
FOCACCIA / CIABATTA

Chicken Cotoletta.....	12
avocado, cucumber, oven-dried tomato, aioli and baby spinach	
Ⓟ Roast Pumpkin.....	11
roasted potato, feta, baby spinach and pine nut pesto	

HEALTHY & CLEAN EATING MAINS

Meatballs in Napolitana Sauce.....	19
served on a bed brown rice	
Chicken Noodle Stir-Fry.....	20
wok-tossed chicken, capsicum, mushroom, broccoli, carrot, bok choy with an asian infused dressing	
Ginger Chicken Sliders (3).....	20
ginger chicken patties with lettuce and lime aioli	
Ⓜ Pesto Chicken Salad.....	19
shredded chicken, basil pesto, cucumber, roasted cherry tomato and chickpeas	
Crispy Fried Salmon.....	29.9
crispy salmon served with lemon and seasoned vegetable cous cous	
Ⓟ Ⓜ Zucchini Slice and Chickpea Summer Salad.....	19
zucchini slice served with fresh beetroot, carrot, capsicum, cucumber, chickpeas, topped with grilled mushroom	
Ⓜ No Bun Burger and Quinoa Salad.....	22
grass fed beef burger, quinoa, coriander, parsley, red onion, seeds and nuts, capers, currants, lemon juice and olive oil	
Ⓜ Grilled Barramundi with Mediterranean Quinoa Salad.....	29.9
barramundi, quinoa, coriander, parsley, red onion, seeds and nuts, capers, currants, lemon juice, olive oil topped with broccolini	
Ⓜ Spaghetti Bolognese with Zucchini Pasta.....	19
whole zucchinis handmade into spaghetti spirals with bolognese sauce served with goats cheese	
Pumpkin Zucchini and Feta Fritters (3).....	15
served with sweet potato crisps	

LITTLE ONES

Fish and Chips.....	10
fish and chips served with sliced cucumbers	
Leg Ham and Cheese Toastie.....	10
Spaghetti Bolognese.....	10

Leg Ham.....	11
fresh tomato, tasty cheese and lettuce	
BLT.....	11
grilled bacon, fresh tomato & lettuce with aioli	
Smoked Salmon.....	15
cream cheese, lettuce, avocado, red onion and cucumber	

SALADS

Caesar Salad.....	17.5
cos lettuce with bacon, poached egg, croutons, parmesan and anchovies	
Ⓜ Warm Chicken Salad.....	17.5
grilled chicken, avocado, fresh capsicum, cucumber, red onion and lettuce	
Ⓜ Warm Lamb Salad.....	17.5
lamb, cherry tomatoes, goat feta, beetroot, carrot, fresh lemon and lettuce	
Ⓜ Tuna Salad.....	17.5
tuna, olives, grilled artichokes, cherry tomatoes, cucumber and lettuce	
Ⓜ Smoked Salmon Salad.....	17.5
smoked salmon, capers, cucumber, red onion, goats' feta, fresh lemon and lettuce	
Ⓟ Grilled Vegetable Salad.....	17.5
pumpkin, baby spinach, zucchini, roast capsicum, lettuce, and avocado	

Choice of dressings:

- Sunflower seeds, olive oil, lemon juice and tamari Ⓜ
- Seeded mustard olive oil & lemon juice Ⓜ
- House made Caesar dressing
- Balsamic and olive oil dressing

Chicken Nuggets.....	10
house made chicken nuggets served with chips	
Kids Burger.....	10
beef burger with cheese and chips	