



BREAKFAST

Summer Menu

LIGHT

THICK CUT TOAST 2 slices of white, brown or multigrain toast with margarine and conserves	\$4.50
GLUTEN FREE TOAST with margarine and conserves	\$4.50
THICK RAISIN TOAST spread with margarine	\$5.00
CROISSANT – ham, cheese, tomato, onion	\$7.00
MANGO PARFAIT BOWL layered yoghurt, muesli, diced mango	\$8.00
BANANA BREAD STACK thick toast banana bread, maple sauce, chunky berries	\$12.00

CHILDREN

Under 10 only

SCRAMBLED EGGS - toast with bacon	\$8.00
WAFFLES - maple syrup, ice cream	\$8.00
TOASTED SANDWICH – ham and cheese	\$5.00

FULL SIZE	MEM	NON MEM
SMASHED AVO smashed avocado on sourdough with poached eggs and feta	\$15.00	\$17.00
EGG AND BACON ROLL bacon, egg, onion, cheese, hashbrown, smokey BBQ sauce, roasted sourdough roll	\$16.00	\$18.00
STUFFED MUSHROOMS (gf/v) onions, zucchini, capsicum, sundried tomatoes, spinach, mozzarella cheese, oven baked, served with a rocket, parmesan and red onion salad	\$17.00	\$19.00
WAFFLES (v) with grilled banana, butterscotch sauce, toasted walnuts	\$16.00	\$18.00
EGGS BENEDICT (gf available upon request) grilled ham, poached eggs, toasted english muffin, hollandaise sauce, served with wilted spinach	\$17.00	\$19.00
REFLECTIONS DELUXE 2 eggs, sourdough, beef sausage, one bacon rasher, grilled tomato, baby spinach, garlic butter mushrooms, baked beans, hash brown	\$22.00	\$24.00
BACON AND EGGS 2 rashers of bacon, 2 eggs, toasted sourdough	\$17.00	\$19.00
MEATLOVERS OMELETTE (gf on request) ham, salami, bacon, cheese, slice of sourdough toast, BBQ sauce	\$17.00	\$19.00
EGGS ON TOAST (v) 2 eggs, scrambled, poached or fried, 2 slices toasted sourdough	\$13.00	\$15.00
EXTRAS - \$4.00 each baby spinach, sautéed mushrooms, sausage, hash brown, baked beans, tomato, spaghetti, hollandaise sauce, bacon, egg, 1 slice of toasted sourdough, avocado, tomato relish, maple syrup OR smoked salmon \$5.00		

Some meals can be adapted to cater for gluten free diets

Orders available from 8am to 11am

COLD BEVERAGES

GLASS OF SOFT DRINK	\$4.70
BOTTLED JUICE (250ML) orange, pineapple, apple or tomato	\$4.70
BOTTLED SOFT DRINK (330ML) Coke, Coke No Sugar, Diet Coke, Fanta, Lift, Sprite & Cascade	\$4.70
WATER (250ML) Mt Franklin Still or lightly sparkling	\$4.70
MILKSHAKES strawberry, chocolate, vanilla, caramel, coffee, lime or banana	\$6.50
THICKSHAKES strawberry, chocolate, vanilla, caramel, coffee, lime or banana	\$7.50
ICED COFFEE with whipped cream & ice cream	\$7.00
ICED CHOCOLATE with whipped cream & ice cream	\$7.00
SMOOTHIES banana, mango, strawberry, apricot, peach	\$9.00

HOT BEVERAGES

POT OF TEA OR HERBAL TEA	\$4.00
COFFEE chai latte, café latte, espresso (short black), long black cappuccino, mocha Additional \$0.50 for Almond or Soy milk	CUP/MUG \$4.50/\$5.50
HOT CHOCOLATE Marshmallows additional - \$0.20	CUP/MUG \$4.50/\$5.50
ADDITIONAL COFFEE FLAVOURS hazelnut, caramel and vanilla	\$1.50