

Daily Breakfast

Tofu Scrambled (V) (GF) 15

Fresh Tofu scrambled with tomato, onion and mushroom served with gluten free vegan toast

Smashed Avocado (V) (GF) 15

Freshly smashed avocado on gluten free vegan toasts with wild rocket leaf and roasted cherry tomato

The Green Planet bowl (V) (GF) 16

Sauté green vegetables with tofu and mixed bean salsa with avocado on gluten free vegan bread

Mushroom on Point (VEG) 18

Garlic mushroom sauté with baby asparagus & fresh spinach on top of sourdough toast topped with chia seeds and feta crumbled

Vegetarian Breakfast (VEG) 18

Scrambled egg and avocado on sourdough bread with mushrooms, spinach, grilled tomato and hash brown on side

For pesto scrambled egg \$2

Salmon Scramble 18

Scramble egg with Tasmanian smoked salmon & feta crumble on sourdough bread

BUENOS DIAS Omelette 19

Traditional spiced Spanish chorizo, diced cherry tomatoes, Spanish onion & green baby spinach served with toast

The Garbage Bowl 19

Grilled bacon on top of warm beans salsa mixed with fried eggs and chunky bread pieces

Big Brekky 20

Two fried eggs, bacon, sausage, tomato, mushrooms, spinach, served with a slice of toast and baked beans on side

Kids Breakfast (under 12)

Pancake Amaze 8

A buttermilk pancake, topped with fresh strawberries served with maple syrup on top

Bacon & Egg Burger 10

Grilled bacon, fried egg & tomato sauce on English muffin

BREAKFAST

SERVED FROM 7:00 AM – 1:30 PM DAILY
WEEKENDS 7:00 AM TO 2:00 PM

EGGS BENEDICT

Eggs Benedict 20

Two poached Eggs, baby spinach, leg ham served on sourdough bread topped with hollandaise sauce

Fresh Point Benedict 21

Two poached Eggs, baby spinach, sliced tomato, grilled bacon served on English muffin topped with twist hollandaise sauce

Eggs Benedict Three Way 24

Three poached eggs served with cooked baby spinach, leg ham, smoked salmon, bacon on sourdough bread topped with hollandaise sauce

SUPER BOWL

127 Bowl 16

Blended with Acai, banana, mint, mango, coconut milk and topped with seasonal fruit, berries shredded coconut & chia seeds

Fresh Green Bowl 16

Blended with Acai, spinach, banana, fresh strawberry, coconut milk and topped with seasonal fruits, berries & shredded coconut & chia seeds



GO MEGA

Mega Pancake Brekky 24

Two stack buttermilk pancakes, topped with bacon, two fried eggs, chorizo, hash brown and side of maple syrup

Mega Big Brekky 24

Two fried eggs, bacon, sausage, tomato, mushrooms, spinach, hash brown, chorizo served with a slice of toast and baked beans on side

Fresh Sandwiches

Ham & Cheese Toastie 6

Bacon & Egg Toastie 8

With BBQ sauce

Oven Grilled Chicken 10

Oven grilled chicken breast, with cheese and home made aioli

Want to Add Extra's?

Feeling hungry?

-Add more to your meal-

Multigrain bread (per slice) 1

Gluten free bread (per slice) 1.5

Cheese, hash brown, spinach, mushroom or baked beans 2

Extra egg, feta, bacon, chorizo or avocado 4

Smoked salmon 4.5



EAT WELL

LIVE WELL



EAT WELL

LIVE WELL



LUNCH

SERVED FROM 11:00 AM – 1:30 PM DAILY
WEEKENDS 11:00 AM TO 2:00 PM

Kids Lunch (under 12)

Chicken Nuggets Served with chips and tomato sauce	8
Fish & Chips Battered fish fillet, served with chips and aioli on side	10
Steak & Chips Served with tomato sauce	12

FROM THE GRILL

Vegetarian Salsa Bowl (V) (GF) 20 Saute green vegetables with mixed bean salsa served with rice	
Chicken Parmigiana (GF) 22 Grilled chicken breast topped with homemade Napoli sauce and grated tasty cheese, served with chips and salad	
Atlantic Salmon (GF) 28 200gm skin on Atlantic Salmon served with steamed green vegetables, rice & hollandaise sauce on side	
New York cut Steak (GF) 30 300 grams Porterhouse steak cooked to your liking served with chips, salad and mushroom sauce Add your topping – Bacon & egg – 6 Garlic prawns – 8 Squid & wings – 10	

