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

allie's cold pressed

valencia orange	6.50	7.50
gingered apple	6.50	7.50
watermelon+	6.50	7.50
love beets	6.50	7.50
daily greens	6.50	7.50
sublime pine	6.50	7.50

milkshakes

	M	V
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

sweet spot

CAFÉ MENU

breakfast

M | V

available all day

matcha pancake 15 | 17
organic green tea pancake, wild forest berries, matcha crème anglaise, sugar snow

breakfast protein pancakes 19 | 21
made with eggs, oats, skim milk and protein powder served with poached eggs and bacon rashers

granola bowl 17 | 19
vanilla coconut yoghurt, wild berries, toasted shaved coconut, granola, maple syrup VG

smashed avo & minted green peas 19 | 21
served on soy and linseed toast topped with popped wild rice, goats cheese, heirloom tomato, pickled radish and pea shoots V

eggs benedict 22 | 24
two poached eggs, choice of bacon, ham or salmon served on sourdough topped with chive hollandaise sauce GFO, A

big breakfast 23 | 25
two eggs cooked to your liking, bacon, chorizo, hash brown, grilled tomato, mushrooms and sourdough toast

vegan breakfast 22 | 24
sautéed kale, falafel, roasted baby beets, confit tomato, grilled portobello mushroom, sliced avocado served with soy and linseed toast VG, GFO

breakfast burger 17 | 19
smoked salmon, soft scrambled eggs, chive sautéed spinach, sriracha aioli served on a milk bun GFO, A

green goddess omelette 18 | 20
folded omelette filled with sautéed kale, baby spinach, leeks and crumbled fetta, drizzled with green goddess dressing

smoked salmon poke bowl 22 | 24
brown rice, edamame beans, cherry tomato, diced avocado, marinated cucumber, baby spinach A

savoury tarts & frittatas

served with dressed house salad

breakfast bacon & egg tart 17 | 19
tomato, bacon and egg with diced onion, tasty cheese in a shortcrust pastry shell

sweet potato, pumpkin, spinach & fetta frittata 19 | 21
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

spinach & fetta frittata 19 | 21
spinach, silverbeet and sautéed onion, with a creamy blend of cheeses, topped with crumbed fetta GF, V

light & lunch

M | V

available from 11:00am to 2:30pm

sweet potato chips 11 | 13
with chilli mayonnaise dipping sauce V, GF

baba ganoush plate 20 | 22
baba ganoush, tabouli, tomato medley, pickled sumac spiced onions, fried egg, sujuk and pitta bread

bogey 18 | 20
150g onyx beef patty burger, crispy bacon, mcclure's pickles, american mustard, jack's cheese and ranch sauce, crunchy fries

grilled mushroom burger 22 | 24
grilled marinated portobello mushroom, rocket, swiss cheese, spanish onion and truffle aioli served on a milk bun

pork cubano sandwich 19 | 21
barbequed pulled pork, swiss cheese, dill pickles and seeded mustard mayonnaise

marinated chicken roll 19 | 21
marinated and grilled chicken souvlaki served on souvlaki bread with tabouli, onion, tomato and garlic sauce

caesar salad 21 | 23
baby cos lettuce, bacon, croutons, poached egg, shaved parmesan and housemade caesar dressing

roast vegetable salad 21 | 23
roasted sweet potato, baby beetroot, cherry tomato, spinach, toasted chickpeas, sliced spanish onions, fetta with sesame honey dressing V, GF

salad nicoise 17 | 19
with potatoes, cherry tomato, beans, olives, baby capers, sliced spanish onions, mesclun and hard boiled egg

extras

poached chicken GF	6 | 7
smoked salmon GF, A	7 | 8
avocado GF	3 | 4
bowl of chips	7 | 8

savoury rolls

lean beef gourmet roll 9.5 | 10.5
lean beef mince seasoned with herbs and spices, combined with our Napolitana sauce, wrapped in golden puff pastry and topped with sesame seeds

roast pumpkin & ricotta roll 9.5 | 10.5
oven-roasted pumpkin combined with ricotta, fetta, cottage and tasty cheese, herbs and spices, wrapped in golden puff pastry V

spinach & fetta roll 9.5 | 10.5
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

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 filo 19 | 21
succulent chicken cooked in a creamy, vibrant tomato and aromatic spiced sauce in golden filo pastry

rosemary lamb filo 19 | 21
tender chunks of seasoned lamb in a rich rosemary and herb gravy enfolded in filo pastry

creamy chicken and camembert filo 19 | 21
chicken tenderloin enfolded in a creamy camembert sauce, with chopped onion and shallots wrapped in filo pastry

curry filo 19 | 21
garam masala inspired curry with sweet potato, ginger, carrot, chickpeas, coconut cream, turmeric, cumin and white pepper, enfolded in turmeric glazed filo pastry VG, DF

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