

START YOUR DAY WITH GOOD FOOD

TOAST		SOURDOUGH TOAST PLATE		
<b>2 SLICES</b> Butter, jam, honey or vegemite on your choice of bread. Gluten free \$2 extra.	\$6.90	AVOCADO PLATE #1  Avocado & lemon on toasted sourdough	\$14.50	
RAISIN TOAST 2x slice EGGS & BACON	\$8.90	AVOCADO PLATE #2  Avocado, cherry tomatoes, rocket,  Danish feta & lemon on toasted  sourdough with balsamic glaze	\$16.90	
EGG & BACON ROLL  Tomato sauce, BBQ sauce, relish or spinach  BREAKFAST WRAP  Egg, bacon, relish, tomato, baby	\$13.90 +\$0.30	AVOCADO PLATE #3  Avocado, smoked salmon, cream cheese, cherry tomatoes, rocket, & lemon on toasted sourdough with balsamic glaze  SALAD PLATES	\$18.50	
spinach, tasty cheese  BREAKFAST MELT  Egg, bacon, relish, tomato, baby spinach & tasty cheese on Turkish bread	\$14.90 \$16.90	VEGETARIAN Roast pumpkin, mixed salad, salad dressing	<b>\$</b> 15.50	
SOMETHING LIGHTER		CHICKEN CAESAR Chicken breast, caesar dressing, bacon pieces, lettuce, parmesan	\$16.90	
GF MUESLI CUP GF muesli, berries & yoghurt	\$9.90	cheese <b>SMOKED SALMON</b> Smoked salmon, mixed salad, salad dressing	\$17.50	
		MEAT & SALAD  Your choice of chicken breast, leg ham, beef, turkey or smoked salmon with mixed salad, salad dressing	\$16.90	





# WES'S GOURMET SANDWICHES

#### **CHOOSE A BREAD:**

FOCACCIA, TURKISH, SOURDOUGH, BAGEL, BAGUETTE, PANINI, WRAP, WHITE, BROWN OR GRAIN BREAD/ROLL. GLUTEN FREE \$2 EXTRA.

1. SUNDRIED CHICKEN Poached chicken breast, sun-dried tomato, mayo, avocado, lettuce,	\$15.90	11. HAM & BRIE. Leg ham, tomato relish, tomato, lettuce, brie cheese	\$15.90
<ul><li>tasty cheese</li><li>2. AVOLICIOUS</li><li>Leg ham, tomato relish, avocado, tomato,</li></ul>	\$15.90	<b>12. MEAT &amp; SALAD</b> Your choice of meat, carrot, beetroot, tomato, lettuce, tasty cheese	\$13.90
<ul><li>lettuce, tasty cheese</li><li>3. TURKEY AVOCADO</li><li>Turkey breast, cranberry sauce, avocado, alfalfa, baby spinach, swiss cheese</li></ul>	\$15.90	<b>13. VEGETARIAN</b> Roast pumpkin, sun-dried tomato pesto, sundried tomato, capsicum, olives, mushrooms, baby spinach, tasty cheese	\$15.90
4. CHICKEN CAESAR  Poached chicken breast, Caesar dressing, bacon pieces, egg, lettuce, parmesan cheese	\$15.90	<b>14. SALAMI PESTO</b> Salami, sun-dried tomato pesto, tomato, mushrooms, Spanish onion, baby spinach, tasty cheese	\$15.90
<b>5. SMOKED SALMON</b> Smoked salmon, capers, Spanish onion, lettuce, cream cheese	\$16.50	<b>15. BASIL CHICKEN</b> Poached chicken breast, basil pesto, roast pumpkin, baby spinach, Danish feta	\$15.90
<b>6. BEEF BROOKONG</b> Roast beef, grain mustard, Spanish onion, tomato, mushroom, lettuce, cheese	\$15.90	<b>16. CHICKEN AIOLI</b> Poached chicken breast, aioli, avocado, tomato, lettuce, tasty cheese	\$15.90
7. ROAST BEEF & PUMPKIN Roast beef, roast pumpkin, grain mustard, baby spinach, Danish feta	\$15.90	<b>17. CHICKEN CHIPOTLE</b> Poached chicken breast, chipotle sauce, tomato, avocado, lettuce, tasty cheese	\$15.90
8. ITALIAN Leg ham, sun-dried tomato pesto, sun-dried tomato, mushroom, lettuce, tasty cheese	\$15.90	<b>18. MEDITERRANEAN</b> Salami, sun-dried tomato pesto, sun-dried tomatoes, olives, Spanish onion, baby spinach, Danish feta	\$15.90
9. CHILLI CHICKEN  Poached chicken breast, sweet chilli, Spanish onion, green capsicum, lettuce, tasty cheese	\$15.90	19. CHICKEN BACON Poached chicken breast, bacon pieces, mayo, tomato, lettuce, tasty cheese	\$15.90
<b>10. TURKEY &amp; BRIE</b> Turkey breast, cranberry sauce, alfalfa sprouts, lettuce, brie cheese	\$15.90	LET US KNOW IF YOU'D LIKE YOUR SANDWICH TOASTED!	





