

hot
drinks

	M	V
long espresso	4.90	5.90
cappuccino	4.90	5.90
flat white	4.90	5.90
chai latte	4.90	5.90
hot chocolate	4.90	5.90
latte	4.90	5.90
mocha	5.10	6.10
espresso	4.70	5.20
piccolo	4.70	5.20
macchiato	4.70	5.20

extras

mug	+ .50	+ .50
extra shot	+ .50	+ .50
decaf	+ .70	+ .70
soy milk	+ .70	+ .70
almond milk	+ .70	+ .70
oat milk	+ .70	+ .70
lactose free milk	+ .70	+ .70
caramel syrup	1.00	1.00
hazelnut syrup	1.00	1.00
vanilla syrup	1.00	1.00

tea
leaves

english breakfast	4.20	5.20
earl grey	4.20	5.20
peppermint	4.20	5.20
green tea	4.20	5.20
chamomile	4.20	5.20
lemon & ginger	4.20	5.20
darjeeling	4.20	5.20

cold
drinks

600ml cool ridge spring water	4.00	4.40
600ml cool ridge sparkling water	4.00	4.40
iced chocolate	8.00	8.80
iced coffee	8.00	8.80
affogato	8.00	8.80

milkshakes

chocolate	7.50	8.50
strawberry	7.50	8.50
caramel	7.50	8.50
vanilla	7.50	8.50
+ make it a thickshake	1.00	1.50
banana & belgian caramel	12.00	14.00
belgian dark chocolate & coconut	12.00	14.00
strawberry & belgian white chocolate	12.00	14.00

frappés

belgian caramel & coffee frappé	12.00	14.00
matcha frappé	12.00	14.00

smoothies

bahama smoothie mango, passionfruit, pineapple, banana	12.00	14.00
evergreen smoothie kiwi, kale, mango, pineapple	12.00	14.00
strawberry kiss smoothie strawberry, banana, dragonfruit, dates	12.00	14.00
power protein smoothie banana, oats, dates, coconut, pea protein	12.00	14.00

M | V

sweet
spot

CAFÉ MENU

breakfast

M | V

available all day

matcha pancake organic green tea pancake, wild forest berries, matcha crème anglaise, sugar snow	15 17
breakfast protein pancakes made with eggs, oats, skim milk and protein powder served with poached eggs and bacon rashers	19 21
granola bowl vanilla coconut yoghurt, wild berries, toasted shaved coconut, granola, maple syrup VG	17 19
smashed avo & minted green peas served on soy and linseed toast topped with popped wild rice, goats cheese, heirloom tomato, pickled radish and pea shoots V	19 21
eggs benedict two poached eggs, choice of bacon, ham or salmon served on sourdough topped with chive hollandaise sauce GFO, A	22 24
big breakfast two eggs cooked to your liking, bacon, chorizo, hash brown, grilled tomato, mushrooms and sourdough toast	23 25
vegan breakfast sautéed kale, falafel, roasted baby beets, confit tomato, grilled portobello mushroom, sliced avocado served with soy and linseed toast VG, GFO	22 24
breakfast burger smoked salmon, soft scrambled eggs, chive sautéed spinach, sriracha aioli served on a milk bun GFO, A	17 19
green goddess omelette folded omelette filled with sautéed kale, baby spinach, leeks and crumbled fetta, drizzled with green goddess dressing	18 20
smoked salmon poke bowl brown rice, edamame beans, cherry tomato, diced avocado, marinated cucumber, baby spinach A	22 24

savoury tarts & frittatas

served with dressed house salad

breakfast bacon & egg tart tomato, bacon and egg with diced onion, tasty cheese in a shortcrust pastry shell	17 19
sweet potato, pumpkin, spinach & fetta frittata a wholesome blend of sweet potato and pumpkin chunks, oven-roasted with spanish onion and herbs, combined with red peppers, baby spinach and crumbled fetta GF, V	19 21
spinach & fetta frittata spinach, silverbeet and sautéed onion, with a creamy blend of cheeses, topped with crumbed fetta GF, V	19 21

light & lunch

M | V

available from 11:00am to 2:30pm

sweet potato chips with chilli mayonnaise dipping sauce V, GF	11 13
baba ganoush plate baba ganoush, tabouli, tomato medley, pickled sumac spiced onions, fried egg, sujuk and pitta bread	20 22
bogey 150g onyx beef patty burger, crispy bacon, mcclure's pickles, american mustard, jack's cheese and ranch sauce, crunchy fries	18 20
grilled mushroom burger grilled marinated portobello mushroom, rocket, swiss cheese, spanish onion and truffle aioli served on a milk bun	22 24
pork cubano sandwich barbequed pulled pork, swiss cheese, dill pickles and seeded mustard mayonnaise	19 21
marinated chicken roll marinated and grilled chicken souvlaki served on souvlaki bread with tabouli, onion, tomato and garlic sauce	19 21
caesar salad baby cos lettuce, bacon, croutons, poached egg, shaved parmesan and housemade caesar dressing	21 23
roast vegetable salad roasted sweet potato, baby beetroot, cherry tomato, spinach, toasted chickpeas, sliced spanish onions, fetta with sesame honey dressing V, GF	21 23
salad nicoise with potatoes, cherry tomato, beans, olives, baby capers, sliced spanish onions, mesclun and hard boiled egg	17 19
extras poached chicken GF smoked salmon GF, A avocado GF bowl of chips	6 7 7 8 3 4 7 8

savoury rolls

lean beef gourmet roll lean beef mince seasoned with herbs and spices, combined with our Napolitana sauce, wrapped in golden puff pastry and topped with sesame seeds	9.5 10.5
roast pumpkin & ricotta roll oven-roasted pumpkin combined with ricotta, fetta, cottage and tasty cheese, herbs and spices, wrapped in golden puff pastry V	9.5 10.5
spinach & fetta roll spinach and silverbeet mixed in a creamy blend of crumbled fetta, onion and spices wrapped in golden puff pastry and topped with poppy seeds V	9.5 10.5

children's menu

M | V

12 years and under

scrambled eggs, bacon and toast	10 12
bacon sandwich with barbeque sauce	7 8
chicken finger nuggets, chips and sauce	12 13
tempura fish fillet, chips and tartare sauce I	12 13

filo pastries

served with dressed house salad

butter chicken fillo succulent chicken cooked in a creamy, vibrant tomato and aromatic spiced sauce in golden fillo pastry	19 21
rosemary lamb fillo tender chunks of seasoned lamb in a rich rosemary and herb gravy enfolded in fillo pastry	19 21
creamy chicken and camembert fillo chicken tenderloin enfolded in a creamy camembert sauce, with chopped onion and shallots wrapped in fillo pastry	19 21
curry fillo garam masala inspired curry with sweet potato, ginger, carrot, chickpeas, coconut cream, turmeric, cumin and white pepper, enfolded in turmeric glazed fillo pastry VG, DF	19 21

don't forget to see our daily specials and display with a variety of sandwiches, savoury pastries and tasty sweet delights.

open 7 days from 7am to 3pm

PRICES = MEMBERS | VISITORS

GF = GLUTEN FREE
GFO = GLUTEN FREE OPTION
DF = DAIRY FREE
V = VEGETARIAN
VG = VEGAN

Some dishes may contain traces of nuts

SEAFOOD ORIGIN:
A = AUSTRALIA
I = IMPORTED
M = MIXED