

OMELETTE BAR	Serving Size Per Serve (g)	Energy Per Serve (kJ)	Total Fat Per Serve (g)	Energy Per 100g (kJ)	Total Fat Per 100g (g)
Ham, Cheese & Tomato	420	2675	38	637	9
Mushroom, Feta & Spinach	399	2656	40	666	10
Smoked Salmon & Cream Cheese	336	1893	34	563	10
ALL-DAY LUNCH FAVOURITES	Serving Size Per Serve (g)	Energy Per Serve (kJ)	Total Fat Per Serve (g)	Energy Per 100g (kJ)	Total Fat Per 100g (g)
Chicken & Bacon Avo Smash	324	2396	31	741	9
Chicken & Bacon Avo Smash LG	337	2864	33	850	10
Gourmet Beef & Bacon Burger w/ Chips	570	5332	71	936	12
Gourmet Beef & Bacon Burger w/ Salad	597	4418	59	740	10
Crispy Chicken Fillet Burger	560	4489	34	802	6
Grilled Chicken Burger w/ Chips	460	3684	33	801	7
Grilled Chicken Burger w/ Salad	487	2770	22	569	4
BBQ Pulled Pork Burger w/ Chips	480	3607	26	751	6
BBQ Pulled Pork Burger w/ Salad	507	2693	15	531	3
Homestyle Beef Lasagne	680	3662	34	539	5
Lemon Pepper Calamari	688	3644	30	530	4
Beer Battered Fish & Chips	558	2840	36	509	6
Signature Chicken Parmigiana	517	3351	36	648	7
Club Nachos	462	5158	79	1117	17
Club Nachos w/ Chili Beef	512	6258	100	1222	20
Chicken & Bacon Pizza	338	3556	54	1052	16
Potato Wedges	568	3637	53	640	9
Potato Wedges w/ Cheese & Bacon	659	4528	67	687	10
TRADITIONAL TOASTIES	Serving Size Per Serve (g)	Energy Per Serve (kJ)	Total Fat Per Serve (g)	Energy Per 100g (kJ)	Total Fat Per 100g (g)
Leg Ham, Cheese & Tomato w/ Chips	358	2621	28	732	8
Leg Ham, Cheese & Tomato w/ Salad	385	1707	16	443	4
Chicken, Cheese & Avocado w/ Chips	358	2921	36	816	10
Chicken, Cheese & Avocado w/ Salad	199	1853	24	931	12
Pastrami, Onion Relish & Cheese w/ Chips	348	2856	31	821	9
Pastrami, Onion Relish & Cheese w/ Salad	375	1942	19	518	5
WRAPS & GRILLS	Serving Size Per Serve (g)	Energy Per Serve (kJ)	Total Fat Per Serve (g)	Energy Per 100g (kJ)	Total Fat Per 100g (g)
Ham, Cheese & Pineapple Wrap w/ Chips	428	2592	24	606	6
Ham, Cheese & Pineapple Wrap w/ Salad	455	1848	14	406	3
Ham, Cheese & Pineapple Open Grill w/ Chips	382	2602	24	681	6
Ham, Cheese & Pineapple Open Grill w/ Salad	410	1857	15	454	4
Ham, Cheese & Pineapple Sandwich w/ Chips	505	3386	26	671	5
Ham, Cheese & Pineapple Sandwich w/ Salad	532	2642	17	497	3
Pesto Chicken Wrap w/ Chips	413	2897	31	702	7
Pesto Chicken Wrap w/ Salad	440	1983	19	451	4
Pesto Chicken Open Grill w/ Chips	368	2899	32	789	9
Pesto Chicken Open Grill w/ Salad	395	1985	20	503	5
Pesto Chicken Sandwich w/ Chips	490	3691	33	753	7
Pesto Chicken Sandwich w/ Salad	517	2777	22	537	4
Smoked Salmon Wrap w/ Chips	403	2649	26	657	6
Smoked Salmon Wrap w/ Salad	430	1890	17	439	4
Smoked Salmon Open Grill w/ Chips	358	2661	27	744	8
