

# HEALTHY

## FROM OUR SALAD BAR

	M	V
.....	...	...
Buck wheat, edamame, beans, baby spinach and roast sweet potato	10.0	12.0
Roast pumpkin, baby spinach, roast beetroot, danish fetta and red onion		
Tomato, cucumber, fresh basil and bocconcini		
Beetroot, almond and cranberry		
Penne pesto with wild rocket, capsicum, sundried tomato and roast eggplant		
Quinoa with cabbage, shallots, hot smoked salmon and slivered almond		

## CHOICE OF HOUSEMADE DRESSINGS

.....		
Reduced balsamic and virgin olive oil		
Greek citrus vinaigrette		
Thai lime and coriander		
Creamy caesar		
Beetroot and blood orange		

## HAVE YOUR SALAD SERVED ON ONE OF OUR CREATIVE BASKETS

	M	V
.....	...	...
Black sesame crispy basket	3.0	4.0
Waffle basket		
Large coconut bao bun		

# LIGHT

## SOMETHING LIGHT

	M	V
.....	...	...
Sandwiches, baguettes, wraps and sourdough	9.0	9.5
Classic meat pie or savoury roll	7.5	8.0
Gourmet rustic and flaky savoury pie	12.0	13.0
Salt and pepper baby squid and roast garlic aioli	11.0	12.0
Vegetarian (vegan) empanadas and chilli sauce	11.0	12.0
Beef rendang curry puffs and sweet chilli sauce	10.0	11.0
Chorizo empanadas and garlic aioli	10.0	11.0
Tuscan dusted crunchy fries and tomato relish	8.5	9.0
Sweet potato waffle chips, sweet chilli and sour cream	12.0	14.0
Assorted vegetable chips and pistou sauce	11.0	12.0

## SWEET TREATS

	M	V
.....	...	...
Assortment of individual cakes and slices	7.5	8.0
French pastries and croissants	5.5	6.0
Friands, muffins and brownies	4.5	5.0

We make all our products in the same kitchen. If you have any allergies, please let us know and we will try our best to serve you up something delicious.

V — Visitor  
M — Member

# HOT

HOT	M	V	TEA	M	V
.....	...	...	.....	...	...
Long espresso	3.8	4	English breakfast	4.2	4.5
Cappuccino	3.8	4	Earl grey	4.2	4.5
Flat white	3.8	4	Peppermint	4.2	4.5
Chai latte	3.8	4	Green tea sencha	4.2	4.5
Hot chocolate	3.8	4	Organic chamomile	4.2	4.5
Latte	3.8	4	Chai masala	4.2	4.5
Mocha	3.8	4	Jasmine green tea	4.2	4.5
Espresso	3.5	3.7	Ginger kiss	4.2	4.5
Piccolo	3.5	3.7	Strawberry patch	4.2	4.5
Macchiato	3.5	3.7			

EXTRAS	M	V		M	V
.....	...	...	.....	...	...
Mug <i>add</i>	0.4	0.5	Almond milk <i>add</i>	0.5	0.5
Extra shot <i>add</i>	0.6	0.7	Syrups <i>add</i>	1.0	1.0
Decaf <i>add</i>	0.5	0.5	<i>Caramel, Hazelnut</i>		
Soy milk <i>add</i>	0.5	0.5	<i>or Vanilla</i>		

# COLD

ICE COLD	M	V
.....	...	...
Iced chocolate	6.5	7.0
Iced coffee	6.5	7.0
Affogato	6.5	7.0
Wild berry smoothie	7.0	7.5
Mango crush smoothie	7.0	7.5
Banana and honey smoothie	7.0	7.5
Guava and passionfruit	7.0	7.5
Chocolate milkshake	6.0	6.5
Strawberry milkshake	6.0	6.5
Caramel milkshake	6.0	6.5
Vanilla milkshake	6.0	6.5

**Make it a thick shake!**  
 Add 1.0 1.5

EMMA & TOM'S WHOLE FRUIT JUICES	M	V
.....	...	...
Radical action	4.5	4.8
Extreme C		
Green power		
Cloudy apple		
Sparkling cola		
Sparkling Lisbon lemon		
Kombucha raspberry		
Pineapple crush		
Karmarama		
Straight OJ		
Carrot top		
Sparkling raspberry		
Sparkling mineral		
Kombucha passionfruit		

We make all our products in the same kitchen. If you have any allergies, please let us know and we will try our best to serve you up something delicious.

V — Visitor  
 M — Member