



Breakfast 8:00 am till noon

Healthy Riser

Seasonal fruit salad with house muesli and low fat yoghurt 10.90

Bacon 'n Eggs

Two Eggs to order with Bacon and multigrain toast 11.90

Café Breakfast

Two eggs to order with bacon, mushrooms, hash browns, sausage, grilled tomatoes and multigrain toast 17.50

Lifestyle Breakfast

Scrambled eggs with fresh tomato, olives, avocado, feta and multigrain toast 17.50

Salmon Omelette

Folded omelette with smoked salmon, cream cheese, capers, hollandaise and multigrain toast. 17.50

Eggs Benedict

Toasted bagel topped with crispy bacon, baby spinach, two poached eggs and hollandaise. 16.90

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French Toast

Vanilla and cinnamon flavoured French toast with crispy bacon and fresh seasonal fruit. 15.50

Crepes

French-style crepes filled with apple, topped with berries and low-fat yogurt. 12.50

Toasted Bagel

With fruit jams and cream cheese 8.90

With avocado, fresh tomato and cream cheese. 10.90

Lunch 11:30 am till 4pm

Our famous lamb & kumara Pie

Tender lamb shanks and kumara encrusted in a short pastry served with a fresh green salad and mint sauce. 17.50

Pan Fried Dory

Lightly seasoned pan fried dory fillets served with shoestring fries, fresh green salad and homemade tartar sauce. 17.50

Moroccan Chicken Filo

Filled with Chicken, cream cheese, baby spinach and mild spices, served with fresh green salad and apricot chutney. 14.50

Beef and Bleu Burger

180 gm juicy beef burger patty topped with lettuce, tomato, blue cheese, caramelized onions and a pear & fig chutney.

Served with a side of shoestring fries. 19.00

Citrus Prawn Salad

Mixed lettuce with tomato, cucumber, red onions, cashew nuts, avocado and mango topped with cold prawns and a citrus dressing. 15.90

Mediterranean Salad

Sundried tomatoes, mushrooms, olives and feta tossed on lettuce salad with anchovy dressing. 15.50

Beef Satay Salad

Tender rib eye scotch fillet strips served with crispy noodles, mixed lettuce, tomato, cucumber, red onions and a fragrant satay sauce. 16.50

B.L.A.T

Crispy bacon, lettuce, avocado and tomato on a toasted multigrain loaf. 12.90

Chicken Avocado Nachos

Jalapeno corn chips topped with a mild chicken chilli bean sauce, cheese, avocado and sour cream. 14.90

Vegetarian option available.

Gourmet Toasted Sandwiches

Choose cream cheese, avocado, cranberry sauce, apricot chutney, brie cheese, chicken bacon, ham, tomato, onion or cheese on multigrain bread.

Two fillings 7.50

Three fillings 8.50



Drinks List

	<u>Glass</u>	<u>Bottle</u>
<i>Clifford Bay Chardonnay</i>	8.00	36.00
<i>The Pass Sauvignon Blanc</i>	8.00	36.00
<i>Dashwood Pinot Gris</i>	8.00	36.00
<i>Sanctuary Pinot Noir</i>	10.00	45.00
<i>Butterfly Ridge Shiraz Cabernet</i>	8.00	36.00



	<u>Reg</u>	<u>Lrg</u>		
<i>Espresso</i>	3.50		<i>Steinlager Pure</i>	7.50
<i>Long Black</i>	3.50		<i>Heineken</i>	7.50
<i>Flat White</i>	4.00	4.50	<i>Speight's Summit</i>	7.00
<i>Cappuccino</i>	4.00	4.50	<i>Speight's Golden Ale</i>	7.00
<i>Latte</i>	4.50	5.00	<i>Speight's Traverse</i>	7.00
<i>Mochachino</i>	4.30	4.80	<i>Tui</i>	7.00
<i>Chai Latte</i>	4.30		<i>Mac's Cider</i>	8.00
<i>Hot Chocolate</i>	4.00		<i>Amstel Light</i>	7.00
<i>Selection of Teas</i>	3.50			
<i>Orange, Apple, Pineapple,</i>				
<i>Cranberry Juice</i>	4.00			
<i>Soft Drinks</i>	3.50			
<i>Bundaberg Ginger Beer</i>	4.00			
<i>Smoothies</i>	6.00			
<i>(Chocolate, banana or Mixed Berry)</i>				