

# PARKLANDS CAFÉ MENU

AVAILABLE UNTIL 11:30AM

## Acai Bowl \$15

Organic acai berry, guarana, banana, strawberries and apple juice topped with granola, strawberries, goji berries, blueberries and organic honey

## Thin Cut Sourdough or Raisin Toast \$6

Served with whipped butter, jam, vegemite, peanut butter, or honey (V, GF option available)

## Bircher Muesli \$9

Chia seeds, quinoa, honey, mixed seeds, and seasonal fruits (V)

## Mushroom Toastie \$16

Grilled mushrooms, toasted sourdough, kimchi, gochujang mayo, smoked mozzarella (V)

## Bacon and Egg Muffin \$6

One free range egg fried, streaky bacon, on a English muffin, choice of tomato ketchup or bbq sauce (GF option available)

## Bacon and Egg Roll \$10

Two free range eggs fried, streaky bacon, on a Cantina long roll, choice of tomato ketchup or bbq sauce (GF option available)

## Breakfast Burger \$14

Angus beef patty, streaky bacon, fried egg, hash brown, homemade tomato relish, on a burger bun

## Smashed Avocado \$19

With dukkah, cherry tomatoes, chilli flakes, lemon, and soft fried egg (V, GF and VGN option available)

## Free-Range Eggs Your Way \$11

Poached, fried, or scrambled with sourdough toast and a hash brown (V and GF option available)

## Chilli Scrambled Eggs \$19

Spring onion, coriander, manchego cheese, double smoked chorizo, pickled chilli, sourdough (GF and V option available)

## The Big Breakfast \$25

Two organic fried eggs, maple drizzled smoked bacon, breakfast sausage, swiss brown mushrooms, field tomatoes, baked beans, hash brown and sourdough toast

### ADD SIDES:

Bacon or Avocado (GF) \$5

Smoked Huon Salmon (GF) \$6

Mushrooms or Baked Beans (GF, V) \$4

Hash Brown or Free Range Egg (GF, V) \$3

### Kids Menu (15 and under)

Scrambled Eggs on Toast \$9  
(V, GF option available)

Ham and Cheese Toastie \$9

Chicken Nuggets \$9  
Chips, tomato ketchup, bbq sauce

## BEVERAGES

**Swiss Shake** - Enormous amounts of vanilla ice-cream, cream, milk and malt with your choice of: chocolate, strawberry, vanilla, caramel and banana  
1/2 Pint \$9  
Pint \$13

**Protein Shake** - Ice cream, natural yogurt, whey protein powder (vanilla or chocolate), milk/soy/almond/oat \$11.5

### Espresso, Long Black. \$4.5

Cappuccino, macchiato, piccolo, flat white, latte, mocha \$5

**Tea** – English breakfast, earl grey, green, chamomile, peppermint, lemon and ginger \$4.5

Tumeric latte, matcha latte, chai. \$5

Hot chocolate \$4.5

**Upsize to large - add extra \$1**

Milk - Soy, almond, oat, lactose free \$0.5

### Soft Drinks

Coca Cola 600ml range \$6

Mt Franklin Still Water 600ml \$4

Mt Franklin Lightly Sparkling 450ml \$6

Mt Franklin Still Water 1.5LT \$8

Poppa Juice \$3.5

Mojo Juices \$6

Red Bull \$6

Powerade \$7

# PARKLANDS CAFÉ MENU

## AVAILABLE FROM 11:30AM

### Garlic Bread \$9

Garlic butter, parmesan, herbs (V)

### Hot Chips \$8/\$11

Aioli or ketchup

### Onion Rings \$8/\$11

### Chefs Garden Salad \$10

Mixed leaves, cucumber, carrot, tomato light vinaigrette (GF) (V)

### Add feta cheese / chicken breast / smoked salmon \$6

### Mushroom Toastie \$16

Grilled mushrooms, toasted sourdough, kimchi, gochujang mayo, smoked mozzarella (V)

### Nachos (Vegetarian / Beef) \$18 / \$22

With corn chips, melted mozzarella cheese, sour cream, coriander, jalapeños, guacamole.

Veg - spiced beans and sweet corn (V) (GF)

Beef - spiced beef and beans (GF)

### Chicken Schnitzel \$19

Panko and parmesan crusted chicken breast, mesclun and pickled onion salad, lemon and chips

### Steak and Chips \$29

All natural grassfed beef striploin steak, chunky fries and red wine jus (GF)

### Add side of garden salad \$6

### The BEST Vegetarian Burger \$16

Mushroom, beans and cashew patty, beetroot, avocado, bush pepper cheddar and tomato chutney (V, vegan option available).

