



BREAKFAST

Spring Menu

LIGHT

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| 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

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| 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 |
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| 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, bioche roll | \$16.00 | \$18.00 |
| WAFFLES (V) 2 x waffles, stewed apples, salted caramel sauce, vanilla ice cream | \$17.00 | \$19.00 |
| 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

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| 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

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| 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 |