



## Morning Menu

Available from 9:00am – 12:00 noon

**Fresh fruit salad** 8.50  
with yoghurt

**Fresh fruit platter** 9.50  
with vanilla ricotta

**Full brekkie** 18.50  
Fried eggs with crispy bacon, chipolata,  
roasted tomatoes, field mushrooms,  
potato gems and Texas toast

**Three egg omelette** 12.00  
Choice of filling: ham, mushrooms, tomato,  
cheese

## Beverages

**Juice** 4.00  
Apple, Orange, Pineapple, Tomato

**Coffee** 4.50  
Cappuccino, Flat white, Café latte, Long black,  
Espresso, Macchiato

**Tea** 4.50  
English Breakfast, Earl Grey, Chamomile,  
Lemon and Ginger, Peach and Passionfruit,  
Blackcurrant and Apple, Raspberry and Apple,  
Lemon Twist, Green Tea, Chai

**Hot chocolate** 4.50

**Iced coffee** 4.50

**Iced chocolate** 4.50



## Smoothies & Shakes

**Fresh fruit smoothie** **8.00**

Fresh seasonal fruits blended into a refreshing and healthy morning kick start

**Power booster** **9.50**

Blend of pear, banana, low fat yoghurt or protein powder, peanut butter, orange juice and wheat germ

**Banana almond crush** **8.50**

Blend of banana, honey, almonds, orange juice and yoghurt finished with nutmeg

**Antioxidant smoothie** **10.50**

A blend of some of the best super foods; antioxidants, Acai berry juice and blueberries (two of the best antioxidant sources nature ever made) mixed with raspberries and vanilla yoghurt.

**Apple pie smoothie** **9.00**

This is a healthy alternative to the real apple pie! Contains 232 calories, 1 gram of fat and 15 grams of protein