

# PARKLANDS CAFÉ MENU

AVAILABLE UNTIL 11:30AM

## Tropical Granola Bowl

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

\$12

## French Toast

Macerated strawberries, cinnamon, vanilla, butter, maple syrup

\$13

## Bacon & Egg Burger

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

\$9

## Sausage & Egg Burger

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

\$9

## Avocado & Feta Smash

smashed avocado, whipped feta, cherry tomatoes, mint, lemon zest on toasted sourdough

\$14

## Brekkie Toast

Bacon, tomato, cheese and rocket with a seeded mustard mayo on Turkish toast

\$12

## Eggs Your Way

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

\$13

## Breakfast Burrito

Crispy bacon, scrambled eggs, avocado, Pico de Gallo, cheddar, sour cream, coriander, jalapeños

\$15

## Super Steak Sambo

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

\$18

## The BIG Breakfast

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

\$23

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

## Vegetarian Breakfast

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

\$19

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

## Hot Chips

Chicken salt, aioli, tomato ketchup or BBQ sauce

\$6/\$11

## Potato Wedges

Sour cream, sweet chili sauce

\$13

## Popcorn Chicken & Chips

Tomato ketchup, BBQ sauce

\$10

## Chicken Nuggets & Chips

Tomato ketchup, BBQ sauce

\$10

### ADD SIDES

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

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

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

### KIDS MENU (under 15 years old)

**Scrambled Eggs on Toast** \$7

**Fresh Fruit, Yogurt and Granola** \$7

# PARKLANDS CAFÉ MENU

AVAILABLE FROM 11:30AM

## BOWLS, PLATES & SANDWICHES

### Chicken Caesar Salad **\$17**

Roasted herb-marinated chicken, lettuce, bacon crisp, house Caesar dressing, soft boiled egg, freshly grated grana Padano

### Vietnamese Noodle Bowl **\$18**

Rice noodles, lemongrass beef or tofu, pickled veg, herbs, nuoc cham

### Nachos **\$19**

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

### Pollo Pesto Penne **\$18**

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

### Poached Chicken Sandwich **\$11**

Poached chicken with celery, walnut, aioli, dill pickle on white bread

### Korean Mushroom Toastie **\$13**

Grilled mushroom, kimchi, gochujang mayo, mozzarella toasted sourdough (V)

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

### Super Steak Sambo **\$18**

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

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

## BURGERS

### Classic Beef Burger **\$13**

Angus beef patty, cheddar, lettuce, tomato, pickles, burger sauce

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

### Summer Goodness Veggie Burger **\$13**

Mushroom and chickpea patty, tasty cheese, avocado, beetroot, cos lettuce, tomato, Spanish onion, relish & herbed mayo

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

### Grilled Chicken Burger **\$13**

Free-range chicken, shredded carrot, lettuce, tomato, Spanish onion, coriander, herbed mayo

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

## SEAFOOD

### Fish Tacos **\$19**

Two soft shell tortilla tacos, crispy fish, avocado, shredded lettuce, Pico de Gallo, cheddar, sour cream, coriander, jalapeños, hot chips

### Salt & Pepper Calamari **\$19**

Side salad and lemon wedge

### Fish & Chips **\$19**

Beer battered white fish, hot chips, tartare, lemon wedge

## GOURMET PIZZAS

### Margherita **\$17**

Tomato, basil, mozzarella

### Hawaiian **\$19**

Smoky honey ham, pineapple, mozzarella

### Vegetarian **\$20**

Roasted capsicum, olives, feta, onion, mozzarella

### Supreme **\$23**

Pepperoni, ham, capsicum, mushrooms, onion, olives, mozzarella

## SNACKS & SIDES

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

Chicken salt, aioli, tomato ketchup or BBQ sauce

### Potato Wedges **\$13**

Sour cream, sweet chili sauce

### Popcorn Chicken & Chips **\$10**

Tomato ketchup, BBQ sauce

### Side Salad **\$7**

Mixed greens, tomato, cucumber, French vinaigrette

### Kids Menu (under 15 years old)

#### Chicken Nuggets & Chips **\$10**

Tomato ketchup, BBQ sauce

#### Spaghetti Nest **\$10**

With napolitana sauce, fresh herbs and grated cheese

# PARKLANDS CAFÉ MENU

## HOT DRINKS

Espresso, Long Black	\$4.8
Cappuccino, Macchiato, Piccolo, Flat White, Latte, Mocha	\$5.5
Tumeric Latte	\$5
Matcha Latte	\$5
Chai Latte	\$5
Hot Chocolate	\$5
Dirty Chai	\$5
Babyccino	\$2.5
Ice Latte	\$6.5
Upsize to a large – add extra	\$1
Tea	\$4.5
English breakfast, early grey, green, chamomile, peppermint, lemon and ginger	
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	
Watermelon Crush	\$8
Watermelon and ice	
Freshly Squeezed Orange Juice	\$8

## PROTEIN SHAKES

Original	\$9
Milk, yoghurt, ice and protein powder (chocolate or vanilla)	
Berry	\$9
Protein powder (chocolate or vanilla) mixed berries, pineapple, water	

## FRAPPES

Coffee Frappe	\$7
Milk, double espresso shot, ice cream, ice, blended with whipped cream	
Chocolate Frappe	\$7
Milk, chocolate, ice cream, ice, blended with whipped cream	

## SPARKLING WINE

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

## 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

Hahn super dry		\$9
Hahn super dry 3.5%		\$7