

# Breakfast 9AM – 11:30AM

## SOURDOUGH (V) (GFO) 8

The humble hero of every breakfast, thick cut sourdough served with your pick of classic spreads: creamy butter, Vegemite, fruity jam, golden honey or peanut butter. Simple, nostalgic, satisfying.

## BACON & EGG ROLL 12

Bacon meets fried egg, all hugged by a soft milk bun.

Classic, comforting and ready to cure any morning blues.

## SMASHED AVO (V) (GFO) 22

A brunch time favourite done right, smashed avocado with poached eggs, baby spinach, cherry tomato, creamy feta, toasted sesame seeds, bursts of pomegranate and a dollop of ajvar on sourdough. Fresh, vibrant, and seriously moreish.

## EGGS YOUR WAY (V) (GFO) 18.5

Two fresh eggs, just the way you like 'em – poached, sunny side up or fluffy scrambled – served with toasted sourdough. Add-ons available if you're feeling fancy.

## EGGS BENEDICT (GFO) 23

A brunch classic with a twist. Silky hollandaise sauce over two perfectly poached eggs, baby spinach and your choice of bacon, leg ham, or smoked salmon, all on toasted sourdough. Go ahead, treat yourself.

## THE BIG BREAKFAST 26

For those who want it all – two eggs your way, bacon, grilled tomato, golden hash brown, sautéed mushrooms, baby spinach and sourdough to mop it all up. A full plate and a full heart.

## DUBAI CHOCOLATE PANCAKES 23

Indulgence, three fluffy pancakes served with pistachio spread, rich chocolate ganache, crunchy kataifi pastry, fresh strawberries and a scoop of vanilla bean gelato. Yes, it's breakfast. Yes, it's dessert. And yes, it's incredible.

## BREAKFAST TACOS (3) 24

Taco 'bout a good morning! Soft tortillas filled with scrambled eggs, bacon, smashed avocado, fresh Pico de Gallo, creamy southwest sauce and a sprinkle of coriander. A handheld fiesta with every bite.

Breakfast Extras	
BACON (2) 6.5	GRILLED TOMATOES (V) 3.5
SMOKED TASMANIAN SALMON 8	FETA (V) 4
SPINACH 3	HASH BROWN (1) 4
EGGS YOUR WAY 3	HOLLANDAISE 2
AVOCADO (1/2) (V) 3.50	BREAD 4
MUSHROOMS (V) 3	(Gluten free, sourdough, bread roll)

(V) = vegetarian (VO) = vegan option (GF) = gluten free (GFO) = gluten free option

Please notify staff about any food allergies when ordering. T&Cs apply. Membership discount applies.

# All Day 11:30AM – 11:30PM

## SOUP OF THE DAY

A warm hug in a bowl. Ask our friendly team what's bubbling today! Served with a soft bread roll for dipping, dunking or devouring

## SOURDOUGH TOAST (V) (GFO)

Back by popular demand – thick-cut sourdough with your choice of nostalgic spreads: butter, Vegemite, jam, honey or peanut butter. Simple. Toasty. Delicious.

## BACON & EGG ROLL (GFO)

Not just for breakfast! bacon and a golden fried egg in a fluffy milk bun – hearty, handheld and perfect any time of day.

## ALL DAY BIG BREAKFAST

Because sometimes you need breakfast for lunch. Two eggs your way, bacon, grilled tomato, hash brown, mushrooms, baby spinach and sourdough. No judgement, just satisfaction.

## STEAK SANDWICH (GFO)

Juicy 120g Southern prime rump, layered with sweet, caramelised onion, chimichurri, peppery rocket and melty cheese on toasted Turkish bread. Comes with super crunch chips to seal the deal. Bold. Beefy. Brilliant.

## GRILLED CHICKEN BURGER

Chargrilled chicken breast, melty cheese, crisp lettuce, fresh tomato and a spicy peri peri kick – all packed in a pillowy milk bun. Served with super crunch chips. It's fire.

## BEEF BURGER

A burger that means business. Juicy beef patty, bacon, caramelised onion, melty cheese, lettuce, tomato and a swipe of creamy aioli. Served with our famous super crunch chips. One bite and you're hooked.

## 9 SEAFOOD BASKET 17

Golden bites of ocean goodness served with super crunch chips, tartare sauce and a wedge of lemon. Easy, breezy and just what you need to feel like you're on holiday.

