



## 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 lightly 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: x 1

Ham, chicken & bacon

#### Salad: x 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

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