

ALL DAY LUNCH MENU...

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| GRILLED CHICKEN SALAD w' spinach, cherry tomatoes, bacon, feta, sweet potato, pecans, strawberries, grilled chicken breast & a balsamic vinaigrette | \$16 |
| THAI BEEF SALAD w' mixed leaves, cherry tomatoes, cucumber, red onion, pine nuts w' a basil, chilli & coriander dressing | \$16 |
| CARAMELISED PUMPKIN & FETA SALAD w' mixed leaves, pearl barley, cherry tomatoes, green beans & oil free mint, coconut & lime dressing | \$16 |
| ANTI-OXIDANT POWER SALAD w' greens, mung beans, lentil sprouts, avocado, cherry tomatoes, nuts & seeds, fresh beetroot, dried cranberries, goji berries & a chilli & coriander root oil free dressing | \$16 |
|add smoked salmon or grilled chicken | \$4 |
| BLAT SANDWICH w' bacon, tomato, lettuce & avocado | \$12 |
|add side of chips | \$3 |
| GRILLED CAJUN CHICKEN SANDWICH w' avocado, feta, tomato, lettuce & mayo | \$14 |
|add side of chips | \$3 |
| STEAK SANDWICH w' cheese, lettuce, tomato, red onion & BBQ sauce | \$14 |
|add side of chips | \$3 |
| VARIETY OF TOASTED TURKISH'S (changes daily - check display fridge) | \$10 |
| BEER BATTERED CHIPS w' aioli | \$7 |
| WEDGES w' sour cream & sweet chilli sauce | \$7 |
| EXTRA'S | |
| Hollandaise / Chilli Jam / Chutney / Mixed Berry Jam / Herbed Sour Cream | \$1 |
| Egg / Toast / Ice Cream / Fresh Cream | \$2 |
| Hash browns / Grilled tomato / Sautéed mushrooms / Chipolata sausages | \$3 |
| Strawberries / Yogurt | \$3 |
| Grilled haloumi / Smashed avocado / Asparagus / Bacon | \$4 |
| Smoked salmon / Corn fritter / Savoury Mince / Hash cake | \$4 |