## 8 FISH OR CHICKEN TACOS (3) 24

Soft tortillas filled with your choice of crispy fish or juicy chicken, topped with pineapple salsa, lettuce, pickled onion, chipotle mayo and fresh coriander. Fresh, zesty, and totally taco-worthy.

## 12 THE GOOD OLD CLUB SANDWICH (GFO) 25

A triple-decker legend. Grilled chicken breast, bacon, fried egg, tomato, lettuce and mayo, stacked high and served with super crunch chips. Classic never goes out of style.

## 26 TUNA POKE BOWL 26

A fresh and flavourful bowl starring sesame-seared Yellowfin tuna, with pickled ginger, cabbage, cucumber, red onion, coriander, crispy shallots and brown rice, all drizzled in ponzu dressing. Healthy never tasted so good.

## 25 THE O.G. CHICKEN POKE BOWL 25

Our original and much-loved bowl of goodness. Poached pulled chicken, kale, beets, edamame, red onion, seaweed salad, crispy shallots, brown rice and roasted sesame dressing. Clean, green and packed with protein.

## 25 PRAWN ROLL 24

A coastal classic, sweet QLD tiger prawns with lettuce and shallots, dressed in creamy cocktail sauce and served in a soft tiger roll with super crunch chips. Light, fresh and totally craveable.

Sides	Kids Menu FOR LITTLE LEGENDS   ALL KIDS MEALS SERVED WITH A SCOOP OF ICE CREAM
<p><b>CHIPS 10</b> <b>WEDGES 12</b></p>	<p><b>CHEESEBURGER WITH CHIPS 13</b> A mini beef burger with melty cheese and tomato sauce in a soft bun, served with our golden super crunch chips. Big taste for little hands!</p> <p><b>FISH OR CHICKEN TACO (1PC) 13</b> A fun sized soft taco packed with your choice of crispy fish or juicy chicken, topped with pineapple salsa, lettuce, pickled onion, chipotle mayo and fresh coriander!</p> <p><b>TOASTED HAM &amp; CHEESE CROISSANT 9.5</b> Flaky, buttery croissant stuffed with ham &amp; gooey melted cheese. Warm, toasty &amp; totally kid approved.</p>

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# Gaming Snacks 11:30AM - 1:30AM

<b>SALAD OF THE DAY (V)</b>	12	<b>MY MUSCLE CHEF</b>	15
Fresh, seasonal and ever-changing. Ask our team what creation we are serving up today!		Fuel up fast with a rotating selection of ready made, high protein meals. Ask our team for today's option!	
<b>SOUP OF THE DAY</b>	9	<b>CONGEE</b>	10
A warm, comforting bowl of our daily house made soup. Served with a soft bread roll for dipping & dunking.		A comforting, savoury rice porridge, nourishing and perfect for those looking for something light but satisfying.	
<b>ASSORTED PASTRIES (VO)</b>	12	<b>DISH OF THE DAY</b>	15
Freshly baked savoury goodness plus a crisp side salad. The perfect light meal or afternoon pick me up.		A rotating special that keeps things exciting. Ask our staff what's cooking today!	
<b>HAM, CHEESE &amp; TOMATO TOASTIE</b>	8.5	<b>NOODLE BOWL OF THE DAY</b>	15
Golden toasted sandwich loaded with ham, gooey cheese and juicy tomato. Classic, comforting and totally satisfying.		Big flavours in a bowl – our daily noodle special is full of slurpable goodness.	
<b>HAM &amp; CHEESE CROISSANT</b>	9.5	<b>FRUIT SALAD (V)</b>	9
Flaky croissant stuffed with smoky ham and melted cheese, warm, buttery and melt in your mouth delicious.		A colourful bowl of freshly cut seasonal fruit, naturally sweet and refreshing.	
<b>BACON &amp; EGG ROLL (GFO)</b>	12	<b>ASSORTED CAKES &amp; SWEETS (GFO)</b>	9.5
Bacon and a fried egg in a soft milk bun. A handheld hunger fixer, perfect at any time of the day.		A rotating selection of sweet treats, baked fresh. Some gluten-free options available – just ask!	
<b>WEDGES</b>	12	<b>SNACK BUCKETS</b>	
Golden potato wedges served with sweet chilli and sour cream. Crispy, creamy and perfect for sharing... or not.		Perfect for a quick bite or a little something on the side	
<b>SUPER CRUNCH CHIPS</b>	10	<b>FISH COCKTAILS &amp; SUPER CRUNCH CHIPS (4 PCS)</b>	8
Crispy, golden chips served with tomato sauce. The ultimate sidekick to any meal or a solo snack if you're in chip mode.		<b>POPCORN CHICKEN &amp; SUPER CRUNCH CHIPS</b>	8
<b>SEAFOOD BASKET</b>	17	<b>SPRING ROLLS &amp; SUPER CRUNCH CHIPS (6 PCS)</b>	8
A crunchy medley of ocean treats, served with super crunch chips, tartare sauce and fresh lemon. Light, crispy and oh-so-satisfying.		<b>CHICKEN TENDERS &amp; SUPER CRUNCH CHIPS (2 PCS)</b>	9
<b>MARGHERITA OR HAM &amp; PINEAPPLE PIZZA</b>	12	Crunchy, golden and perfect for snacking, each bucket is served with our signature super crunch chips.	

