

Nibble Gobble Munch – Daytime Menu

Grab 'n' Go Hot Food

- 1. Carvery \$9**
Freshly roasted joint of meat, served with roast potatoes or chips, gravy and seasonal vegetables.
- 2. Roast Chicken \$8**
Freshly roasted chicken quarter, with stuffing, served with chips/wedges gravy and vegetables
- 3. Lasagne \$8**
Traditional lasagne, made with beef mince, layers of pasta and a creamy parmesan cheese sauce
- 4. Chilli Con Carne \$8**
Moderately spiced beef mince with red kidney beans and tomatoes, on a bed of rice
- 5. Italian Meatballs \$8**
Beef meatballs with Italian herbs, in a homemade chunky tomato sauce with spaghetti
- 6. Shepherds Pie \$8**
The classic minced beef in gravy, topped with mashed potato with vegetables
- 7. Beef Gobbler \$8**
Chunks of braised steak and button mushrooms in a thick gravy, topped with a savoury dumpling, with vegetables
- 8. Chicken Korma \$8**
A mildly spiced Indian chicken curry with freshly cooked rice (contains nut products)
- 9. Nasi Goreng \$7**
Indonesian spiced rice, with meat and vegetables

Grab 'n' Go - hot and cold selections, pre-made from great home style cooked meals to simple sandwiches for people on the run.

NOTE: Not all the listed Grab 'n' Go menu are available each day - The hot box food will consist of **any four of the listed items** and will be different each day to give choice and variety.

- 10. Pasta Carbonara \$7**
Pasta with a classic Italian sauce with parmesan and pancetta
- 11. Pasta Pomodoro \$7**
Pasta with a tomato and basil sauce, topped with grated cheese
- 12. Potato Bake \$5**
Roasted in a seasoned creamy sauce, sprinkled grated cheddar
- 13. Vegetables \$3.50**
A selection of seasonal veggies, freshly cooked, including peas, roast potatoes, roast pumpkin, carrots and sweet corn (included in most meals, where indicated)
- 14. Portion of chips / potato wedges / rice..... \$3.00**

Hot Breakfast

- 1. All Day Breakfast Panini \$7 (or \$10 with a mug of coffee)**
Soft pannini filled with rashers of bacon, a firm fried egg on a bed of onion relish, finished with hollandaise sauce.
- 2. Bacon roll \$5 (or \$8 with a mug of coffee)**
A fresh large roll, with rashers of bacon with tomato relish
- 3. Sausage baguette \$5 (or \$8 with mug of coffee)**
Baguette roll with sliced pork and herb sausage with an onion relish
- 4. Pancakes \$6**
A stack of four fresh pancakes, served with syrup, butter or lemon
- 5. Big Breakfast \$9**
Two rashers of bacon, two sausages, a hash brown, mushrooms, baked beans and toast

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Cold Box Salads

- 1. Greek salad \$6.50**
Lettuce, cherry tomato, red onion, cucumber, olives and feta
- 2. Caesar salad \$6.50**
Cos lettuce, bacon and egg, served on a bed of chunky croutons, in home made Caesar dressing,
- 3. Potato and bacon salad \$6.50**
Potatoes and pieces of bacon in a creamy mayonnaise,
- 4. Taboulih \$6.50**
Chopped parsley, tomatoes, cracked wheat, onion and olive oil
- 5. Egg Gobble Salad \$6.50**
Sliced egg, baby spinach leaves, lettuce, sliced capsicum with herb dressing

Sandwiches

- 1. Coronation chicken \$5**
Small chunks of chicken with a mildly spiced mayonnaise
- 2. Chicken and avocado \$5**
Chicken with a chunky guacamole and basil pesto with slices of tomato
- 3. Chicken Club / BLT \$6**
Chicken, bacon, lettuce and tomato, with a mayonnaise dressing
- 4. Classic Ham 'n cheese \$5**
Ham off the bone with mature cheddar cheese

- 5. Simply Ham 'n tomato \$5**
Ham off the bone with slices of tomato
- 6. Salami \$5.50**
Imported Italian Milano Salami, lettuce and tomato with a creamy Caesar dressing
- 7. Egg mayonnaise \$4.50**
Chunky egg in a seasoned mayonnaise sauce with lettuce
- 8. Mature cheese and pickle \$4.50**
Full bodied cheddar with a smooth pickle
- 9. Smoked salmon and cream cheese \$6**
Smoked salmon with cream cheese and slices of Cucumber
- 10. Tuna mayonnaise....\$5.00**
Dolphin friendly tuna, creamy mayonnaise and lettuce
- 11. Beef and mustard \$5.50**
Fine slices of roast beef and grain mustard
- 12. Beef and tomato pesto \$5.50**
Fine slices of roast beef, tomato pesto and lettuce

Wraps

- 13. Avocado \$5.50**
Chicken, avocado and basil pesto with light cream cheese
- 14. Ham 'n salad \$5.50**
Ham off the bone fresh green salad and light
- 15. Sandwich-Bar Selection**
Sandwiches made to order from our sandwich bar. *Base price \$5.00 for a serving of one meat and one non-meat filling, additional fillings extra.*