Smoked Salmon Open Grill w/ Salad	385	1902	17	495	5
Smoked Salmon Sandwich w/ Chips	480	3443	29	717	6
Smoked Salmon Sandwich w/ Salad	507	2684	19	529	4

ULTIMATE SANDWICHES	Serving Size Per Serve (g)	Energy Per Serve (kJ)	Total Fat Per Serve (g)	Energy Per 100g (kJ)	Total Fat Per 100g (g)
BLT w/ Chips	545	4452	51	817	9
BLT w/ Salad	572	3538	40	619	7
Steak Sandwich w/ Chips	457	3332	26	729	6
Steak Sandwich w/ Salad	484	2418	15	500	3
Chicken & Bacon Club Sandwich w/ Chips	555	4368	39	787	7
Chicken & Bacon Club Sandwich w/ Salad	583	3624	30	622	5
The Reuben w/ Chips	585	4353	42	745	7
The Reuben w/ Salad	612	3609	32	590	5
ALL-DAY SIDES	Serving Size Per Serve (g)	Energy Per Serve (kJ)	Total Fat Per Serve (g)	Energy Per 100g (kJ)	Total Fat Per 100g (g)
Seasoned Chips to Share	525	2793	24	532	5
Grilled Chicken Breast	120	718	3	598	3
Lemon Pepper Calamari	145	1107	7	766	5
Avo Smash	60	486	12	810	20
FRESH SALADS	Serving Size Per Serve (g)	Energy Per Serve (kJ)	Total Fat Per Serve (g)	Energy Per 100g (kJ)	Total Fat Per 100g (g)
Greek Salad	400	1256	17	314	4
Caesar Salad	323	2124	34	658	10
Caesar Salad w/ Chicken	443	2884	41	651	9
Chicken, Avocado & Macadamia Salad	417	2343	43	562	10
Asian Calamari Salad	380	1988	15	523	4
KIDS' MEALS	Serving Size Per Serve (g)	Energy Per Serve (kJ)	Total Fat Per Serve (g)	Energy Per 100g (kJ)	Total Fat Per 100g (g)
Egg on Toast	178	1280	12	721	7
Smashed Avo on Toast	138	1386	18	1008	13
Pancakes (2) w/ Ice Cream & Cream	232	1946	14	839	6
Chicken Nuggets w/ Chips	315	2908	22	923	7
Chicken Nuggets w/ Salad	337	1152	7	342	2
Battered Fish w/ Chips	294	1917	21	652	7
Battered Fish w/ Salad	322	1173	12	365	4
Cheeseburger w/ Chips	535	3453	38	645	7
Cheeseburger w/ Salad	417	2539	26	609	6
Ham & Pineapple Pizza	288	2621	30	910	11



DRINKS MENU	PER SERVE			PER 100G	
	Serving Size Per Serve (ml)	Energy Per Serve (kJ)	Total Fat Per Serve (ml)	Energy Per 100mL (kJ)	Total Fat Per 100mL (ml)
Short Latte	220	505	6	230	3
Tall Latte	266	628	8	236	3
Piccolo Latte	90	160	2	177	2
Cappuccino	228	566	7	248	3
Flat White	225	519	7	231	3
Short Black	30	0	0	0	0
Long Black Cup	175	0	0	0	0
Long Black Mug	310	0	0	0	0
Ristretto	15	0	0	0	0
Macchiato	45	40	1	89	1
Chai Latte	277	984	9	354	3
Hot Chocolate	279	1027	9	368	3
Vienna	245	1314	30	536	12
Hot Mocha	269	807	8	300	3
Affogato	140	669	9	478	6
English Breakfast	380	53	1	14	0
Earl Grey	380	53	1	14	0
Peppermint	175	0	0	0	0
Chamomile	175	0	0	0	0
Chai	360	638	8	177	2
Green w/ Jasmine	175	0	0	0	0
Rooibos Herbal Infusion	175	0	0	0	0
Extra Shot	30	0	0	0	0
Add Cold Milk to Tea (20ml)	20	56	1	272	4
Soy Milk 170ml	170	287	3	169	2
