

26/7.

THE ORDER OF THE DAY

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BREAKFASTS BURGERS SALADS WRAPS NACHOS TOASTED SANDWICHES SLIDERS HOT CHIPS

On the Sunny Side (available until 11h00)

Scrambled ♥ HF	creamy scrambled eggs on a slice of toasted rye	16.00
Cheesy French Toast	2 slices of French toast with a cheesy melted centre drizzled with maple syrup	21.00
Breakfast Bap	2 fried eggs, cheese and Rosa tomatoes on a lightly toasted bap roll	23.00
The Usual	traditional breakfast consisting of one fried egg, beef sausage, grilled tomato and a slice of toast	22.00

➤ **ADD** ➤ any of the following items to your breakfast

extra slice toast & butter extra egg	3.00
hashbrown	3.00
fried mushrooms	7.50

WRAP & ROLL (white or whole wheat wrap ♥ HF)

Grilled Chicken	strips of grilled chicken fillet with salad ♥ ♥ and sweet chilli mayo	27.00
Italiano	grilled baby marrow, Rosa tomatoes, feta and sweet basil HF	29.00
Calamari	crumbed calamari steak strips with salad and sweet chilli mayo	29.00

UNLOADED

Protein Pack	two boiled eggs, pastrami and cheddar cheese	26.00
Chicken & salad	grilled fillet of chicken with a side salad ♥ HF ♥	28.00
Bunless burger	grilled beef patty with cheese, tomato, red onion and guacamole	30.00

salad A standard salad base of mixed leaves, tomato, cucumber, julienne carrot, ♥ HF ♥ to which you can add any items from the ➤ **STACK-IT** ➤ list

🍷	15.00
🍷	18.00

Flatty or Patty?

Original Beef 24.00
beef patty, lettuce, tomato, onion & barbeque sauce
Grilled Chicken 25.00 ♥ ♥
grilled chicken fillet with sweet chilli sauce
Crispy Chicken & Cheese 28.00
crumbed chicken fillet with cheese and tangy mayo



All items are made fresh and worth the wait!



GET TOASTED

ON YOUR CHOICE OF WHITE OR WHOLE WHEAT BREAD ♥ HF LOW GI

CAPRESE (MOZZARELLA, TOMATO AND BASIL PESTO) ♥	19.00
DOUBLE CHEESE AND TOMATO	18.00
CHICKEN MAYO WITH GHERKINS AND RED ONION	22.00
PASTRAMI, CHEESE AND TOMATO	22.00
EGG, CHEESE AND MAYONNAISE	20.00

add to any item on the menu

STACK-IT

- tomatoes, gherkins, peppers ♥ HF ♥ 2.00
- piquant peppers, rocket, red onion, sweet chilli sauce ♥ HF ♥ 2.00
- feta, mozzarella, cheddar, cottage cheese 4.00
- caramelized onions, basil pesto 4.00
- pastrami 12.00
- grilled chicken ♥ ♥, chicken mayo, calamari 12.00

down size

One-sies one slice of toast with a choice of spread: anchovy ♥, marmite or pbj	7.50
Half a toasty half a toasted sandwich chosen from our ➤ GET TOASTED ➤ selection	10.00
Chicken sliders two mini burgers - chicken fillet with tomato, gherkin and red onion	20.00

BIG DADDY & SMALL FRY!

Dagwood Roll + Chips	42.00
Toasted ciabatta with one beef patty, fried egg, tomato, cheddar cheese and sweet chilli dressing with chips	
Chicken Pops	18.00
Half Moon Margherita Pizza	10.00
Full Moon Margherita Pizza	20.00
traditional tomato base with mozzarella cheese	
BBQ Chicken Pizza	26.00
Hawaiian Pizza	24.00
Nachos	30.00
➤ ADD ➤ grilled chicken strips and feta	14.00
Loaded Fries	20.00
Hot chips smothered in a creamy cheese sauce	26.00
	32.00
Hot Chips	12.50 20.00 28.00



good food | good life

HEALTH INDICATORS

♥ Heart Healthy LOW GI Low GI HF High Fibre ♥ Low Fat