

Hot
Drinks

	M V
Long Espresso	4.50 5.50
Cappuccino	4.50 5.50
Flat White	4.50 5.50
Chai Latte	4.50 5.50
Hot Chocolate	4.50 5.50
Latte	4.50 5.50
Mocha	4.90 5.90
Espresso	4.00 4.50
Piccolo	4.00 4.50
Macchiato	4.00 4.50

Extras

+ Mug	0.50 0.50
+ Extra Shot	0.50 0.50
+ Decaf	0.70 0.70
+ Soy Milk	0.70 0.70
+ Almond Milk	0.70 0.70
+ Oat Milk	0.70 0.70
+ Lactose Free Milk	0.70 0.70
+ Caramel Syrup	1.00 1.00
+ Hazelnut Syrup	1.00 1.00
+ Vanilla Syrup	1.00 1.00

Tea
Leaves

English Breakfast	4.00 5.00
Earl Grey	4.00 5.00
Peppermint	4.00 5.00
Green Tea	4.00 5.00
Chamomile	4.00 5.00
Lemon & Ginger	4.00 5.00
Darjeeling	4.00 5.00

Cold
Drinks

600ml Cool Ridge Spring Water	3.50 4.00
Iced Chocolate	7.50 8.00
Iced Coffee	7.50 8.00
Affogato	7.50 8.00

Milk
Shakes

Chocolate	7.00 7.50
Strawberry	7.00 7.50
Caramel	7.00 7.50
Vanilla	7.00 7.50
+ Thick Shakes	1.00 1.50

Allie's
Cold
Pressed

Valencia Orange	6.50 7.50
Gingered Apple	6.50 7.50
Watermelon+	6.50 7.50
Love Beets	6.50 7.50
Daily Greens	6.50 7.50
Sublime Pine	6.50 7.50

Allie's Smoothies

Summer Mango Mango + pineapple + banana + passionfruit	9.00 10.00
Banana Cacao Banana + medjool dates + cacao + coconut + chia	9.00 10.00
Wild Berry Mixed berries (blueberry + raspberry + blackberry + strawberry) + banana + medjool dates	9.00 10.00
Green Delight Mango + banana + pineapple + spinach + chia + flax seeds	9.00 10.00



CAFÉ MENU

Breakfast

Available until 11:00am M|V

Coconut Chia Berry Bowl 17|19
Overnight soaked chia in coconut milk, mixed berries, toasted shaved coconut and granola

Smashed Avo 19|21
Toasted sourdough with za’atar, lemon olive oil, marinated Danish fetta, pickled beetroot, chilli, mint gfo
Add: Poached egg, Smoked salmon, Smoked bacon +6|7

Eggs Benedict 22|24
Two poached eggs, served on sourdough topped with chive hollandaise sauce. Choice of bacon or smoked salmon gfo

Vegan Breakfast 22|24
Sautéed spinach, falafel, roasted baby beets, confit tomato, grilled portobello mushroom, sliced avocado served with toasted sourdough vg, gfo

Breakfast Burger 17|19
Fried egg, bacon, baby spinach, hash brown, barbeque sauce and aioli gfo

Bacon and Egg Roll 14|16
Egg, bacon, cheese and tomato chutney gfo

From The Garden

Mediterranean Chicken Bowl 25|27
Grilled chicken, smoked labneh, za’atar roasted cauliflower, pickled beetroot, smoked almonds, fregola, cucumber and cherry tomato with toasted pitta gfo

Green Bowl 21|24
Quinoa, sauteed greens, goats feta, avocado, soft boiled egg, toasted nuts and chilli oil v

Miso Salmon Poke Bowl 25|27
Seared miso salmon, warm black rice salad with cabbage, edamame, coriander and shallots dressed with wasabi and yuzu soy, kimchi mayonnaise, pickled daikon, sesame, crunchy rice crisp

Caesar Salad 21|24
Baby cos lettuce, garlic croutons, soft boiled egg, crispy bacon, Caesar dressing and shaved grana Padano

Classic Favourites

M|V

Junior Schnitzel 150grams 20|22
Served with fries, house salad and gravy

Junior Parmigiana 5|6
Chicken schnitzel topped with Napoli sauce and mozzarella cheese

Battered Flathead Fillets 24|26
Served with fries, house salad and tartare sauce

Panko Calamari Rings 19|21
Served with fries, house salad and tartare sauce

Beef Sausages 19|21
Creamy mash potato, green peas, caramelised onion and red wine gravy gf

Between Breads

Chicken Katsu Sando 19|21
Crumbed schnitzel, ginger and dashi shallots, fresh cucumber, cabbage, yuzu mayonnaise, tonkatsu, shichimi seasoning on soft white Turkish gfo

Fish Tacos 18|20
Soft tortillas with tempura fish, charred corn, avocado salsa and sriracha aioli

The Yeeros 18|20
Chicken souvlaki with chopped lettuce, tomato, onion, tzatziki and paprika

The Club 17|19
Grilled chicken, bacon, egg, oak lettuce, mayonnaise served on toasted Turkish served with chips

Classic Cheeseburger 21|23
Beef pattie, lettuce, tomato, cheese and tomato sauce gfo

PRICES = MEMBERS | VISITORS
GF = GLUTEN FREE
GFO = GLUTEN FREE OPTION
V = VEGETARIAN

Light Snacks

M|V

Zucchini Wedges 17|19
Served with crumbled fetta and garlic mayonnaise

Panko Prawns 18|21
With crunchy fries and spicy Thai mango sauce

Mushroom, Spinach and Mozzarella Arancini 17|19
Served aioli, cress and shaved parmesan

Fried Korean Chicken Wings 19|21
Served with smokey barbeque dipping sauce and ranch sauce

Tuscan Crunchy Fries 9|11
Served with choice of sauce

Deli Counter

Our deli has daily specials, a selection of salads, homemade meals, paninis and sandwiches