Soy Milk 290ml	290	490	5	169	2
Lactose Free Milk 170ml	170	452	6	266	4
Lactose Free Milk 290ml	290	771	10	266	4
Syrup	23	176	0	782	0
Mug	125	333	4	266	3
Decaf	30	0	0	0	0
Original Iced Coffee	475	1344	17	283	4
Iced Chocolate	452	3215	45	712	10
Iced Mocha	475	2831	45	596	9
Iced Caramel	452	3188	45	706	10
Iced Vanilla	452	3016	45	668	10
Iced Strawberry	452	3032	45	671	10
DAIRY FRAPPÉS	Serving Size Per Serve (ml)	Energy Per Serve (kJ)	Total Fat Per Serve (ml)	Energy Per 100mL (kJ)	Total Fat Per 100mL (ml)
Espresso	445	1464	8	329	2
Mocha	546	1939	6	355	1
Crème Caramel	396	1712	5	432	1
Strawberries & Cream	301	1763	14	586	5
FRUIT FRAPPÉS	Serving Size Per Serve (ml)	Energy Per Serve (kJ)	Total Fat Per Serve (ml)	Energy Per 100mL (kJ)	Total Fat Per 100mL (ml)
Mango	412	1452	0	352	0
Mixed Berry w/ Mint	565	1338	0	237	0
Ice Cream (Spiced)	80	669	9	836	11

SMOOTHIES	Serving Size Per Serve (ml)	Energy Per Serve (kJ)	Total Fat Per Serve (ml)	Energy Per 100mL (kJ)	Total Fat Per 100mL (ml)
Banana & Honey	568	1816	5	320	1
Mango & Passionfruit	505	1103	5	218	1
Breakfast Smoothie	520	1290	6	248	1
CLASSIC MILKSHAKES	Serving Size Per Serve (ml)	Energy Per Serve (kJ)	Total Fat Per Serve (ml)	Energy Per 100mL (kJ)	Total Fat Per 100mL (ml)
Chocolate Milkshake	440	2198	20	500	4
Mocha Milkshake	470	1833	19	390	4
Caramel Milkshake	440	2015	19	458	4
Vanilla Milkshake	440	2037	19	463	4
Strawberry Milkshake	440	2015	19	458	4
Banana Milkshake	440	2067	19	470	4
Lime Milkshake	440	1941	19	441	4
Malt Milkshake	440	2517	24	572	6
THICKSHAKES	Serving Size Per Serve (ml)	Energy Per Serve (kJ)	Total Fat Per Serve (ml)	Energy Per 100mL (kJ)	Total Fat Per 100mL (ml)
Chocolate Thickshake	580	3939	42	679	7
Mocha Thickshake	610	3573	42	586	7
Caramel Thickshake	580	3755	41	647	7
Vanilla Thickshake	580	3778	41	651	7
Strawberry Thickshake	580	3755	41	647	7
Banana Thickshake	580	3808	41	657	7
Lime Thickshake	580	3682	41	635	7
Malt Thickshake	580	4257	47	734	8
Juice (By the Glass) - Orange	300	510	<1	170	<1
Juice (By the Glass) - Apple	300	588	<1	196	<1
Juice (By the Glass) - Pineapple	300	537	<1	179	<1
Juice (By the Glass) - Tropical Breakfast	300	537	<1	179	<1
BOTTLED BEVERAGES	Serving Size Per Serve (ml)	Energy Per Serve (kJ)	Total Fat Per Serve (ml)	Energy Per 100mL (kJ)	Total Fat Per 100mL (ml)
Coca-Cola	330	594	0	180	0
Diet Coca-Cola	330	5	0	2	0
Coca-Cola Zero	330	5	0	1	0
Coca-Cola Life	330	377	0	114	0
Sprite	330	584	0	177	0
Lift	330	640	0	194	0
Fanta	330	640	<1	194	<1
Spider	423	1309	8	309	2
Ginger Beer	330	649	0	1967	0
Mount Franklin Sparkling Water Lemon	450	8.5	0	1.9	0
