

salads

pear and walnut salad - chicken, fresh pear, walnuts and arugula 12

pumpkin salad - roast pumpkin, baby spinach, goats cheese, pine nuts, caramelized balsamic dressing
10.5 w/chicken add 2.5

tuna salad - imported italian tuna, lime juice, cherry tomatoes, shallots 10.5

chicken avocado salad - herb grilled chicken w/mixed greens, avocado and boiled egg 11.5

cous cous salad - rasins, almonds, pumpkin seeds peppers, pine nuts, cilantro, shrimp and lemon juice, 11.5

shrimp avocado salad - cherry tomato and arugula with lemon vinaigrette 12.5

roast vegetable salad - roast pumpkin, eggplant, zucchini, goats cheese, pine nuts and arugula 12

apple prosciutto salad - apples, goats cheese, crispy prosciutto, apple cider vinaigrette, shaved walnuts,
spinach and toffee powder 12.5

panini

tomato mozzarella - tomato, mozzarella, prosciutto, basil 9.5

roast vegetables - pesto and mozzarella 9.5

tuna - imported italian tuna, tomato, goats cheese, with lime dressing 9.5

grilled chicken breast - roast vegetables and aoli dressing 9.5

roast beef - honey mustard, tomato, lettuce, mayo 10

posh blt - prosciutto, avocado, tomato and lettuce with aioli dressing 10

soup

soup of the day - served with ciabatta 6.5

pastas

spicy italian sausage - baby peas, tomato sauce 12

prosciutto - zucchini, asparagus and parmesan 12

creamy chicken pasta - w/cherry tomato 13

rigatoni al ragu - grandma ruby's famous home made bolognese 13.5

pesto pasta - 11 w/chicken add 2.5

roast vegetable - roasted pumpkin, zucchini, roasted peppers and asparagus 12

shrimp - chilli oil, lime, fresh tomatoes, and arugula 14

burgers

bells - premium ground beef, tomato, lettuce, mayo 10

bronte - premium ground beef, tomato, lettuce, sweet chilli, mayo and cheese 11

bondi - tender chicken breast, tomato, lettuce, sweet chilli, mayo 9.5

blueys - tender chicken breast, tomato, lettuce, sweet chilli, lemon mayo and cheese 10.5

whaleys - premium ground beef, tomato, lettuce, beet, pineapple, a fried egg and ketchup 12.5

avocado - added to burgers 2.5

breakfast (served till 1pm)

toasted bread - jam or nutella 5

oatmeal - milk, brown sugar, cinnamon and banana 6.5

homemade granola - milk, honey, yoghurt and banana 6.5

fresh fruit salad - yoghurt and honey 6.5

buttermilk pancakes - caramelized plums, maple syrup and yogurt 9

egg sandwich - red peppers, prosciutto and swiss cheese 8.5

egg plt - w/ prosciutto, lettuce, tomato and avocado 8.5

eggs - two eggs, fried or scrambled on seven grain or ciabatta toast 7

dessert

sticky date pudding 7

juice

orange juice 3.5

smoothies

banana 6.5

strawberry 6.5

strawberry, banana 6.5

pineapple mint (non-dairy) 6.5

banana, strawberry and fresh orange juice (non-dairy) 6.5