

PARKLANDS CAFÉ MENU

AVAILABLE UNTIL 11:30AM

Ham & Cheese Croissant \$9

Cheese and Tomato Toastie \$7

Breakfast Quiche \$7

Eggs, bacon, shallot, mushroom, cream, cheddar

Quiche Florentine \$7

Eggs, spinach, cream, nutmeg, swiss cheese

Acai Bowl \$15

Organic acai berry served with cinnamon granola, mixed berries, seasonal fruit, passionfruit pulp chia seeds and organic honey

Bacon and Egg Muffin \$7

One free-range egg, streaky bacon, english muffin, your choice of tomato or BBQ sauce (GF option available)

Bacon and Egg Roll \$11

Two free-range eggs fried, streaky bacon on a cantina long roll, your choice of tomato ketchup or BBQ sauce (GF option available)

Add a regular size hot beverage for \$1

Smashed Avo \$13

Toasted turkish, feta, blistered tomato, poached egg, dukkah lemon wedge

Free-range Eggs Your Way \$12

Poached, fried or scrambled eggs with toast and a hash brown

Breakfast Burger \$13

Burger patty, caramelised onion, jack cheese, streaky bacon, fried egg easy over, brioche bun your choice of tomato ketchup, BBQ sauce aioli or hollandaise

Eggs Benedict \$19

Two poached free-range eggs, streaky bacon (or smoked salmon) hollandaise sauce and wilted spinach, english muffins

Add a regular size hot beverage for \$1

Chilli Prawn Omelette \$21

Marinated tiger prawns, chilli and garlic omelette on turkish with crispy shallot, shaved parmesan and sriracha aioli

Add a regular hot beverage for \$1

Vegetarian Breakfast \$19

Two free-range eggs (your way), grilled halloumi, sauteed mushroom, blistered tomato, wilted spinach, hash brown on Turkish

Add a regular size hot beverage for \$1

The Big Breakfast \$23

Two free-range eggs (fried, poached or scrambled), maple drizzled bacon, beef sausage, cremini mushrooms, field tomatoes, wilted spinach, hash brown and toast

Add a regular size hot beverage for \$1

Hot Chips \$6/\$11

Chicken salt, aioli, tomato ketchup or BBQ sauce

Potato Wedges \$13

Sour cream, sweet chili sauce

ADD SIDES

Bacon or Avocado (GF) \$5

Smoked Tasmanian Salmon (GF) \$6

Sauteed Mushrooms or Spinach (GF, V) \$4

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

KIDS MENU (15 and under)

Scrambled Eggs on Toast \$7

Fresh Fruit, Yogurt and Granola \$7

Chicken Nuggets & Chips \$10

Tomato ketchup, bbq sauce

PARKLANDS CAFÉ MENU

AVAILABLE FROM 11:30AM

Falafel Bowl

Homemade lemon & sumac hummus, quinoa and farro salad with shredded kale & spinach, pickled spanish onion, sliced avocado, tahini & lemon dressing

\$15

Buddha Bowl

Chopped kale, shredded carrots, pickled spanish onion, roasted sweet potato, radish, tahini & turmeric dressing

Add chicken or prawns \$4

\$14

Chicken Caesar Salad

Roasted herb-marinated chicken, bacon crisp, house caesar dressing, soft boiled egg, freshly grated grana padano

\$17

Pad Thai

Traditional stir-fried rice noodles with egg, beansprouts, crushed peanuts and tofu.

Add chicken or prawns \$4

\$14

Grilled Chicken Breast

Seasonal vegetables, salsa verde

\$19

The BEST Burger

Angus beef patty, lettuce, fresh vine ripened tomato, bacon jam, burger sauce, jack cheese & onions (GF option available)

Add hot chips and a 600ml soft drink \$4

\$11

Grilled Chicken or Southern Fried Chicken Burger

Free-range chicken, iceberg lettuce, sliced tomato, pickles, ranch sauce (GF option available)

Add hot chips and a 600ml soft drink \$4

\$11

Veggie Burger

Mushroom and chickpea patty with rocket, tomato relish (GF option available)