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## Overnight Snacks 2:00AM - 6:00AM

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<b>SALAD OF THE DAY (V)</b>	12
Fresh, seasonal and ever-changing. Ask our team what creation we are serving up today!	
<b>SOUP OF THE DAY</b>	9
A warm bowl of comfort, made fresh daily. Served with a bread roll for dipping and soaking up every last spoonful. Ask us what's bubbling today!	
<b>ASSORTED PASTRIES (VO)</b>	12
Freshly baked savoury goodness plus a crisp side salad. The perfect light meal or a pick me up.	
<b>HAM, CHEESE &amp; TOMATO TOASTIE</b>	8.5
Golden toasted sandwich loaded with ham, gooey cheese and juicy tomato. Classic, comforting and totally satisfying.	
<b>HAM &amp; CHEESE CROISSANT</b>	9.5
Flaky croissant stuffed with smoky ham and melted cheese, warm, buttery and melt in your mouth delicious.	
<b>MARGHERITA OR HAM &amp; PINEAPPLE PIZZA</b>	12
Choose from a classic cheese & tomato or the sweet-and-salty combo of ham & pineapple. Oven-baked and yes, pineapple belongs on pizza	
<b>MY MUSCLE CHEF</b>	15
Fuel up fast with a rotating selection of ready made, high protein meals. Ask our team for today's option!	
<b>CONGEE</b>	10
A comforting, savoury rice porridge, nourishing and perfect for those looking for something light but satisfying.	
<b>DISH OF THE DAY</b>	15
A rotating special that keeps things exciting. Ask our staff what's cooking today!	
<b>NOODLE BOWL OF THE DAY</b>	15
Big flavours in a bowl – our daily noodle special is full of slurpable goodness.	
<b>ASSORTED CAKES &amp; SWEETS (GFO)</b>	9.5
Treat yourself! A rotating selection of sweet delights, including gluten-free options. Because there's always room for dessert.	

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## Iced Beverages

LARGE

**Dairy-Free Options Available: Soy, Almond, Oat, Lactose-Free Milk +80c  
Extra Shot or Flavoured Syrup +80c**

### ICED COFFEE

6.50

Espresso, ice cream, chilled milk. Classic and cool.

### ICED CHOCOLATE

6.50

Rich chocolate with ice, milk and a scoop of ice cream.

### ICED LATTE

6.20

Smooth espresso over ice and milk. Simple, refreshing & oh so sippable.

## Fresh Juice

LARGE

**Extra Ingredient + \$1 | Pressed fresh, packed with vitamins, & bursting with flavour.**

### FRESH KICK

10

Cool, Crisp and Crazy refreshing - Watermelon, cucumber, lime, mint

### SUNSHINE

10

Your daily dose of Golden Glow - Carrot, pineapple, orange, ginger

### VITALITY

10

Feel good green and seriously energising - Pineapple, apple, kale, celery

### FEELING FRUITY

10

Sunshine in a cup - Watermelon, pineapple, orange

### CREATE YOUR OWN

10

**4 fruits or vegetables, extra ingredient + 1**

Orange, watermelon, pineapple, apple, lemon, carrot, cucumber, celery, ginger, mint, kale and lime

## Smoothies

LARGE

**Whey Protein + \$2 | Blended fresh to order, no nasties, just fruity goodness.**

### REBOOT

10

A tropical wake-up call in a cup - Pineapple, mango, banana, passionfruit

### DETOX

10

Berry bliss with natural sweetness - Banana, blueberries, boysenberries, dates

### ENERGISE

10

Fruity fuel to power your day - Pineapple, strawberries, apples, dates

### BOOSTER

10

A green glow up that tastes amazing. Banana, mango, spinach, lime juice

## Shakes

KIDS

LARGE

**Soy Milk, Almond Milk, Lactose Free Milk, Oat Milk + 80c**

**CHOOSE FROM: VANILLA, CHOCOLATE, CARAMEL, STRAWBERRY, BANANA**

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Creamy and dreamy and a hit with all ages.

