



SWEETS

Croissant	\$4.5
Almond Croissant	\$6
Chocolate Croissant	\$6
Muffin Raspberry • Chocolate • Blueberry • Apple	\$6.50
Brownie (GF)	\$7
Caramel Slice	\$7
Carrot Cake (GF)	\$7
Cookie	\$5
Granola Bowl	\$8
Banana Bread (GF)	\$8
Fruit Salad	\$6

SAVOURY

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
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

Greek Salad (V)	\$12
Italian Pasta Salad Pasta, basil pesto, Italian marinated vegetables	\$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

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	\$4.70 \$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
Alternative Milks Almond • Oat • Soy • Lactose Free	\$1
Syrups 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 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

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 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

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

G | B

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