



ALL DAY LIGHT BREAKFAST

- Croissant** \$7.00
Ham & cheese
- Bagel**
- Bacon & egg \$7.50
- Salmon & cream cheese \$9.00
- French Toast** \$8.00
2 slices topped with bacon & a side of maple syrup
- Omelette** \$10.00
Ham, cheese & mushroom on sourdough
- Eggs Benedict** \$10.00
2 eggs served with spinach on lighty toasted sourdough
Add:
- Ham \$2
- Bacon \$3
- Mushroom \$3
- Salmon \$4
- Smashed Avo** \$12.00
A poached egg served with feta on sourdough

LIGHT MEALS

- Bowl of Chips** \$6.00
Filo \$14.00
See cabinet for daily selection
- Lasagne** \$14.00
See cabinet for daily selection
- Quiche** \$14.00
See cabinet for daily selection
- Seafood Platter** \$14.00
Squid, prawns, fish, surimi with tartare & lemon

All served with chips & salad

SALADS

- Fruit Salad** \$7.00
Seasonal fruit salad drizzled with honey & lime
- Sunrise Pasta Salad** \$10.00
Sun dried tomato, basil pesto, fresh parsley & mint with parmesan cheese
- Chicken & Mango** \$13.00
Grilled chicken breast, mango, cucumber, capsicum, avocado & mixed lettuce with a side of mango dressing

Non-members will incur a \$2 additional charge per menu item
Gluten Free & Dairy Free Available on Request





SANDWICHES / OPEN GRILL / WRAP

Sunrise Club \$8.50

Chicken, bacon, avocado, tomato,
cheese, mixed leaves & aioli

Ham, cheese & pineapple \$7.50

Ham, cheese & tomato \$7.50

Chicken, cheese & asparagus \$7.50

Chicken, cheese, onion, tomato & mayo \$7.50

Make Your Own \$7.50

Meat: pick 1
Ham, chicken & bacon

Salad: pick 3
Cheese, tomato, cucumber, asparagus,
avocado, beetroot, mixed lettuce, carrot,
red onion, pineapple & egg

Condiments:

Mayo & aioli
\$2 extra per item

BURGERS

Asian Fish Bao \$10.00

3 Bao Buns with crumbed fish & Asian
slaw

Tropo Burger \$14.00

Crumbed chicken breast, pineapple,
cheese mayo & mixed lettuce

Parmi Burger \$15.00

Crumbed chicken breast, ham, cheese,
salsa & mixed lettuce

Steak Sandwich \$15.00

Fillet steak, onion, beetroot, tomato,
cheese, mixed lettuce & BBQ sauce

- Add bacon & egg \$2

All burgers served with
a side of chips

See cabinet for Today's
Sweet & Savoury Selections
Coffee & cake deal \$8.80

Non-members will incur a \$2 additional charge per menu item
Gluten Free & Dairy Free Available on Request

