



BREAKFAST MENU

opening hours: 8am-11am weekdays ~ 8am-10.30am weekends

Cereal Selection coco pops, nutri grain or toasted muesli	3.50
Bircher Muesli served with yoghurt, berries and honey	6.50
Banana Bread served with fresh yoghurt and honey	5.50
95% Fat Free French Toast our lightly spiced signature recipe	4.50
Savoury Mince with poached eggs, grilled tomato and thick toast	9.95
Sunrise Hotcakes with mixed berries, maple syrup and fresh cream	10.95
Eggs On Toast eggs either fried, poached or scrambled	7.95
Bacon, Eggs and Thick Toast eggs either fried, poached or scrambled	9.95
Gourmet 3 Egg Omelette with mushrooms, bacon, tomato and cheese	12.95
- add smoked salmon, chorizo or baby spinach to your omelette	4.00
The Healthy Breakfast poached eggs, mushrooms, grilled tomato and wholemeal toast	9.95
 Clubbies Big Breakfast	14.95
bacon, eggs (fried, poached or scrambled) chipolatas, grilled tomato, hash brown, mushrooms and thick toast	
Fresh Fruit Plate a stack of fresh seasonal fruit and berries served with yoghurt & honey	11.95
Thick Toast white, wholemeal or raisin. served with butter & spreads	3.50
Gluten Free Toast white or mega grain. served with butter & spreads	3.50
Extras	
Bacon, Mushrooms, Tomato, Hash Browns, Chipolatas, Baked Beans	3.00
Smoked Salmon, Chorizo or Baby Spinach	4.00
For The Under 12'S	
Nippers Hotcakes with maple syrup and cream	6.50
Nippers Brekkie bacon, egg (fried, poached or scrambled) potato gems and toast	5.95
Tea And Coffee Selection	
Cappuccino, Café Latte, Flat White, Piccolo Latte, Affogato, Mocha, Macchiato, Long Black, Short Black, Doppio Ristretto or Hot Chocolate	3.50
- upsize to a mug	0.80
- add : extra shot, decaf, soy milk, ice cream hazelnut, vanilla or caramel	0.50
English Breakfast, Irish Breakfast or Earl Grey Tea	3.50
Herbal Teas	
Lemongrass and Ginger refreshing and mild with a hint of rosella	4.00
Sencha Green traditional japanese green tea	4.00
Detox and Cleanse a blend of detoxifying and cleansing herbs to expel toxins	4.00
Recovery Blend great for that early morning hangover!	4.00
Chai Tea Latte traditionally brewed with milk, served with honey	4.00
Cold Drinks	
Milkshakes chocolate, caramel, strawberry, lime or vanilla	4.50
Other Chocolate Milkshakes cherry ripe, ferrero rocher or mars bar	5.00
Iced Coffee, Iced Chocolate or Iced Mocha	4.50
Strawberry Smoothie strawberries, yoghurt, ice cream & milk with a dash of honey	5.50
Banana and Mango Smoothie banana, mango, yoghurt, milk, ice cream and honey	5.95
Passionfruit & Pineapple Smoothie pineapple, passionfruit, yoghurt, milk and ice cream	5.50
- add malt or ice cream	0.50
Fresh Fruit Juices available from the bar - orange, pineapple, apple, tomato, cranberry	3.50





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MAIN BEACH

Main Beach saw its first visitors in 1875. The half day trip on horse and carriage from Brisbane involved ferry crossings of the Coomera and Nerang Rivers and finally a long boat ride from the Broadwater to get to the surf.

SINCE 1924

The Surf Life Savers of the Southport SLSC have volunteered to protect locals and our many hundreds of thousands of annual visitors from the dangers of the ocean. Our Life Savers also compete in the National Surf Life Saving Club Titles with a history of great success in the championships.

By enjoying the facilities of our club you are assisting us on our journey to continue to save lives on our beautiful beach and improve our facilities. Thank you for your support and remember always swim between the flags.