Mount Franklin Sparkling Water Lime	450	12.6	0	2.8	0
Mount Franklin Sparkling Water Mixed Berry	450	7.2	0	1.6	0
Still Spring Water	600	0	0	0	0
Mount Franklin Sparkling Water	450	0	0	0	0
Fuze Iced Tea Raspberry & Hibiscus	350	448	0.4	128.4	0.1
Fuze Iced Tea Juicy Peach	350	270	0.4	76.6	0.1
Fuze Iced Tea Mango & Chamomile	350	277	0.4	79	0.1
Angostura Lemon, Lime & Bitters	330	675	<1	205	<1

STARTERS	Serving Size Per Serve (g)	Energy Per Serve (kJ)	Total Fat Per Serve (g)	Energy Per 100g (kJ)	Total Fat Per 100g (g)
Garlic & Herb Bread w/out Cheese	130	1668	23	1283	18
Garlic & Herb Bread w/ Cheese	160	2154	33	1347	21
Bruschetta	265	1964	23	741	9
Buffalo Wings (6) w/ Honey Dill Aioli	305	3383	66	1110	22
Buffalo Wings (6) w/ Tomato Salsa	305	2183	35	717	12
Buffalo Wings (12) w/ Honey Dill Aioli	520	5293	96	1019	19
Buffalo Wings (12) w/ Tomato Salsa	520	4093	65	788	13
Panko Crumbed Salt & Pepper Calamari	289	2224	6	768	3
Grilled Garlic Prawns	242	1898	32	784	13
BURGERS & SANDWICHES	Serving Size Per Serve (g)	Energy Per Serve (kJ)	Total Fat Per Serve (g)	Energy Per 100g (kJ)	Total Fat Per 100g (g)
Gourmet Beef Burger	550	4593	66	870	12
Grilled Chicken Ciabatta	495	4589	62	928	13
PASTA & RISOTTO	Serving Size Per Serve (g)	Energy Per Serve (kJ)	Total Fat Per Serve (g)	Energy Per 100g (kJ)	Total Fat Per 100g (g)
Pumpkin, Spinach & Feta Risotto	551	2726	47	495	9
Pumpkin, Spinach & Feta Risotto w/ Chicken	671	3654	57	545	8
Linguine Carbonara	426	4683	68	1100	16
Chicken Pesto Penne	561	6023	82	1074	14
Chilli Prawn & Chorizo Linguine	474	4732	70	1000	15
PIZZA	Serving Size Per Serve (g)	Energy Per Serve (kJ)	Total Fat Per Serve (g)	Energy Per 100g (kJ)	Total Fat Per 100g (g)
Meat on Meat Pizza w/ Smokey BBQ Sauce	385	3615	51	940	13
Grilled Chicken, Bacon & Chipotle Pizza	419	4183	70	998	17
Veggie Bakehouse Pizza	335	3060	49	913	15
FAVOURITES	Serving Size Per Serve (g)	Energy Per Serve (kJ)	Total Fat Per Serve (g)	Energy Per 100g (kJ)	Total Fat Per 100g (g)
Signature Chicken Parmigiana	517	3351	36	648	7
Tropical Chicken Parmigiana	515	3194	29	620	6
Chicken Breast w/ Mustard Cream Sauce	536	4128	66	771	12
Lemon Pepper Calamari	688	3644	30	530	4
Fried Tempura Barramundi	527	3236	38	614	7
Grilled Barramundi Option	488	2446	28	501	6
Crispy Skin Salmon	568	3728	62	656	11
STEAKS	Serving Size Per Serve (g)	Energy Per Serve (kJ)	Total Fat Per Serve (g)	Energy Per 100g (kJ)	Total Fat Per 100g (g)
220g Angus Rump	598	2938	35	491	6
200g Eye Fillet	578	2823	34	488	6
STEAK SAUCES	Serving Size Per Serve (mL)	Energy Per Serve (kJ)	Total Fat Per Serve (mL)	Energy Per 100mL (kJ)	Total Fat Per 100mL (mL)