Add hot chips and a 600ml soft drink \$4

\$11

PASTA

Spaghetti Napolitana

With napolitana sauce, fresh herbs, grana padano

\$15

Chilli Prawn Spaghetti

Marinated tiger prawns with sun-dried tomato, wine, rocket, lemon, grana padano

\$17

GOURMET PIZZA

Margherita

Tomato, basil, mozzarella (V)

\$16

Hawaiian

Smoky honey ham, pineapple, mozzarella

\$18

Pepperoni

Peperoni salami, mozzarella

\$19

Chilli Prawn Pizza

Marinated tiger prawns, sun-dried tomato, wine, rocket, lemon, mozzarella

\$21

Hot Chips

Chicken salt, aioli, tomato ketchup or BBQ sauce

\$6/\$11

Potato Wedges

Sour cream, sweet chilli sauce

\$13

FRESH FISH OF THE DAY

Salt & Pepper Calamari

Side salad and lemon wedge

Add hot chips and a 600ml soft drink \$4

\$18

Traditional Fish & Chips

Beer battered white fish, chips, tartare, lemon wedge

\$19

Grilled Fish of the Day

Seasonal vegetables, tomato and salsa verde

\$22

Kids Menu (15 and under)

Chicken Nuggets & Chips

Tomato ketchup, BBQ sauce

\$10

Mini Cheeseburger & Chips

Tomato ketchup, BBQ sauce

\$10

Mini Fish & Chips

Tomato ketchup or tartare sauce

\$10

Spaghetti Nest

With napolitana sauce, fresh herbs and grated cheese

\$9

PARKLANDS CAFÉ MENU

HOT DRINKS

Espresso, Long Black \$4.5

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

Babyccino \$2.5

Tea \$4.5

English breakfast, early grey, green, chamomile, peppermint, lemon and ginger

Tumeric latte, matcha latte, chai, hot chocolate, dirty chai \$5

Ice Latte \$6.5

Upsize to a large – **add extra \$1**

Milk +.50

Soy, almond, oat, lactose free

Coffee Syrup +\$1

Caramel, Hazelnut or vanilla - add extra

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 Juice \$6

Red Bull \$6

Powerade \$7

MILK SHAKES

Milkshake your choice of chocolate, strawberry, banana, vanilla or caramel
small \$6
large \$8

Swiss Shake

Enormous amounts of vanilla ice-cream, milk and malt with your choice of Chocolate, strawberry, vanilla, caramel and banana
½ Pint \$7
Pint \$10

SMOOTHIES

Summer Set \$9

Strawberry, mango, milk, yoghurt and honey

Triple Berry \$9

Mixed berries, milk, yoghurt, honey

JUICES

Red Rush \$8

Ginger, lime, beetroot, carrot and celery

Green Grin \$8

Cucumber, capsicum, celery

Watermelon Crush \$8

Watermelon and ice

PROTEIN SHAKES

Original \$9

Milk, yoghurt, ice and protein powder (chocolate or vanilla)

Avocado

Avocado, banana, yoghurt, milk protein powder (chocolate or vanilla) honey yoghurt

Berry

Protein powder (chocolate or vanilla) mixed berries, pineapple, water

FRAPPES

Coffee Frappe \$7

Milk, double espresso shot, ice cream, ice, blended

Chocolate Frappe \$7

Milk, chocolate, ice cream, ice, blended

COCKTAILS

Bloody Mary \$13

Lemon juice, worcestershire sauce, tabasco, vodka and pepper

Virgin Mary \$10

Lemon juice, worcestershire sauce, tabasco and pepper

SPARKLING WINE ^G ^B

Wolf Blass Bilyara Sparkling
Multi-regional, SA \$11.5 \$54

WHITE WINE

Wolf Blass Bilyara Chardonnay
Multi-regional, SA \$11.5 \$54

Seppelt 'Drives' Chardonnay \$9
Grampian, VIC \$12.5 \$62

Wolf Blass Bilyara Sauvignon Blanc
Multi-regional, SA \$11.5 \$54

T'gallant Grace Pinot Grigio
Mornington, VIC \$70

RED WINE

Tempus Two Shiraz
Series Shiraz, NSW \$11.5 \$54

Pepperjack Shiraz McLaren \$90

St Huberts 'Stag' Pinot Noir
Yarra Valley, VIC \$75

BEER

Heineken \$12

Hahn super dry \$9

Hahn super dry 3.5% \$7