Baguettes ~ 10 inch

- 1. Ham 'n' Brie \$7.00**
Ham off the bone with wedges of brie, slices of tomato and lettuce
- 2. Prosciutto and Salami \$7.50**
Prosciutto ham, Milano salami and lettuce with Italian herb dressing
- 3. Egg Mayonnaise \$6.00**
Chunky egg, in a seasoned mayonnaise sauce with fresh green salad
- 4. Super Club \$7.50**
Chicken, bacon, lettuce and slices of tomato with a basil pesto
- 5. Carvery rolls \$7.50**
Made from one of the hot carvery selection of the day

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Made to Order Menu

- 1. Fish of the Day \$15**
Locally sourced fresh fish, served with seasonal fresh vegetables
- 2. Salt n' Pepper Calamari \$6.50 (starter) \$12 (main)**
Calamari, lightly tossed in seasoning, and quick grilled, served with fries and a green salad
- 3. Chicken Caesar salad \$6.50 (starter) \$12 (main)**
Warm chicken, Cos lettuce, bacon and egg, served on a bed of toasted bread, with a home made Caesar dressing (Available without chicken as a vegetarian option)
- 4. Rib-eye steak \$18**
A tender 200 gms of prime rib-eye steak, locally sourced, served with a choice of sauces (pepper, mushroom or grain-mustard sauce) with fries or salad
- 5. Steak sandwich \$12**
Thinly sliced rib-eye steak, served in a roll with caramelised onion and tomato relish
- 6. Aussie lamb burger \$12**
Prime minced lamb pattie, served on a lightly toasted foccacia with lettuce, mint relish, sliced tomato served with fries, wedges or salad
- 7. Cold meat platter \$14**
Imported salami and Prosciutto ham, antipasto selection, served with a green salad, warm bread and a selection of dips

- 8. Cheese Ploughmans \$12**
Vintage cheddar and a wedge of Brie, selection of pickles and relish, apple, fresh green salad and baguette
- 9. Chicken Tikka Masala \$12**
Fresh chicken breast in a rich creamy masala sauce on a bed of rice, with poppadums and mango chutney
- 10. Made to Order Cont' Rigatoni Carbonara \$11**
Fresh pasta with a parmesan sauce, topped with pieces of pancetta, served with parmesan toast,
- 11. Trevelle Pomodore \$11**
Fresh pasta with a fresh tomato and basil sauce topped with mozzarella served with parmesan toast
- 12. Carvery choice \$9**
A choice from today's carvery selection, served with seasonal vegetables, roasted potatoes and roasted pumpkin

'Stay and Play' gives you plenty of choices from the lunchtime mega menu, to all-day salads or 'made to order' sandwiches and wraps.

Check the lunchtime menu served from '11.00 - 1.30' to find a great range of international cuisine and home style food.

Don't waste your lunch break waiting in line... phone and reserve a table and your selection.

Desserts

- Macadamia Munch served with a scoop of vanilla bean ice-cream \$6
- Vanilla bean ice-cream \$5
- Selection of gateaus and cakes \$6

Cakes for Cafe

Mug of coffee and cake \$7.00 served between 9am to 11am

- Lemon cheesecake . . . \$4.50
- Scones (2) made daily . . . \$4.50
- Chocolate cake . . . \$4.50
- Caramel slice . . . \$4.50
- Carrot cake . . . \$4.50
- Banana and date loaf . . . \$4.50
- Lemon poppy seed . . . \$4.50
- Chocolate brownie . . . \$4.50
- Mixed boxes of 4 cake squares . . . \$5.00
(All cakes are made on site)

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Hot Drinks

Coffee Regular \$2.90 - Large...\$3.50

Tea ... \$2.20 regular - \$2.80 large

Espresso

(Short Black) A single shot of coffee

Caffé Latté

A single shot of coffee served in a cup filled with hot milk with a fine layer of foam. 1/3 coffee and 2/3 milk

Macchiato

A single shot of coffee served in a small glass with a spoonful of milk (frothed or heated)

Cappuccino

A single shot of coffee in a cappuccino cup with hot milk and froth added. Ratio of one third coffee, 1/3 steamed milk and 1/3 froth. Chocolate sprinkled to taste

Long Black

A single shot of coffee floated over 2/3 cup hot water

Hot Chocolate

Cappuccino size drink with chocolate substituted for coffee, hot milk and froth

Soy milk ... Add \$0.50

Decaffeinated ...No extra charge

Syrup shots... Add \$0.50

Tea ... \$2.20 regular - \$2.80 large

Cold Drinks

Real Fruit Based Juice and Yoghurt Drinks
\$4.20

Banana-bliss - *Banana, honey, low fat milk, low fat frozen yogurt*

Strawberry Surprise - *Strawberries, banana, low fat milk, low fat frozen yogurt*

Mango Mayhem - *Mango, Banana, mango nectar, low fat frozen yogurt*

Berry-Buster - *Blueberries, raspberries, strawberries, apple juice, low fat frozen yogurt*

Apple Passion - *Passion fruit, apple juice, low fat frozen yogurt*

Jumble Juice - *Raspberries, strawberries, banana, apple juice, low fat frozen yogurt*
(Soy milk or toasted muesli available \$0.50 extra)

Milk Based Drinks ... \$4.20

Iced chocolate - Chocolate, low fat milk and vanilla ice cream

Iced coffee - Chilled Vittoria Coffee, low fat milk, vanilla ice cream

Vanilla milk shake - Low fat milk and vanilla ice cream

Strawberry milk shake - Strawberries, low fat milk and strawberry ice cream

Banana milk shake - Banana, low fat milk and vanilla ice cream