Red Wine Jus	50	13	<1	26	<1
Mushroom	50	283	7	567	13
Pepper	50	71	1	143	3
Diane	50	129	2	259	4
Hollandaise	50	955	25	1910	50

STEAK TOPPERS	Serving Size Per Serve (g)	Energy Per Serve (kJ)	Total Fat Per Serve (g)	Energy Per 100g (kJ)	Total Fat Per 100g (g)
Grilled Garlic Prawns (4)	118	879	15	745	13
Half Avocado	70	624	16	891	23
Onion Rings	88	857	12	978	14
Panko Crumbed Lemon Pepper Calamari	145	1104	7	763	5
SIDES	Serving Size Per Serve (g)	Energy Per Serve (kJ)	Total Fat Per Serve (g)	Energy Per 100g (kJ)	Total Fat Per 100g (g)
Seasoned Chips to Share	525	2793	24	532	5
Greek Salad	140	450	5	322	4
Seasonal Vegetables (Steamed)	153	215	<1	141	<1
Seasonal Vegetables (Grilled)	90	382	8	424	8
Potato Wedges w/ Sour Cream & Sweet Chili	568	3637	53	640	9
KIDS' MEALS	Serving Size Per Serve (g)	Energy Per Serve (kJ)	Total Fat Per Serve (g)	Energy Per 100g (kJ)	Total Fat Per 100g (g)
Chicken Nuggets w/ Chips	315	2908	22	923	7
Chicken Nuggets w/ Salad	337	1152	7	342	2
Battered Fish w/ Chips	294	1917	21	652	7
Battered Fish w/ Salad	322	1173	12	365	4
Cheeseburger w/ Chips	535	3453	38	645	7
Cheeseburger w/ Salad	417	2539	26	609	6
Ham & Pineapple Pizza	288	2621	30	910	11
Kids Linguine Bolognaise	210	1906	6	906	3



BEER & WINE	Serving Size Per Serve (mL)	Energy Per Serve (kJ)	Total Fat Per Serve (mL)	Energy Per 100mL (kJ)	Total Fat Per 100mL (mL)
Nutritional information is correct as at the date of printing, is specific to vintage, and is subject to vintage & natural wine variation. Please see staff for more details.					
Yellowglen Yellow Piccolo 200	200	553	0	276.5	0
Stony Peak Semillon Sauvignon Blanc	150	442	0	295	0
Rosemount Little Berry Sauvignon Blanc	150	450	0	300	0
T'Gallant Cape Schanck Pinot Grigio	150	432	0	288	0
T'Gallant Juliet Moscato	150	439	0	293	0
Seppelt The Drives Chardonnay	150	435	0	290	0
Secret Stone Sauvignon Blanc	150	469	0	313	0
Rothbury Cabernet Merlot	150	486	0	324	0
Wolf Blass Yellow Label Cabernet Sauvignon	150	480	0	320	0
Wolf Blass Private Release Shiraz	150	466	0	311	0
Wolf Blass Eaglehawk Rosé	150	441	0	294	0
Matua Hawk's Bay Merlot	150	467	0	311	0
Cascade Premium Light	375	428	0	114	0
XXXX Gold	375	454	<0.8	121	<0.2
Victoria Bitter	375	634	0	169	0
Pure Blonde Ultra Low Carb	355	387	0	109	0
Crown Lager	375	641	0	171	0
Peroni Nastro Azzurro	330	581	0	176	0
Corona	355	628	0	177	0
Strongbow Classic Apple Cider	355	767	0	216	0
SPIRITS	Serving Size Per Serve (mL)	Energy Per Serve (kJ)	Total Fat Per Serve (mL)	Energy Per 100mL (kJ)	Total Fat Per 100mL (mL)
Tia Maria	30	376	0		
Baileys Irish Cream	30	408	4		
Kahlua	30	334	0		
Ouzo	30	431	0		
Southern Comfort	30	276	0		
