

## ALL DAY

6:30 a m - 2 p m

<b>Serious Smoothies</b>	11.50
all served on coconut water (vg) (gf)	
<b>Detox</b> blueberries, banana, dates, boysenberries	
<b>Reboot</b> mango, pineapple, banana, passion fruit	
<b>Energise</b> strawberries, apple, pear, pineapple, dates	
<b>Booster</b> banana, mango, spinach, lime juice	
<b>Vitality</b> strawberries, mango, raspberries, goji berries	
<b>Brekky Wrap</b>	12.00
Bacon, hash brown, fried egg, BBQ Sauce	
<b>Veggie Wrap</b>	12.00
Guacamole, fried egg, baby spinach, tomato, hash brown, aioli	
<b>Brekky Burger</b>	13.00
Bacon, hash brown, fried egg, spinach, tomato chutney	
<b>Gluten Free Roll</b>	3.50
<b>Nourish Bowl</b> (gf) (vgo)	13.50
Shredded kale, mixed quinoa, capsicum, pickled slaw, broccolini, roasted pumpkin, guacamole, poached egg	
<b>Acai Bowl</b> (vg) (gf)	16.50
Seasonal fruit & house baked granola	
<b>Brekky Bonanza Bowl</b> (v) (gf)	13.00
Seasonal fruit, natural greek yoghurt, house baked granola, shredded coconut	
<b>Pancakes</b> (v)	13.00
maple syrup, ice cream, compote, fresh berries	
<b>Fruit Toast</b> with butter (v)	3.50
1 slice	5.50
2 slices	
<b>Banana Bread</b> with butter (v)	6.50
<b>Croissant</b> plain (v)	6.00
Ham, cheese & tomato (vo)	9.00
<b>Chips</b> cup (vg)	3.00
<b>Chips</b> tray (vg)	7.00
<b>Wedges</b> (vgo)	14.00
Sweet chilli & sour cream	
<b>Sandwiches</b> (white, multigrain, brown, sourdough, gfo)	7.50
Ham, cheese, tomato	9.00
Chicken, cheese, avo	11.50
Bacon, fried egg, BBQ sauce	

## BREAKFAST

6:30 a m - 11 a m

<b>Board Rider</b> (gfo)	15.50
2 eggs (poached, scrambled, fried) bacon, Tuscan spiced tomato, Sourdough	
<b>Club House</b> (gfo)	19.50
2 eggs (poached, scrambled, fried) bacon, Tuscan spiced tomato, hash brown, chipolata sausage, grilled mushrooms, toasted sourdough	
<b>Eggs Benedict</b> (gfo) (vo)	18.00
Toasted English muffin, baby spinach, sliced ham, poached eggs, hollandaise sauce	

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Hash brown, mushrooms	2.00
Guacamole	2.50
Bacon, chicken, squid	5.00
Smoked salmon	7.50

## LUNCH

10 a m - 2 p m

<b>Beer Battered New Zealand Smooth Dory</b>	17.50
Chips, lemon & tartare	
<b>Lemon Pepper Squid</b>	17.50
Chips, lemon & aioli	
<b>Chicken Caesar Wrap</b>	15.00
Herb chicken, cos lettuce, bacon, parmesan cheese, egg, house mayo	
<b>Vego Burger</b> (lgo, vgo)	15.50
Chickpea & lentil pattie, cheese, lettuce, tomato, vegan mayo, w chips	
<b>Beef Burger</b> (lgo)	15.50
Beef pattie, bacon, cheese, lettuce, tomato, beetroot, BBQ Sauce, w chips	
<b>Pulled Pork Burger</b> (gfo)	17.50
Pulled pork belly, apple & hickory BBQ sauce coleslaw, lettuce, aioli, w chips	
<b>Steak Sandwich</b> (gfo)	19.50
Grilled steak, cheese, lettuce, tomato, beetroot, caramelised onion, Hickory BBQ sauce, w chips	

## NIPPERS

<b>Chicken Nuggets</b>	9.50
Chips, tomato sauce	
<b>Fish Bites</b>	9.50
Chips, tartare, lemon	
<b>Cheeseburger</b> (lgo)	9.50
Chips, tomato sauce	

Any closer to the beach...  
you'd have sand in your togs