



Breakfast (8am – 3pm)

fruit plate with plain or strawberry yoghurt	\$11.50
bircher muesli, rockmelon & passionfruit	\$8.50
maple spelt toasted muesli with dried fruits & yoghurt	\$11.50
sonoma sourdough toast with preserves	\$5.50
sonoma fruit spelt toast with preserves	\$6.50
toasted banana bread	\$6.00
housemade baked beans with ham hock, organic sourdough toast	\$12.00
cheddar, gruyere & goats cheese tart, roast tomato salad	\$14.50
eggs benedict, short bacon & hollandaise	\$15.50
smoked salmon benedict with hollandaise	\$19.50
two free range eggs, poached on organic sourdough toast	\$12.00

add on:

fresh ricotta	\$3.50	ham baked beans	\$6.50	fresh avocado	\$3.50
fresh vine ripened tomato	\$3.50	bacon	\$4.50	mushrooms	\$4.50
roasted roma tomato	\$3.50	breakfast sausages	\$4.50	plain yoghurt	\$3.50
fresh baby spinach	\$3.50	smoked salmon	\$6.50	extra toast	\$3.00

lunch (12noon –3pm)

witlof, water cress & grape salad with caper dressing	\$19.00
smoked trout, chorizo, potato, egg & watercress salad	\$19.50
cos caesar salad, poached egg, croutons, bacon & parmesan	\$16.50
	add smoked salmon \$19.50
	add poached chicken \$19.50
open chicken sandwich, avocado, rocket, lemon aioli on Turkish bread	\$18.00
smoked salmon rustic panini, cucumber, crème fraiche, watercress, capers	\$20.00
steak sandwich, caramelised onions, parkland fries	\$22.00
beer battered barramundi with chips & aioli	\$22.00
garlic prawn, mint, pea & goats cheese linguine	\$24.00
atlantic salmon, citrus, herb & fennel salad, fresh lemon	\$24.50

sides – (to accompany a main dish)

green leaf salad, chardonnay dressing	\$6.50
parkland fries, rosemary salt & aioli	\$6.50
cucumber & feta salad	\$6.50

café - 8am – 4pm
 kiosk - 7am – 5pm
 restaurant – 12noon – 3pm

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sweet treats

daily selection of ice creams & sorbets (3 scoops)	\$8.50
selection of local cheeses, pear & port jam, lavosh	\$15.00
daily selection of cookies, cakes & pastries	from... \$3.50

vittoria 'oro' blend 100% arabica coffee \$3.50

byron bay tea company tea \$4.00
 english breakfast, earl grey, organic green sencha, organic peppermint, organic chamomile

byron bay tea company organic herbal blends \$4.50

energy,
 green tea, ginseng, gotu cola, blackcurrant, strawberry, blackberry, hibiscus, rosehips, bilberries, elderberries

calming
 chamomile, lime blossoms, passion flower, vanilla bean, cinnamon

digest
 peppermint, chamomile, fennel, lemon balm

detox
 fennel, calendula, nettle, chicory root, dandelion root, liquorice, ginger, cinnamon

cold beverages

charlie's juices, quenchers & smoothies \$4.50
 juices - apple juice, orange juice
 quenchers - lemonade, raspberry or mango & orange
 smoothies – *energy* with mango, orange & guarana, *antioxidant* with acacia & mixed berry,
vitamin c with fejoa, *super food* with spirulina & kiwi fruit
 (all smoothies are 100% real fruit – no dairy, no preservatives)

phoenix organic sodas \$3.80
 organic cola, organic lemonade, organic ginger beer, organic lemon lime bitters

italian soft drinks \$3.70
 chinotto, limonata, aranciata rosso

flavoured milk \$4.00
 chocolate, caramel & strawberry

schweppes soft drinks \$3.50
 peps, peps max, lemonade,

juices \$4.00
 orange, apple, cranberry, tomato, pineapple

santa vittoria mineral water – still or sparkling	500ml	\$5.00
	1 litre	\$8.00

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