Cointreau	30	420	0		
Galliano	30	418	0		
Midori	30	281	0		
Sambuca	30	418	0		
Tullamore Dew	30	288	0		
Jack Daniels Tennessee Whiskey	30	301	0		
Jim Beam Bourbon	30	259	0		
Bundaberg Rum	30	272	0		
Bacardi Rum	30	275	0		
Beefeater Gin	30	274	0		
Vodka	30	282	0		
Scotch Whiskey	30	277	0		
Liqueur Coffee					
Liqueur Coffee - Baileys	202	1562	32	773	16
Liqueur Coffee - Galliano	202	1572	30	778	15
Liqueur Coffee - Tia Maria	202	1546	30	765	15
Liqueur Coffee - Kahlua	202	1525	30	754	15
Liqueur Coffee - French Cointreau	202	1568	30	775	15
Liqueur Coffee - Whiskey	202	1508	30	746	15



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ALL-DAY BREAKFAST CLASSICS	Serving Size Per Serve (g)	Energy Per Serve (kJ)	Total Fat Per Serve (g)	Energy Per 100g (kJ)	Total Fat Per 100g (g)
Eggs, Tomato & Toast	310	1540	16	497	5
Cheesy Eggs Tomato Toast	462	2657	37	576	8
Bacon, Eggs, Tomato & Toast	458	2719	37	594	8
Bacon, Eggs, Tomato & Toast LG	471	3187	39	677	8
Savoury /Mince	417	2612	27	627	7
Classic Pancakes	374	2925	17	782	4
Traditional French Toast	350	3056	18	873	5
French Toast w/ Bacon	490	3646	39	744	8
Famous Eggs Benedict					
Leg Ham	378	3884	56	1028	15
Mushrooms & Spinach	412	3985	61	967	15
BBQ Pulled Pork & Spinach	426	3962	51	930	12
Bacon	458	4751	73	1037	16
Smoked Salmon & Spinach	398	3927	55	987	14
The Big Breakfast	740	4916	74	664	10
ALL-DAY BREAKFAST SIDES	Serving Size Per Serve (g)	Energy Per Serve (kJ)	Total Fat Per Serve (g)	Energy Per 100g (kJ)	Total Fat Per 100g (g)
Egg (1)	51	272	4	533	9
Grilled Tomato	10	55	0	579	0
Mushrooms	120	483	9	403	7
Hash Brown	85	932	17	1096	20
Pork & Sage Chipolatas (3)	90	966	18	1073	20
Haloumi	60	615	10	1025	17
Baked Beans	60	216	0	360	1
Avocado	60	535	14	891	23
Bacon (1)	70	590	11	843	15
Bacon (2)	140	1180	21	843	15
Grilled Steak	100	536	5	536	5
Smoked Salmon	60	337	3	561	5
Ice Cream	80	669	9	836	11
Extra Bread (2)					
Thick Cut Toast	127	1545	11	1217	8
Ciabatta	155	1813	12	1170	8
Gluten Free Bread	96	1147	11	1195	12
Multigrain Toast	125	1526	10	1221	8
Fruit Toast (2)	100	1261	10	1261	10
ALL-DAY BREAKFAST FAVOURITES	Serving Size Per Serve (g)	Energy Per Serve (kJ)	Total Fat Per Serve (g)	Energy Per 100g (kJ)	Total Fat Per 100g (g)
Granola Bowl	212	2088	17	985	8
Smashed Avo & Feta	194	1426	16	737	8
With Poached Egg	245	1698	21	694	8
With Bacon	334	2606	37	782	11
With Smoked Salmon	254	1971	25	778	10
Grilled Haloumi Bruschetta	273	2233	29	820	11
Grilled Haloumi Bruschetta LG	329	2702	59	821	18
Ultimate Bacon & Egg Roll	475	3916	38	824	8
Corn & Zucchini Fritters w/ Bacon	240	1594	21	664	9
Salmon & Avo Stack	295	1887	18	641	6