

BEVERAGES

	Member	Non Member
Small	3.50	4.00
Large	4.00	4.50
Add Flavour Shot (mocha, caramel, vanilla or hazelnut)	1.00	1.00
Cappuccino		
Flat White		
Latte		
Long Black		
Short Black		
Machiato		
Chai Latte		
Hot Chocolate		
Tea Drop Tea	3.50	4.00
English Breakfast		
Honeydew Green		
Malabar Chai		
Lavender Grey		
Cleopatra's Champagne		
Parisian Vanilla		
Peppermint		
Moroccan Mint		
African Sunset		
Milkshake	4.00	4.50
Chocolate, caramel, vanilla, strawberry, real banana, lime		
Thickshake	6.00	6.50
Chocolate, caramel, vanilla, strawberry, real banana, lime		
Kiddies Shake	2.50	3.00
Chocolate, caramel, vanilla, strawberry, real banana, lime		
FRESH Juice	7.00	8.00
Morning Sunshine Carrot, apple, celery, orange, ginger		
Cure All Carrot, ginger, lemon, apple, celery, beetroot		
Cleanser Apple, celery, cucumber, mint		
AL's Lemonade Just apples and lemon		
Fruit Blast Orange, watermelon, apple, pineapple		
Veggie Licious Carrot, celery, beetroot, ginger		
Single It Out Pure OJ, pure apple, pure watermelon or pure carrot		
Smoothies (gf)	7.00	8.00
Berry Heaven (dairy free) Blueberry, raspberry, watermelon and ice		
Strawberry (dairy free) Strawberries, banana and fresh OJ		
Banana Banana, yoghurt, honey, milk		
Mango Mango, yoghurt and milk		
Tropical (dairy free) Passionfruit, pineapple, mango, ice and fresh OJ		
Magic Mix Banana, blueberry, raspberry, mango, passionfruit, yoghurt and milk		
Honey Yoghurt Banana, apple, vanilla, honey, yoghurt and milk		



Menu

BREAKFAST

	Member	Non Member
Double Egg and Bacon Roll Served on turkish bread with your choice of sauce	7.50	8.50
Bacon and 2 Eggs Fried, scrambled, or poached, served with toast	10.00	11.00
Big Breakfast 2 eggs (fried, scrambled, or poached), bacon, chipolata, baby spinach, mushroom and homemade tomato chutney, served with turkish bread	15.00	16.00
Vegetarian Big Breakfast 2 eggs (fried, scrambled, or poached), mushroom, feta, avocado, baby spinach and tomato chutney, served with turkish bread	15.00	16.00
Eggs Benedict Poached eggs, bacon or ham, baby spinach and hollandaise sauce served on sourdough toast	13.50	15.00
Vegetarian Option Mushrooms, avocado and baby spinach		
Add Smoked Salmon	4.50	4.50
Homebaked Granola Served with forest berries and natural yoghurt	9.50	10.00
Toasted Sandwich Your choice of up to 3 fillings (excludes smoked salmon)	6.00	7.00
Extras		
Bacon	2.00	2.00
Chipolata (serving of 2)	3.00	3.00
Grilled Tomato	2.00	2.00
Baby Spinach	2.00	2.00
Mushroom	3.00	3.00
Extra Egg	1.50	1.50
Avocado	2.00	2.00
Turkish Bread / Sourdough	1.50	1.50
GF Bread	3.00	3.00
Smoked Salmon	4.50	4.50
Feta	2.00	2.00

SNACKS

	Member	Non Member
Toasted Sandwich (3 fillings)	6.00	7.00
Bowl of Chips	4.00	5.00
Bowl of Wedges with sour cream and sweet chilli	5.00	6.00
Bowl of Garden Salad	4.00	5.00
Ham and Cheese Croissant	6.00	7.00
Croissant	4.00	4.50
Banana Bread	3.50	4.00
Pear and Raspberry Bread	3.50	4.00
Daily Muffin	3.50	4.00
See cabinet for daily cakes and slices		

KIDS MEALS

	Member	Non Member
Choice of the following	6.50	7.00
Chicken Schnitzel with chips or salad		
Fish with Chips or salad		
Calamari with Chips or salad		
Grilled Cheese Sandwich with chips or salad		
Lasagne with chips or salad		

LUNCH & LIGHT MEAL MENU

	Member	Non Member
Sandwich Roll	6.50	7.00
Wrap	9.00	9.50
GF Wrap	10.50	11.00
Turkey Classic Turkey breast, camembert and baby spinach with homemade cranberry sauce		
Chicken Caesar Parmesan crusted chicken breast, egg, bacon and lettuce with homemade mayo		
Classic Ham Smoked leg ham with salad and dijon mustard		
Roast Beef Roast beef, mixed greens, cheese and tomato with horseradish cream		
Salmon Pattie Salmon pattie with salad and sweet chilli sauce		
BLAST Bacon, lettuce, avocado and semi-dried tomato with homemade mayo (add chicken +\$3.00)		
Lamb Kofta Lamb pattie, avocado, cucumber and baby spinach with minted yoghurt		
Vege Pattie (v) Chickpea pattie with salad and homemade pesto mayo		
Turkish Toastie or Melt	9.00	9.50
HCT Smoked leg ham, cheese and tomato... The old favourite!!		
Hawaiian Smoked leg ham, pineapple and cheese		
Mediterranean (v) Roast pumpkin, capsicum, olive, avocado, baby spinach and feta		
Chicken Satay Chicken breast, avocado and cheese with homemade satay		
Roast Beef Roast beef, feta, semi-dried tomato and baby spinach with horseradish cream		
Triple T Turkey breast, camembert and baby spinach with homemade cranberry sauce		
Salads	10.00	11.00
Chicken Caesar (gf) Parmesan crusted chicken breast, bacon, egg, salad greens and avocado with homemade mayo		
Greek (v, gf) Cucumber, olives, tomato, feta and salad greens with balsamic dressing		
Mediterranean (v) Roasted pumpkin, roasted capsicum, olives, feta, avocado and salad greens		
Beetroot (v, gf) Real beetroot, feta, walnut, sweet potato, chickpea and salad greens		
Turkey (gf) Turkey breast, camembert, semi-dried tomato, cucumber and baby spinach with homemade cranberry sauce		
LIGHT MEALS (all served with chips or salad)		
Burgers Choose from Beef, Lamb, Chicken Schnitzel, or Vege Pattie with cheese, tomato, lettuce and your choice of sauce	12.00	13.00
Steak Sandwich With cheese, tomato, salad greens, caramelised onion, and your choice of sauce	12.00	13.00
Daily Lasagne See cabinet for daily flavours	10.00	11.00
Daily Quiche See cabinet for daily flavours	8.00	9.00
Salt n Pepper Calamari	12.00	13.00
Fish and Chips	12.00	13.00
Pasta of the Day	8.00	9.00