



BREAKFAST

Autumn 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
MUESLI BOWL yoghurt, muesli, fresh strawberries, kiwi fruit, drizzled with honey	\$10.00
TOMATO BRUSCHETTA fresh tomato, onion and basil bruschetta, toasted baguette	\$12.00

CHILDREN

Under 10 only

KIDS SAUSAGE AND EGGS toast, 1 x sausage, 1 egg cooked to your liking	\$8.00
KIDS BACON AND EGGS toast, 1 x rasher bacon, 1 egg cooked to your liking	\$8.00
WAFFLES - maple syrup, ice cream	\$8.00
TOASTED SANDWICH – ham and cheese	\$5.00
TOASTED ½ WRAP grilled bacon, lettuce, sliced tomato, mayonnaise, lightly toasted wrap	\$5.00

FULL SIZE

	MEM	NON MEM
SMASHED AVO smashed avocado on sourdough with poached eggs and feta	\$15.00	\$17.00
BREAKFAST WRAP bacon, scrambled egg, onion, cheese, hashbrown, tomato relish, lightly toasted wrap	\$16.00	\$18.00
WAFFLES (v) with fresh strawberries, ice cream, berry compote, maple syrup	\$16.00	\$18.00
ATLANTIC SALMON BOWL smoked salmon, wilted spinach, toasted baguette, 2 poached eggs, sriracha hollandaise, dukkah	\$18.00	\$20.00
EGGS BENEDICT (gf available upon request) grilled ham, poached eggs, toasted english muffin, wilted spinach, hollandaise sauce	\$17.00	\$19.00
REFLECTIONS DELUXE 2 eggs, toasted sourdough, beef sausage, one bacon rasher, ½ 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
FARMERS OMELETTE (gf on request) ham, cheese, garlic mushrooms, 1 x slice of sourdough toast	\$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 – baked beans, egg, tomato, hash brown, mushrooms, sausage		
\$5.00 each - smoked salmon, avocado, bacon		
\$3.00 each – hollandaise, tomato relish, maple syrup		
\$1.00 each - 1 slice of toasted sourdough		

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