



BREAKFAST

Spring Menu

LIGHT

THICK CUT TOAST	\$4.50
2 slices of white, brown or multigrain toast with margarine and conserves	
GLUTEN FREE TOAST with margarine and conserves	\$5.50
THICK RAISIN TOAST spread with margarine	\$5.00
CROISSANT – ham, cheese, tomato	\$8.00
GRANOLA AND YOGHURT BOWL	\$10.00
baked granola, Greek yoghurt, strawberries, sliced banana, honey drizzle	

CHILDREN

Under 10 only

KIDS SAUSAGE AND EGGS	\$8.00
toast, 1 x sausage, 1 egg cooked to your liking	
KIDS BACON AND EGGS	\$8.00
toast, 1 x rasher bacon, 1 egg cooked to your liking	
WAFFLES – maple syrup, vanilla ice cream	\$8.00
TOASTED SANDWICH – ham and cheese	\$6.00

FULL SIZE

	MEM	NON MEM
SMASHED AVO smashed avocado on toasted sourdough, 2 x poached eggs, fetta, rocket, dukkah	\$15.00	\$17.00
BREAKFAST BURGER bacon, fried egg, cheese, hashbrown, BBQ sauce, brioche roll	\$16.00	\$18.00
ATLANTIC BREAKFAST BOWL 2 x poached eggs, smoked salmon, asparagus, fetta, hollandaise, wilted spinach	\$17.00	\$19.00
BUTTERMILK PANCAKES 3 stacked pancakes, vanilla bean panna cotta, shortbread crumble, raspberry coulis, strawberries, sugar floss	\$17.00	\$19.00
SPRING OMELETTE (gf on request) Pico de gallo salsa, avocado, ricotta, toasted sourdough	\$17.00	\$19.00
EGGS BENEDICT (gf) grilled bacon, 2 poached eggs, potato rosti, 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
EGGS ON TOAST (v) 2 eggs, scrambled, poached or fried, toasted sourdough	\$13.00	\$15.00
EXTRAS \$5.00 each - smoked salmon, avocado \$4.00 each - bacon, baked beans, egg, tomato, hash brown, mushrooms, sausage \$2.00 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	\$4.80
BOTTLED JUICE (250ML) orange, pineapple, apple or tomato	\$4.80
BOTTLED SOFT DRINK (330ML) Coke, Coke No Sugar, Diet Coke, Fanta, Lift, Sprite & Cascade	\$5.00
WATER (250ML) Mt Franklin Still or lightly sparkling	\$5.00
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