



## SWEETS

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

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

## SANDWICHES

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

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

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

## COFFEE

	REGULAR   LARGE
Espresso	\$4.70   \$5.70
Double Espresso	\$4.70   \$5.70
Flat White	\$4.70   \$5.70
Latte	\$4.70   \$5.70
Long Black	\$4.70   \$5.70
Cappuccino	\$4.70   \$5.70
Mocha	\$4.70   \$5.70
Macchiato	\$4.70   \$5.70
Piccolo	\$4.70
Hot Chocolate	\$4.70   \$5.70
Chai Latte	\$4.70   \$5.70
Extra Shot	\$1
<b>Alternative Milks</b> Almond   Oat   Soy   Lactose Free	\$1
<b>Syrups</b> Vanilla   Hazelnut   Almond   Caramel	\$1

## TEA

	REGULAR   LARGE
English Breakfast	\$4.70   \$5.70
Peppermint	\$4.70   \$5.70
Green Jasmine	\$4.70   \$5.70
Earl Grey	\$4.70   \$5.70
Chamomile	\$4.70   \$5.70

## MILKSHAKES

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

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
<b>Remedy Kombucha</b> Ginger & Lemon   Peach   Raspberry Lemon   Apple	\$7.50
<b>Remedy Sodaly</b> Guava   Raspberry   Passionfruit	\$5



## BEER

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

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

## LOW ALCOHOL BEER

Heineken 0.0%	\$10
4 Pines Ultra Low <0.5%	\$10
James Boags Light 2.3%	\$9

## WINE

GLASS | BOTTLE

Bimbadgen Sparkling Semillon NV Hunter Valley, NSW	\$13   \$50
Calabria Bros. "Sophie" Grenache Rose Barossa Valley, SA	\$13   \$50
De Bortolli Regional Classic Chardonnay Tumbarumba, NSW	\$15   \$60
Wild Oats Sauvignon Blanc Western Australia	\$13   \$50
De Beaurepaire "Perceval" Pinot Noir Rylstone, NSW	\$15   \$65
De Beaurepaire "Le Marquis" Cabernet Sauvignon	\$15   \$65
Head Home & Heart Shiraz	\$13   \$50
Wild Oats Merlot	\$13   \$50

## SPIRITS

-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

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

## MOCKTAILS

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

## COCKTAILS

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