

PARKLANDS CAFÉ MENU

AVAILABLE UNTIL 11:30AM

Ham & Cheese Croissant **\$9**

Cheese and Tomato Toasty **\$7**

Ham, Cheese and Tomato Toasty **\$7**

Granola Bowl **\$13**

Cinnamon granola, mixed berries, seasonal fruit, passionfruit pulp chia seeds and organic honey

Sausage and Egg Burger **\$9**

Free-range egg, beef sausage patty, melting cheese, on a burger bun with tomato or BBQ sauce (GF option available)

Bacon and Egg Burger **\$9**

Free-range egg, streaky bacon on a burger bun, with tomato or BBQ sauce (GF option available)

Eggs Your Way **\$13**

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

BLAT **\$13**

Bacon, lettuce, smashed avo, tomato, aioli, toasted Turkish bread or wrap

Smashed Avo **\$14**

Toasted Turkish bread, smashed avo, goat cheese, blistered tomato, poached egg, dukkah lemon wedge

Fiesta Wrap **\$15**

Packed with scrambled eggs, cheese, black beans, salsa, spinach, tomato relish wrapped in a toasted tortilla. Choose a filling from bacon, halloumi or chorizo

Add a regular hot beverage for **\$2**

Fritter! **\$16**

Corn & quinoa fritters served with avocado salsa, poached egg, tomato relish, Choose a filling from bacon, halloumi or chorizo

Add a regular size hot beverage for **\$2**

Super Steak Sambo **\$18**

Juicy rump, caramelized onion, lettuce, garlic aioli, mustard on toasted Turkish bread

Add hot chips and a 600ml soft drink **\$5**

Vegetarian Breakfast **\$19**

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

Add a regular size hot beverage for **\$2**

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 **\$2**

Hot Chips **\$6/\$11**

Chicken salt, aioli, tomato ketchup or BBQ sauce

Potato Wedges **\$13**

Sour cream, sweet chili sauce

Chicken Nuggets & Chips **\$10**

Tomato ketchup, BBQ sauce

ADD SIDES

Bacon, Chorizo or Avocado (GF) **\$5**

Sauteed Mushrooms or Spinach (GF, V) **\$5**

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**

PARKLANDS CAFÉ MENU

AVAILABLE FROM 11:30AM

Thai Beef Salad

Rump steak, lettuce, tomato, onion, cucumber, cilantro, Chilli, garlic, lime, fish sauce

\$15

Chicken Caesar Salad

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

\$17

Nachos

Corn chips, spiced beans, melted mozzarella, sour cream, coriander, jalapeños, shallots, guacamole (V)(GF)

\$19

Coconut Chicken Curry

Free range chicken, star anise, turmeric, cinnamon, broccoli, coconut cream, jasmine rice, prik nam pla

\$15

Super Steak Sambo

Juicy rump steak, caramelized onion, lettuce, garlic aioli, American mustard on Turkish

Add hot chips and a 600ml soft drink \$5

\$18

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 \$5

\$12

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 \$5

\$12

Veggie Burger

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

Add hot chips and a 600ml soft drink \$5

\$12

PASTA

Spaghetti Carbonara

Speck, egg, parmigiano regiano

\$16

Chicken Pesto Penne

Free range chicken breast, basil pesto, cream, grana padano

\$18

GOURMET PIZZA

Margherita

Tomato, basil, mozzarella (V)

\$17

Hawaiian

Smoky honey ham, pineapple, mozzarella

\$19

Spicy Chorizo

Spicy chorizo, caramelized onions, goat cheese, arugula

\$21

(Gluten Free options available on request)

Hot Chips

Chicken salt, aioli, tomato ketchup or BBQ sauce

\$6/\$11

Potato Wedges

Sour cream, sweet chilli sauce

\$13

FISH OF THE DAY

Fish Tacos

Two soft shell tortilla tacos, crispy fish, salad, avocado salsa, chilli aioli

Add hot chips and a 600ml soft drink \$5
(Gluten Free options available on request)

\$17

Salt & Pepper Calamari

Side salad and lemon wedge

Add hot chips and a 600ml soft drink \$5

\$19

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

Spaghetti Nest

With napolitana sauce, fresh herbs and grated cheese

\$10

PARKLANDS CAFÉ MENU

HOT DRINKS

Espresso, Long Black \$4.8

Cappuccino, macchiato, piccolo, flat white, latte, mocha \$5.5

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 \$6

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 Sauvignon Blanc
Multi-regional, SA \$8.5 \$54

Wolf Blass Bilyara Chardonnay
Multi-regional, SA \$8.5 \$54

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

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