GOURMET BURGERS

-ALL BURGERS SERVED WITH CHIPS-

Veggie Burger (VEG) 17 Vegetarian patty with sliced cheese avocado, cheese, beetroot relish, lettuce and tomato slice	
Peri Peri Chicken Burger 20 Peri peri seasoned chicken, lettuce, tomato slice, pineapple, cheese & peri peri sauce	
127 Chicken Burger 20 Oven grilled chicken, avocado, bacon, cheese and homemade aioli	
Herbed Chicken Burger 20 Two Herbed chicken patty, lettuce, cheese, aioli and mustard pickles	
The Fresh Point Burger 22 Beef patty, lettuce, sliced tomato, cheese, avocado and homemade beetroot relish	
American Cheese Burger 22 Beef patty, bacon, fried egg, caramelized onion, cheese and American mustard	
Thunder Burger 26 Three beef burger patties with bacon, egg, caramelized onion, cheese and aioli	

PASTAS

Vegetarian Pasta 18 Linguine pasta, onion, tomato, mushrooms in white wine rose sauce finished with spinach and crumbled feta	
Creamy Chicken Pesto 19 Linguine pasta, chicken, bacon, onion, cooked in white wine, creamy pesto sauce finished with spinach and parmesan cheese	
Prawn Pasta 24 Linguine pasta, cherry tomato, onion, prawns in garlic, lemon sauce with spinach	

SALADS

Tropical Salad (V) 15 Mango cheeks, avocado and slaw mix, mixed with wild rocket lettuce with mango dressing ADD Chicken or Smoked salmon 6	
Roast Pumpkin Salad (V) 15 Roast pumpkin, feta, spinach and walnuts mixed together in olive oil ADD Chicken or Smoked salmon 6	
Thai Beef Salad 18 Asian salad mix with beef strips topped with alfalfa and crispy noodles	
Salt & Pepper Squid Salad 19 Fried local squid served with mixed lettuce leaves, crunchy shredded vegetables, topped with peri peri sauce and lemon wedges	

Entrée

Garlic Bread	8
Bruschetta	10
Deep Fried Bocconcini Served with peri-peri sauce	11
Salt & Pepper Squid Served with sweet chilli and homemade aioli dipping sauce	14
Devil's Chicken Wings 4 pcs	9.9
8 pcs How hot would you like them? ✦Mild / Hot / Very Hot	15.9

Kids Dinner (under 12)

Chicken Nuggets Served with chips and tomato sauce	8
Fish & Chips Battered fish fillet, served with chips and aioli on side	10
Steak & Chips Served with tomato sauce	12

PASTAS

Vegetarian Pasta Linguine pasta, onion, tomato, mushrooms in white wine rose sauce finished with spinach and crumbled fetta	18
Creamy Chicken Pesto Linguine pasta, chicken, bacon, onion, cooked in white wine, creamy pesto sauce finished with spinach and parmesan cheese	19
Prawn Pasta Linguine pasta, cherry tomato, onion, prawns in garlic, lemon sauce with spinach	24

DINNER

- S E R V E D F R O M 5 P M D A I L Y -

MAINS

Vegetarian Salsa Bowl (V) Sauté green vegetables with mixed bean salsa served with rice	20
Chicken Parmigiana (GF) Grilled chicken breast topped with homemade Napoli sauce and grated tasty cheese, served with chips and salad	22
Tuscan Chicken (GF) Tuscan seasoned chicken breast with mash potato, steamed broccoli and mushroom gravy	25
Atlantic Salmon (GF) 200gm skin on Atlantic Salmon served with steamed green vegetables, rice & hollandaise sauce on side	28
Porterhouse Steak (GF) 300 grams Porterhouse steak cooked to your liking served with mash potato, steam vegetables and mushroom sauce on side	30
Mahi-Mahi on Point (GF) A grade grilled Mahi-Mahi fish served with chilli avocado salsa, grilled lemon, and Pumpkin puree	30
Black Angus Scotch Fillet Steak (GF) 300 gram Scotch fillet steak cooked to your liking, served with mash potato, steam vegetables and mushroom sauce on side	32
Steak and Squid 300 grams Porterhouse steak served with mash potato, squid, aioli and mushroom sauce on side	36
Surf & Turf (GF) 300 grams Scotch fillet steak topped with creamy garlic prawn sauce served with mash potato and steam vegetables	37

Gourmet Burgers

Veggie Burger (VEG) Vegetarian patty with avocado, sliced cheese, beetroot relish, lettuce and tomato slice	17
Peri Peri Chicken Burger Peri peri seasoned chicken, lettuce, tomato slice, pineapple, cheese & peri peri sauce	20
Herbed Chicken Burger Two Herbed chicken patty, lettuce, cheese, aioli and mustard pickles	20
The FreshPoint Burger Beef patty, lettuce, tomato, cheese, avocado and homemade beetroot relish	22
American Cheese Burger Beef patty, bacon, fried egg, caramelized onion, cheese and American mustard	22