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## Cocktails

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<b>BLOOD ORANGE APEROL SPRITZ</b>	16	<b>PASSIONFRUIT GIN FIZZ</b>	16
A fun twist on the Italian classic! Aperol and Prosecco meet luscious blood orange syrup and a splash of soda water for a vibrant, citrusy sparkler that's equal parts bitter, sweet and utterly refreshing.		A tropical daydream with a botanical edge. Juicy passionfruit purée dances with gin, lemon juice and a bubbly lift of soda water finished with a touch of sweetness. Think fizzy fruit garden in bloom.	
<b>CHAMBORD SPRITZ</b>	16	<b>COCONUT LAGOON</b>	16
This royal refresher blends the rich, berry-laced magic of Chambord with bubbly Prosecco and crisp soda water. It's light, elegant and dangerously easy to sip.		Dive into a tropical oasis! A beachy blend of Bacardi, Malibu, Blue Curaçao, pineapple juice and lemonade brings the colour of the sea and the taste of a summer escape. Pure vacation vibes.	
<b>LEMON DROP MARTINI</b>	16	<b>TEQUILA MOJITO</b>	16
Zesty and sophisticated, this cocktail is all about balance. Vodka, Cointreau and fresh lemon juice meet simple syrup in a sour and sweet shake up that lands like a kiss of sunshine in a glass.		A bold remix of a classic cooler. Crisp mint and lime meet smooth tequila in a highball of effervescence. It's bright, herbaceous and made for hot nights and good vibes	

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## Sparkling Wine

125ML

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<b>DE BORTOLI KING VALLEY PROSECCO</b>	8
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## White Wine

150ML 250ML

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<b>LORIMER SEMILLON SAUVIGNON BLANC</b>	7	10
<b>821 SOUTH SAUVIGNON BLANC</b>	10	14
<b>BELLA RIVA PINOT GRIGIO</b>	10	14
<b>LORIMER CHARDONNAY</b>	7	10
<b>MARTYS BLOCK CHARDONNAY</b>	8	12.50

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## Red Wine

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<b>LORIMER SHIRAZ</b>	7	10
<b>WOODFIRED SHIRAZ</b>	10	14
<b>LORIMER CABERNET MERLOT</b>	7	10
<b>INGOLD CABERNET SAUVIGNON</b>	10	14
<b>YALUMBA PINOT NOIR</b>	10	14

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## Rose & Moscato

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<b>DEVILS LAIR ROSE</b>	10	14
<b>T'GALLANT JULIET MOSCATO</b>	8	12.50

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<b>GRILLED CHICKEN BURGER</b>	24
Chargrilled chicken breast, melty cheese, crisp lettuce, fresh tomato and a spicy peri peri kick – all packed in a pillowy milk bun. Served with super crunch chips. It's fire.	
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A burger that means business. Juicy beef patty, bacon, caramelised onion, melty cheese, lettuce, tomato and a swipe of creamy aioli. Served with our famous super crunch chips. One bite and you're	
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Soft tortillas filled with your choice of crispy fish or juicy chicken, topped with pineapple salsa, lettuce, pickled onion, chipotle mayo and fresh coriander. Fresh, zesty, and totally taco-worthy.	
<b>THE GOOD OLD CLUB SANDWICH (GFO)</b>	25
A triple-decker legend. Grilled chicken breast, bacon, fried egg, tomato, lettuce and mayo, stacked high and served with super crunch chips. Classic never goes out of style.	
<b>TUNA POKE BOWL</b>	26
A fresh and flavourful bowl starring sesame-seared Yellowfin tuna, with pickled ginger, cabbage, cucumber, red onion, coriander, crispy shallots and brown rice, all drizzled in ponzu dressing. Healthy never tasted so good.	
<b>THE O.G. CHICKEN POKE BOWL</b>	25
Our original and much-loved bowl of goodness. Poached pulled chicken, kale, beets, edamame, red onion, seaweed salad, crispy shallots and roasted sesame dressing. Clean, green and packed with protein.	
<b>PRAWN ROLL</b>	24
A coastal classic, sweet QLD tiger prawns with lettuce and shallots, dressed in creamy cocktail sauce and served in a soft tiger roll with super crunch chips. Light, fresh and totally craveable.	

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