

**HEALTHY CHOICES**  
AVAILABLE FROM 6.00PM – 10.30PM

**HEALTHY CHOICE MEALS**  
BY SALLY FITZGIBBONS

**Indian spiced chicken breast**

Cucumber salad, raita, brown rice

*low fat | high protein | high fibre*      \$33.00

**Baked fish**

Tasman salmon, herbed young potatoes, lemon

*low fat | high protein | high fibre*      \$38.00

**LIGHT MEALS**

**Vegetable gnocchi**

Green peas, zucchini, fetta, mint

*low fat | high protein | high fibre*      \$20.00

**Belly of pork**

Roasted pork belly, apple jam, radish salad

*high protein | high fibre*      \$24.00

**FROM THE RESTAURANT**

AVAILABLE FROM 11.00AM - 11.00PM

**Chicken Caesar salad** [*v, g*] *optional*

cos lettuce with shaved parmesan, croutons, crispy bacon, finished with grated egg and grilled chicken      \$17.50

**Summer legend**

crumbed chicken, jalapeno peppers, cheese, maple bacon served with shoestring fries \$17.50

**Sneaky cheesy**

Angus beef, American cheese, ketchup, mustard, Brooklyn pickles, brioche bun, served with shoestring fries      \$18.50

**The club sub**

chicken in mustard mayo, double smoked bacon, tomato, lettuce on a baguette served with shoestring fries      \$18.50

**Battered fish**

shoestring fries and garden salad with a lemon cheek and tartare sauce      \$18.00

**SIDES**

Mixed fresh green salad [*v, h, g*]      \$10.00

Steak cut fries with Greek seasoning [*v*]      \$10.00

**DESSERTS**

**Ice cream** (500ml)

ask about today's flavours,

served with a delicious selection of accompaniments      \$19.00

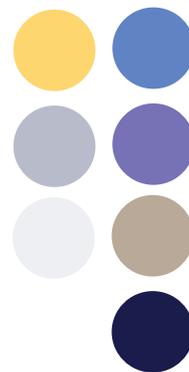
**Selection of cheese**

accompanied by dried fruit compote, quince paste and lavosh      \$19.50

**Fruit plate** [*h, g*]

chef's selection of seasonal fruit      \$16.00

[*h*] healthy option [*g*] gluten free [*v*] vegetarian



## JUNIOR MENU

AVAILABLE FROM 11.00AM – 10.00PM

- \*Please advise staff of any allergies
- \*Dishes may include traces of nuts
- \*Please note junior menu available for children up to 12 years

## MAIN MEALS

Spaghetti bolognaise *[v] optional* \$10.00

The following meals are served with your choice of shoestring fries and salad or seasonal mixed vegetables and creamy mash

Hamburger *[v] optional* \$12.00

Fish & chips *crumbed or grilled* \$12.00

6" ham & pineapple pizza \$12.00

## SLEEP WALKER MENU

### Toasted sandwich

Prague ham, gruyere cheese,  
on country sour dough with mixed leaf salad \$15.00

### Butter chicken *[g] optional*

steamed rice and naan bread \$18.00

### Classic Caesar salad *[v]*

cos lettuce with parmesan and croutons, finished with a grated egg \$16.00

## DESSERTS

### Ice cream (500ml)

ask about today's flavours,  
served with a delicious selection of accompaniments \$19.00

### Selection of cheese

accompanied by dried fruit compote, quince paste and lavosh \$19.50

### Fruit plate *[h, g]*

chef's selection of seasonal fruit \$16.00

## DRINKS

### NV Azahara sparkling

small glass (150ml) \$11.00

### Mojo moscato

small glass (150ml) \$13.00

### Totara sauvignon blanc

small glass (150ml) \$11.00 large glass (250ml) \$16.00

### Singing in the Rain chardonnay

small glass (150ml) \$12.00 large glass (250ml) \$17.00

### Cake Rose

small glass (150ml) \$13.00 large glass (250ml) \$17.00

### Nanny goat pinot noir

small glass (150ml) \$14.00 large glass (250ml) \$20.00

### Zepplin shiraz

small glass (150ml) \$12.00 large glass (250ml) \$17.00

### James squire 150 lashes

\$10.50

### James boags premium

\$9.00

### James boags premium light

\$8.00

### Heineken

\$10.50

### Little creatures pale ale

\$10.50

### Water - sparkling or still

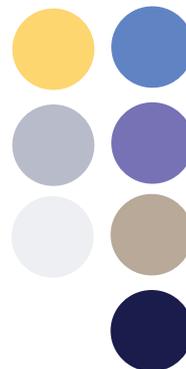
750ml \$8.50

### Soft drinks

330ml \$4.00

### Coffe & tea

\$4.50



*h] healthy option [g] gluten free [v] vegetarian*