# **MELTS**

\$16.90	8. BASIL CHICKEN Poached chicken breast, basil pesto, roast pumpkin, baby spinach, tasty cheese	\$16.90
\$16.90	9.VEGETARIAN  Roast pumpkin, sun-dried tomato pesto, sun-dried tomato, olives,	\$16.90
\$16.90	onion, baby spinach, tasty cheese	
	10. CHICKEN AIOLI Poached chicken breast, aioli,	\$16.90
\$16.90	avocado, tornato, tasty cheese	
	HOT FOOD	
	FRITTATA *GF	
\$16.90	Bacon	\$15.50 \$15.50
	Add salad	+\$3.00
	SOUP OF THE DAY	
\$16.90	Soup * Refer to board	\$14.50 \$16.50
	•	Ψ10.50
\$16.90	Beef	\$6.90
	SAUSAGE ROLL Beef Spinach & feta	\$5.50 \$7.90
	\$16.90 \$16.90 \$16.90 \$16.90	Poached chicken breast, basil pesto, roast pumpkin, baby spinach, tasty cheese  \$16.90  9.VEGETARIAN Roast pumpkin, sun-dried tomato pesto, sun-dried tomato, olives, capsicum, mushrooms, Spanish onion, baby spinach, tasty cheese  10. CHICKEN AIOLI Poached chicken breast, aioli, avocado, tomato, tasty cheese  \$16.90  HOT FOOD  FRITTATA *GF  \$16.90  Bacon Vegetarian Add salad  SOUP OF THE DAY  \$16.90  Soup * Refer to board Add cheesey toast  MEAT PIE  \$16.90  Beef  SAUSAGE ROLL Beef





TREATS TO WARM
THE SOUL

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# COFFEE MIO SUPERIOR ORGANIC BLEND

Cappucino	Small	\$4.80
Flat white	Medium	\$5.50
Latte	Large	\$6.30
Mocha	- 0 -	•

Vanilla chai

Spiced chai Dirty chai

Hot chocolate

Espresso	\$4.00
Long black	\$4.20
Piccolo	\$4.00
Macchiato	\$4.20
Babychino	\$2.00
Extra shot	\$0.50

#### **EXTRAS**

#### **MILK**

Decaf

Soy, almond, oat, lactose free \$0.80

#### **SYRUP**

Vanilla, caramel, hazelnut \$0.80

## **HOT TEA**

English breakfast	Small	\$4.50
Earl grey	Medium	\$4.50
Peppermint	Large	\$4.50
Jasmine green	O	
Honey dew green		
Lemongrass & ginger		
Malabar chai		

## **HOMEMADE BISCUITS**

Chamomile blossom

Chocolate chip cookie	\$5.00
White choc macadamia cookie	\$5.00
Anzac biscuit	\$5.00
Biscotti	\$4.50
Florentine *GF	\$5.50

### **HOMEMADE CAKES**

Banana bread	<b>\$</b> 7.90
Caramel tart	\$4.50
Walnut brownie *GF	\$6.50
Lime & raspberry friand *GF	\$5.90
White chocolate & raspberry muffin	\$6.50
Carrot cake	\$8.50
Chocolate cake	\$6.50
Apple & date cake	\$8.50
Passionfruit cheesecake *GF	\$8.50

<sup>\*</sup>Let us know if you would like cream with your cake!



\$0.50



ICED DRINKS		FRESH FRUIT SLUSHIES	
Iced coffee Iced latte Iced black	\$6.90 \$6.50 \$6.50	CITRUS Fresh orange juice, fresh lemon juice, sorbet, ice	\$8.90
Iced chocolate  FRAPPES	\$6.90	<b>TROPICAL</b> Fresh pineapple juice, fresh watermelon juice, sorbet, ice	\$8.90
Coffee Mocha Chocolate	\$8.90 \$8.90 \$8.90	GREEN Green Noah juice (apple, peach, kiwi, mango & lime), sorbet, ice	\$8.90
MILKSHAKES & THICKSH	IAKES	SMOOTHIES	
Milkshake Kids milkshake Thickshake	\$6.90 \$5.90 \$8.50	MANGO SPECIAL  Mango, mango nectar, banana, yoghurt	\$8.90
<b>FLAVOURS:</b> Coffee, vanilla, strawberry, chocolate,		<b>BANANA BROOKONG</b> Banana, milk, honey, yoghurt	\$8.90
caramel, lime, banana  FRESHLY SQUEEZED JU	ICES	<b>ALMOND &amp; BERRY</b> Mixed berries, banana, LSA mix, almond milk, yoghurt	\$8.90
CREATE YOUR OWN FROM: Apple, orange, watermelon, pineapple, carrot, ginger	\$8.90	BREAKFAST ON THE GO Banana, blueberries, oats, LSA mix, milk, yoghurt	\$8.90



pineapple, carrot, ginger