MENU
SUNRISE
ESPRESSO

# LIGHT MEALS

| | |
|---|---|
| **Bowl of Chips** | $6.00 |
| **Ham & Cheese Croissant** | $7.00 |
| **Lamb Wrap**<br>Lamb, lettuce, tomato, cheese & tzatziki on a toasted spinach wrap | $10.00 |
| **Club Panini**<br>Chicken, bacon, avocado, tomato, cheese, mixed leaves & aioli on a toasted panini | $12.00 |
| **Nachos**<br>Corn chips, cheese, sour cream, salsa, guacamole | $12.00 |
| **Lasagne, Chips & Salad** | $14.00 |
| **Quiche, Chips & Salad** | $14.00 |
| **Seafood Platter**<br>Squid, prawns, fish, surimi & chips served with tartare & lemon | $14.00 |
| **Steak Sandwich**<br>Onion jam, cheese, tomato, smokey BBQ sauce, beetroot & mixed leaves served with a side of chips | $15.00 |
| **Add a Side of Chips to Any Meal** | $3.00 |

– Gluten Free Bun Available –

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

# SANDWICHES/OPEN GRILLS

| | |
|---|---|
| White, Wholemeal, Multigrain or Soft Wrap | $7.50 |
| Extra Meat or Filler Add | $2.00 |

Gluten Free or Panini Available

**Protein – Choice of 1**

- Smoked Ham
- Chicken
- Bacon
- Egg

**Fillers – Choice of 3**

| | | |
|---|---|---|
| Tomato | Grated Carrot | Cucumber |
| Pineapple | Beetroot | Asparagus |
| Red Onion | Avocado | Cheese |

**Condiments**

- Mayo
- Aioli
- Sweet Mustard Pickle

## See cabinet for Today's Sweet & Savoury selections

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# CREPE YOUR WAY

## IN-HOUSE SPECIALTY CREPES

### - SWEET OR SAVOURY -

**Crepes with your choice of filling** $9.00

**Sweet Fillings - Choose Up to 3**

- Banana
- Orange
- Mango
- Strawberries
- Lemon
- Apple & Cinnamon
- Ice Cream
- Nutella
- Caramel
- Custard

**Savoury Fillings - Choose Up to 3**

- Smoked Ham
- Chicken
- Bacon
- Egg
- Cheese
- Tomato
- Pineapple
- Red Onion
- Avocado

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# BEVERAGES

| | |
|---|---|
| **Coffee Your Way** | |
| Cup | $4.30 |
| Mug | $4.80 |
| **Hot Chocolate** | |
| Small | $4.20 |
| Large | $4.70 |
| **Macha Latte** | |
| Small | $4.30 |
| Large | $4.80 |
| **Babycino** | $2.00 |
| **Milkshakes** – Strawberry / Chocolate / Vanilla / Banana / Caramel / Lime / Coffee | |
| Regular | $5.00 |
| Thickshake | $7.00 |
| **Iced Chocolate / Coffee / Mocha** | $5.60 |
| **Tea** – English Breakfast / Earl Grey / Green / Chamomile / Peppermint / Herbal | |
| Cup | $3.10 |
| Mug | $3.60 |
| Pot | $4.10 |
| Pot Refill | $1.00 |
| Lemon & Honey Water | $3.00 |
| **Soy, Lactose Free Milk & Syrups** | $0.50 |
| **Almond Milk** | $1.00 |

**– Take away & liquer coffees available, please ask staff –**

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OPENING HOURS
Sunday-Thursday
10am-9pm
Friday & Saturday
10am-10pm