$12 \$48 |
| Calabria Bros. "Sophie" Grenache Rose Barossa Valley, SA | \$12 \$50 |
| De Bortolli Regional Classic Chardonnay Tumbarumba, NSW | \$14 \$60 |
| Wild Oats Sauvignon Blanc Western Australia | \$12 \$48 |
| De Beaurepaire "Perceval" Pinot Noir Rylstone, NSW | \$14 \$65 |
| De Beaurepaire "Le Marquis" Cab-Sauv | \$14 \$65 |
| Head Home & Heart Shiraz | \$12 \$48 |
| Wild Oats Merlot | \$12 \$48 |

SPIRITS

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| -196 Double Lemon Vodka & Soda | \$12.50 |
| Canadian Club & Dry | \$12 |
| Canadian Club Soda & Lime | \$12 |
| Jim Beam White Cola | \$12 |
| Manly Spirits Australian Dry Gin & Tonic | \$12 |
| Manly Spirits Pink Gin & Tonic | \$12 |
| Manly Spirits Berry Blush Gin & Tonic | \$12 |
| Manly Spirits Zesty Limoncello Spritz | \$12 |
| Manly Spirits Watermelon Lychee Vodka | \$12 |
| Manly Spirits Rainforest Lime Vodka | \$12 |

NON-ALCOHOL SPIRITS

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|-------------------------------------|------|
| Seadrift Coast Gin & Tonic | \$10 |
| Seadrift Classic Marine Gin & Tonic | \$10 |
| Seadrift Wild Hibiscus Gin & Tonic | \$10 |

MOCKTAILS

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|---------------------------|------|
| Naked Life Margarita | \$10 |
| Naked Life Italian Spritz | \$10 |
| Naked Life Mojito | \$10 |
| Naked Life Pink Paloma | \$10 |

COCKTAILS

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|---|------|
| Aperol Spritz Aperol, sparkling wine, soda water | \$15 |
| Mimosa Sparkling wine, orange juice | \$15 |