

MENU



breakfast

cereal & yoghurt

94% fat free

sonoma wood roasted muesli served with low fat yoghurt and honey	7.60
yoghurt with mixed berries	6.50
yoghurt with a sprinkle of museli	6.50

bakery

homemade muffins	4.40
plain or chocolate croissant	4.40
assorted danish or snail	4.40

free range eggs

scrambled eggs & toast	10.90
scrambled eggs with roast tomato double smoked bacon & toast	13.50
scrambled eggs with roast tomato smoked salmon & toast	14.90

a bit on the side

italian sausage	3.00
smoked salmon	4.00
double smoked bacon	3.00
avocado	2.50
roast tomato	1.50
cheese - cheddar or parmesan	1.50

toasted melts 'n' things

available on a croissant, white, brown or turkish

premium leg ham and cheddar	8.70
premium leg ham, cheddar and tomato	9.80
tomato & cheddar	7.60
avocado & tomato	9.80
grilled bacon, tomato & cream cheese	9.80
classic brekkie roll double smoked bacon, scrambled eggs with bbq sauce on a seeded bun	8.70

toast

organic sour dough spelt fruit bread	5.50
chunky raisin toast	4.50
low gi organic sour dough spelt	5.50
poppy seed or blueberry bagel	4.90
fabulous banana & fruit bread	5.00
toasted white, brown or turkish bread	4.50

all served with your choice of spreads

triple berry jam, honey, marmalade,
vegemite, peanut butter, ricotta
or low fat cream cheese

MENU



soup

a selection of nutritious soups made fresh daily
served with a crusty bread roll 9.80

very healthy salads

classic caesar

with all the traditional ingredients
baby cos, rindless eye bacon, croutons,
reggianno parmesan and caesar dressing 15.50

chicken caesar

caesar with warm roast chicken breast 17.50

very healthy tuna

boconcini, avocado, cherry tomato, red onion
cucumber, freshly grated beetroot, carrot
and a light vinaigrette 16.90

smoked salmon

avocado, cherry tomato, cucumber, lettuce
light vinaigrette served & cream cheese crouton 17.50

vietnamese chilli chicken

sweet soy chilli chicken breast, cherry tomato,
cucumber, carrot, fresh coriander, lettuce,
rice noodles, peanuts & chilli sesame dressing 16.90

veggie salad

boconcini, avocado, cherry tomato, red onion
cucumber, freshly grated beetroot, carrot
and a light vinaigrette 15.90

about our menu

our chicken is chemical free, antibiotic free
and steroid free
some dishes may contain traces of nuts
all sandwiches are available takeaway

all sandwiches available

on organic sourdough spelt (lowgi) 1.65
toasted 0.50

classic sandwiches

chrysler chilli chicken roll

chicken breast with sweet soy & chilli, tomato, lettuce
cucumber, carrot, fresh coriander & mayo 12.90

italian sausage sanger

tomato basil relish, caramelised onions & rocket
on a soft vienna roll 12.90

classic house tuna mix

avocado, tomato, lettuce, cucumber,
freshly grated beetroot, carrot & mayo 14.20
served on fresh vienna - white or brown

double smoked leg ham

boconcini, balsamic tomatoes, rocket & mayo 14.20
served on fresh vienna - white or brown

veggie delight

boconcini, balsamic tomatoes, avocado,
lettuce, cucumber, spanish onion,
freshly grated beetroot, carrot & mayo
served on fresh vienna - white or brown 13.90

smoked salmon

avocado, lettuce, cream cheese and dill
served on fresh vienna - white or brown 15.90

homestyle chicken

lemon herb marinated chicken breast,
avocado, lettuce and homemade mayo
served on fresh vienna - white or brown 14.20

blt

rindless eye bacon, avocado, lettuce, tomato,
parmesan and homemade mayo
served on fresh vienna - white or brown 14.90

club sandwich

rindless eye bacon, roast chicken breast,
cheddar, lettuce, tomato and homemade mayo
served on fresh vienna - white or brown 16.40

MENU



beverages

espresso coffee	reg /mug
short black, macchiato, ristretto	3.30
cappuccino	4.00/4.80
flat white	4.00/4.80
café latte	4.00/4.80
long black	4.00/4.80
freshly ground organic decaff	4.30/5.10

specialty beverages

mocha	4.00/4.80
da vinci hot chocolate	4.00/4.80
affogato	5.00
power chai	4.00/4.80

extras

soy	0.30
strong	0.30

syrups

using an combination of the following
da vinci flavours: banana, white
chocolate

caramel, vanilla or hazelnut	add 0.70
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milkshakes

banana, strawberry, caramel, chocolate	5.50
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planet organic pot of tea

organic english breakfast, earl grey	4.00
organic peppermint, camomile, green	4.00
japanese lime green tea (loose leaf)	4.50

iced drinks

coffee, caramel, chocolate, mocha	5.50
iced tea	4.50

parkers organic juices

glass parkers orange 355ml	5.00
250ml blood orange, apple, raspberry & apple, peach & mango, passionfruit & orange	4.60

waters

san pellegrino sparkling water	sm 3.90 med 5.00 lge 6.20
mt franklin still water	3.70

soft drinks

chinotto, limonata, aranciata	4.00
coke, diet coke, lift, sprite	3.70
V , sugar free V	4.50
lemon, lime & bitters	4.00

wine & beer

sparkling wine	glass	bottle
hardys sparkling brut SA	6.00	25.00
bimbadgen ridge sparkling NSW	7.90	200ml

white wine

hardy's semillon chardonnary SA	6.00	25.00
bimbadgen tower white NSW	7.90	200ml

red wine

hardy's merlot SA	6.00	25.00
bimbadgen tower red NSW	7.90	200ml

beers

hahn premium lite	5.50
hahn premium	7.00
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sweet treats

homemade muffins	4.40
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97% fat free bran muffins	4.80
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assorted cupcakes	4.40
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assorted mini cheesecakes	4.40
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portuguese custard tart	4.40
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wicked chocolate brownie	4.40
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friand	4.40
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croissant, snail, or danish	4.40
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cookies	4.00
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gluten free biscuits	4.00
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MENU



weekend lunch

soup

a selection of nutritious soup made fresh daily with a crusty bread roll 8.90

classic sandwiches

available on white, brown, or turkish bread

double smoked leg ham

with bocconcini, tomato, rocket & mayo 14.20

classic house tuna mix

with tomato, lettuce & mayo 14.20

smoked salmon

avocado, lettuce, cream cheese and dill 16.40

homestyle chicken

oven roasted chicken breast, avocado, lettuce and homemade mayo 14.20

blt

rindless eye bacon, avocado, lettuce, tomato, parmesan & mayo 15.40

club

oven roasted chicken breast, rindless eye bacon, tomato, lettuce & mayo 16.40

double smoked ham & cheddar

8.70

double smoked ham, cheddar & tomato

9.80

tomato & cheddar

7.60

fresh avocado & tomato

9.80

classic grilled cheese

5.50

all sandwiches available on lowgi organic spelt sourdough

1.65

salads

classic caesar

15.50

baby cos, rindless eye bacon, croutons, reggianno parmesan & caesar dressing

chicken caesar

classic caesar ingredients with oven roasted chicken breast 17.50

table service only

no takeaway to be consumed at tables. 10% surcharge applies to weekends and public hols.