### Add chips \$5

### Fish Burger \$15

Hake fillet fried, lettuce, tartare sauce

### Add chips \$5

### Grilled Chicken Burger \$16

Free range chicken, iceberg lettuce, sliced tomato, pickles, sriracha mayonnaise (GF option available)

### Add chips \$5

### The BEST Burger \$13

Angus beef patty, burger sauce, jack cheese and onions. (GF option available)

### Add chips \$5

## PASTA

### Creamy Chicken and Pesto Penne (GF option available) \$17

### Kids Menu (15 and under)

#### Best Little Burger \$8

Angus beef patty, ketchup, lettuce, jack cheese on a milk bun with fries. (GF option available)

#### Chicken Nuggets \$9

Chips, tomato ketchup or bbq sauce

## RAFI'S GOURMET PIZZA

### Margherita \$16

Tomato, basil, mozzarella (V)

### Pepperoni \$19

Tomato, pepperoni, garlic, oregano, mozzarella

### Hawaiian \$19

Smoky honey ham, pineapple, mozzarella

### BBQ Chicken \$22

Tender chicken, mushrooms, onion, mozzarella

### Vegetarian \$19

Onion, mushrooms, peppers, and fresh mozzarella (V)

### Nutella \$14

Pizza with Nutella and icing sugar

### Add strawberries \$4

## FISH OF THE DAY

### Salt and Pepper Calamari \$18/\$28

Local greens, lemon, fruikake, kimchee aioli, chips

### Traditional Fish and Chips \$28

Beer battered, chips, tartare sauce and lemon wedge

### Grilled Fish of the Day \$28

Seasonal vegetables, preserved lemon oil and greens (GF)

### Seafood Basket \$28

Four x Crumbed calamari, two x seafood cocktail, two x prawn cutlet, hot chips, tartare sauce and lemon wedge

# PARKLANDS CAFÉ MENU

## BEVERAGE

### VITALITY BAR

Today's Recommendations



### WINES

#### Sparkling

	G	B
Sparkling Wolf Blass Bilyara Sparkling <i>Multi-regional, SA</i>	\$11.5	\$54
Seppelt Drives Sparkling <i>Grampians, VIC</i>		\$62
T'Gallant Prosecco <i>Red Hill, Vic</i>		\$67

#### Champagne

Champagne <i>G.H. Mumm Reims, FR</i>		\$150
--------------------------------------	--	-------

#### White

White Wolf Blass Bilyara Chardonnay <i>Multi-regional, SA</i>	\$11.5	\$54
Coldstream Hills Chardonnay <i>Yarra Valley, VIC</i>		\$100
Seppelt 'Drives' Chardonnay <i>Grampians, VIC</i>	\$12.5	\$62
Leo Buring Clare Valley Riesling <i>Claire Valley, SA</i>		\$65
Penfolds Bin 51 Riesling <i>Barossa Valley, SA</i>		\$123
Wolf Blass Bilyara Sauvignon Blanc <i>Multi-regional, SA</i>	\$11.5	\$54
Annie's Lane Semillon Sauvignon Blanc <i>Clare Valley, VIC</i>		\$68
T'Gallant Grace Pinot Grigio <i>Mornington, VIC</i>		\$70

#### Rosé

Devil's Lair Honeybomb		\$65
Upside Down Rose	\$10	\$50

#### Red

Tempus Two Silver Series Shiraz, NSW	\$11.5	\$54
Seppelt 'Drives' Shiraz <i>Bendigo and Heathcote, VIC</i>	\$13	\$65
Pepperjack Shiraz <i>McLaren Vale, SA</i>		\$90

Penfolds Max's Shiraz <i>Barossa Valley, SA</i>	\$105
St Huberts 'Stag' Pinot Noir <i>Yarra Valley, VIC</i>	\$75
Penfolds Bin 23 Pinot Noir <i>Barossa Valley, SA</i>	\$125
Wynns 'The Gables' Cabernet Sauvignon <i>Yarra Valley, VIC</i>	\$75
Saltram Mamre Brook Cabernet Sauvignon <i>Barossa Valley SA</i>	\$100

### BEERS AND CIDERS

Heineken Zero – Zero Alcohol Beer	\$6
Heineken	\$12
Hahn SuperDry	\$9
Hahn Super Dry 3.5%	\$7
Tooheys New	\$8
James Squire Lager	\$8
Stone and Wood Pacific Ale	\$13
James Squire Ginger Beer	\$14
James Squire Orchard Crush Apple Cider	\$11.5
White Claw Hard Seltzer	\$15

### SPIRITS (incl. mixer)

Zubrowka Biala Vodka	\$12.5
Gordons Dry Gin	\$12.5
Jim Beam White Label 37%	\$12.5
Pampero Blanco White Rum 37.5%	\$12.5
Bundaberg Rum UP	\$12.5
Captain Morgan Spiced Rum	\$12.5
Canadian Club Original 37%	\$13
Johnnie Walker Red Label	\$13