SALADS

Roast Pumpkin Salad (V) Roast pumpkin, feta, spinach and walnuts mixed together in olive oil ADD Chicken or Smoked salmon 6	15
Thai Beef Salad Asian salad mix with beef strips topped with alfalfa and crispy noodles	18
Salt & Pepper Squid Salad Fried local squid served with mixed lettuce leaves, crunchy shredded vegetables, peri peri sauce and lemon wedges	19



PANCAKES & DESSERT

SERVED ALL DAY

Kids Pancakes (under 12)

Simple & Sweet 8
Traditional buttermilk pancakes with maple syrup and vanilla ice cream

Ba-na-tella 8
Traditional buttermilk pancakes topped with banana, nutella and vanilla ice cream

Berry Beautiful 8
Traditional buttermilk pancakes topped with blueberry and vanilla ice cream

Gluten Free Pancakes

Signature two stack 18
Two gluten free friendly buttermilk pancakes served with vanilla ice-cream fresh strawberries, fresh banana and maple syrup

Caramelized Banana 21
Two gluten free friendly buttermilk pancakes, topped with caramelized banana, dribbling with maple-syrup, topped with walnuts and served with vanilla ice-cream

GROWN UPS

Simple & Sweet Strawberries 18
Two buttermilk pancakes with fresh strawberries, drizzled with maple syrup and topped with vanilla ice cream

Nutella Stuffed 18
Two buttermilk pancakes stuffed with Nutella spread, topped with fresh banana and fresh strawberries topped with vanilla ice cream

Blueberry Treat 19
Two buttermilk pancakes drizzled with blueberries, topped with vanilla ice cream

Mega Nutella Stuffed 21
Three buttermilk pancakes stuffed with Nutella spread, topped with fresh banana, strawberries, white chocolate and milk chocolate, topped with two scoops of vanilla ice cream

Sweet Tooth



Chocolate Ooze 10
Served with vanilla ice cream

Oreo Cheesecake 10
Served with vanilla ice cream

◌ DESSERT BAR COMING SOON ◌



Fresh Juice/ Smoothies 8.9

Berricool

Strawberry, mango & pineapple

Choc Banana

Cacao, banana, honey & milk

Ginger Ninja

Orange, ginger, apple, mint leaves

Good Karma

Pineapple, apple, ginger & mint leaves

Green Smoothie

Spinach, cucumber, mango, lemon

Lime a Licious

Fresh lime juice and honey

Refuelled

Mango, banana & strawberry

Strawberry Splice

Strawberry, apple, lime & mint leaves

Milk Shake 6.9

- Banana
- Lime
- Caramel
- Strawberry
- Chocolate
- Vanilla

5 SCOOP THICK SHAKE 8.9

- Oreo
- Caramel
- Banana
- Strawberry
- Chocolate
- Vanilla

DRINK'S

-IN HOUSE OR TAKEAWAY-

COFFEE

Small 4 – Medium 4.5 – Large 5
Extra Shot .50c – Add Syrups .50c – Add Soy,
Almond, Lactose Free .50c

- Affogato
- Babyccino
- Cappuccino
- Chai Latte
- Dirty Chai
- Matcha
- Flat White
- Hot Chocolate
- Latte
- Long Black
- Macchiato
- Mocha
- Piccolo
- Short Black
- Vanilla Latte
- Vienna

ICED DRINKS 5.9

- Freddo Cappuccino
- Freddo Espresso
- Iced Coffee
- Iced Matcha
- Iced Mocha
- Iced Long Black
- Iced Chocolate
- Iced Dirty Chai

Just want Simple?
Try our
Fresh Orange
Juice
for \$8.00



TEA 4

- Forrest Fruit
- Earl Grey
- English Breakfast
- Green
- Mint
- Peppermint

Raw Shakes 9.9

Peanut Butter and Jelly Smoothie

Frozen berries, peanut butter, oats, almond milk

Wake Me Up Smoothie

Coffee, banana, avocado and almond milk

Blueberry – Banana Smoothie

Banana, blueberries, oats and almond milk

Cold Drinks

- Pop Tops (250 ml) 3
 - Apple / Apple + Blackcurrent
- Water (600 ml) 3.5
- Ice Tea (250 ml) 4
 - Peach / Lemon / Mango
- Soft Drink (300 ml Glass Bottle) 4
 - Coke / Coke Zero / Diet Coke
 - Fanta / Lemon / Pepsi / Pepsi Max / Solo Lemon / Sprite

