



## SALADS

### Thai Beef Salad

Grilled beef strips, egg noodles and cherry tomatoes, tossed in a wholegrain mustard and sweet chilli soya sauce, topped with sesame seeds 85

### Chicken Salad

Coarse lettuce, chicken strips, avocado, aged parmesan shavings, croutons, anchovy fillets and cocktail tomatoes served with a homemade creamy-style Caesar dressing 85

### Salmon and Avocado

Smoked salmon, slithers of avocado and orange segments served on a bed of lettuce garnished with sliced red onion and a creamy ranch dressing 85

## FROM THE BREAD BASKET

Served with chips

Plain or toasted Sandwich's made from your choice of bread (ciabatta & panini)

Vegetable Sandwich 70

Cheese and Tomato (V) 70

Cajun Chicken Mayonnaise 80

Bacon and Egg 80

### Vegetable Sandwich (V)

Ricotta cheese and sun-dried tomatoes on a toasted ciabatta with crisp lettuce, avocado and topped with a basil pesto 70

## Prego Rolls

Steak Prego 70

Lamb Prego 85

Chicken Prego 70

Vegetarian Prego 70

## PIZZA

### Chicken & Mushroom

Spicy chicken & creamy mushroom topped with cheddar and mozzarella

Large 135  
Medium 80

### Mexican Pizza

Your choice of spicy beef cubes or chicken with bell peppers, slice red onion and sweet & sour chili sauce with cheddar and mozzarella

Large 145  
Medium 90

### Margherita Pizza (V)

With your choice of filling with cheddar and mozzarella

Large 85  
Medium 65

### Extra Topping

Sweet chili, bbq, peppers, onions, garlic, tomatoes & chili 15

Olives, mushrooms, pineapple & jalapeno 20

Bacon, ham, chicken strips, bolognaise sauce & beef strips 25

## WRAPS

Served with chips

### Vegetable Wrap (V)

Mediterranean grilled vegetables and ricotta cheese wrapped in a tortilla served with sweet chili sauce 70

### Beef Wrap

Grilled beef strips with tikka spice, wrapped in a tortilla with cucumber, avocado and topped with a basil pesto 80

### Chicken Wrap

Grilled chicken strips with tikka spice, wrapped in a tortilla with cucumber, avocado and topped with a basil pesto 75

## HARVEST DISPLAY

### Cakes and Biscuits

Wedge Biscuit Plain 30

Wedge Biscuit Cake Plain 25

Giant Muffin 50

Scones served with cheese, jam and butter 50

### Cakes

Cake of the Day 65

## BEVERAGES

### Smoothies

#### Vitamin Smoothie

Mango, pineapple, banana fresh squeezed carrots, & orange juice 70

#### Strawberry Blaze Smoothie

Strawberries, banana, Avo, oats, almond milk, frozen yoghurt & honey 70

#### Green Smoothie

70

#### Blueberry Cooler Smoothie

70

#### Peanut Butter Smoothie

70

#### Chocolate Smoothie

70

### Freezos

Turkish Delight Freezo 65

Caramel Freezo 65

Gingerbread Freezo 65

Decadent Chocolate Freezo 65

Coffee Freezo 65

Bar One Freezo 65

Strawberry Freezo 65

Raspberry / Dragon Fruit Freezo 65

Mango Freezo 65

## Coffee, Tea and Milkshakes

### Choice of chocolate, banana, bar one, strawberry, bubblegum salted caramel, lime

Milkshake (Regular) 50

Espresso Solo 20

Espresso Double 30

Cappuccino Regular 30

Cappuccino Large 40

Café Latte 30

Americano 25

Ceylon/Rooibos Tea 25

Hot Chocolate 35

White Coffee 20

Affogatto 60

Cortado 45

#### ALLERGENS

We've taken all the necessary precautions, but there is a possibility that our food may contain traces of nuts, tree nuts, wheat, dairy, eggs, soy, fish, shellfish or other allergens.