
WINES

	glass	bottle
sparkling		
lindeman's henry's sons brut cuvee	\$6.90	\$22.90
seppelt fluer de lys chardonnay pinot noir	\$8.00	\$29.00
oyster bay sparkling rose	\$12.50	\$45.00
maison de grand esprit les petites		\$49.00
white wine		
lindemans henry's sons sem sauv blanc	\$6.90	\$22.90
lindemans henry's sons chardonnay	\$6.90	\$22.90
valley of the giants crisp dry white	\$7.50	\$25.50
whippersnapper sauv blanc sem chen blanc		\$35.50
squeeling pig nz sauv blanc		\$39.00
annie's lane reisling	\$10.80	\$38.00
oyster bay marlborough sauv blanc	\$10.50	\$39.50
hidden cave chardonnay		\$39.00
red wine		
lindemans henry's sons shiraz cab	\$6.90	\$22.90
wolf blass eaglehawk rose	\$7.00	\$23.00
valley of the giants classic dry red	\$7.50	\$25.50
matua valley hawks bay merlot		\$35.00
hidden cave shiraz cab		\$40.00
oyster bay pinot	\$12.50	\$45.00
pepperjack shiraz		\$48.00

BEER

tap		
cascade light	\$4.00	\$7.00
pure blonde	\$5.20	\$9.70
stella artois	\$5.50	\$10.50
bulmers pear cider	\$5.20	\$9.50
pure blonde premium mid	\$6.00	
carlton dry	\$7.00	
crown lager	\$8.50	
fat yak	\$8.50	
asahi	\$8.50	
corona	\$8.50	
strongbow cider original	\$6.50	
strongbow cider sweet	\$6.60	
strongbow cider pear	\$6.50	

NEXT GENERATION KINGS PARK MENU

BREAKFAST until 11am

fruit salad with cottage cheese (v/gf)	\$9.00
bircher muesli topped with fresh strawberries & grated apple (v)	\$8.50
mushroom, spinach, tomato & cheese tortilla wrap (v/gf)	\$9.50
scrambled egg & bacon tortilla wrap (gf)	\$ 8.90
toasted rye bagel with avocado slices, tomato & light cream cheese (v)	\$14.50
eggs on toast poached, scrambled or fried on multigrain, wholemeal, white, rye or gluten free bread (v)	\$9.90
three egg omelette your choice of three fillings (v) - ham, mushroom, cheese, chicken, spanish onion, chilli tomato, capsicum or spinach	\$12.90
scrambled eggs on wilted baby spinach topped with smoked salmon	\$14.00
breakfast of champions grilled bacon, grilled tomato, mushrooms, hash browns with your choice of poached, scrambled or fried eggs on toast	\$17.90
toast multigrain, wholemeal, white	\$3.90
rye & walnut, fruit toast or gluten free bread	\$4.90

DEUCE JUICE

	reg	large
passing shot skim milk, pineapple, mint, banana & frozen yoghurt	\$5.70	\$6.70
tie breaker passionfruit, honey, strawberries, cranberries, & frozen yoghurt	\$6.10	\$7.10
drop shot pineapple sorbet, banana, honey & ice	\$6.10	\$7.10
cardio crush apple juice, strawberries, watermelon, banana & ice	\$6.10	\$7.10
break point skim milk, espresso coffee, banana, honey, & frozen yoghurt	\$6.70	\$7.70
drive volley pineapple sorbet, mango, coconut milk & apple juice	\$6.70	\$7.70
chocolate smash skim milk, raspberries, frozen yoghurt, & chocolate powder	\$6.70	\$7.70
health kick carrot, apple, celery, ginger & ice	\$6.70	\$7.70
brekkie to go skim milk, muesli, banana, frozen yoghurt & wheatgerm	\$6.70	\$7.70
kick serve raspberry sorbet, blueberries, raspberries, strawberries, apple juice & ice	\$7.10	\$8.10
crowd pleaser skim milk, blueberries, raspberries, strawberries, apple & frozen yoghurt	\$7.10	\$8.10
lob recovery pineapple sorbet, mango, watermelon, pineapple juice, strawberries & ice	\$7.10	\$8.10
protein workout skim milk, banana, frozen yoghurt, honey, whey powder, lecithin, wheatgerm, egg whites & ice	\$8.10	\$9.10

ALL DAY MENU after 11am

club wrap grilled chicken, bacon, lettuce & tomato mayonnaise wrapped in a toasted flour tortilla	\$13.50
falafel wrap crisp lentil bites, lettuce, tomato & hommus wrapped in toasted a flour tortilla (v)	\$13.50
anise & chilli prawns lightly coated prawns with chilli flakes & anise deepfried & served on mixed greens with soy mayonnaise	\$14.90 / \$19.00
baby field mushrooms field mushrooms stuffed with english spinach, goats cheese & semi-dried tomatoes (v/gf)	\$12.90 / \$17.90
flat bread pizza fresh tomatoes, mozzarella slices & fresh basil (v)	\$9.00
caesar salad crisp cos lettuce bound in a garlic anchovy & lemon dressing with bacon croutons & soft boiled egg (gf)	\$15.50
add chicken	\$4.00
add smoked salmon	\$4.50
baked potato with smoked salmon skin on baby potatoes baked, smashed & topped with creme fraiche, smoked salmon, red onions & capers	\$16.90
rocket pear & walnut salad wild rocket, william pear slices & walnuts tossed in a blue cheese dressing (v/gf)	\$15.90
add smoked salmon	\$4.50
add chicken	\$4.00

asian style beef & noodle salad \$18.90
wokfried beef with lemongrass & rice noodles with carrot, red onions & cherry tomatoes in a chill & lime dressing

rosemary garlic & lemon chicken \$17.90
grilled chicken tenderloins marinated with lemon roasted garlic rosemary & olive oil with couscous & avocado salad (gf)

gnocchi napolitan \$14.00
potato gnocchi tossed in a tomato & herb sauce topped with shaved aged parmesan (v)
add mushrooms \$3.00
add smoked salmon \$4.50
add grilled chicken \$4.00

herb crusted barramundi \$23.90
baked fillet of local barramundi herb crusted & served on a greek salad with salsa verde (gf)

moroccan lamb chemoula \$17.90
marinated lamb pieces, roast capsicum, chickpeas, eggplant, cucumber & tomato with a mint & yoghurt dressing

steak sandwich \$18.90
chargrilled 120gm steak in a turkish roll with mustard, lettuce, tomato & beetroot jam served with a side of fries

please ask for gluten free bread or wraps
(v) vegetarian (gf) gluten free

SIDE ORDERS

small bowl of fries	\$7.50
bowl of seasoned wedges	\$8.50
steamed vegetables	\$7.50
garden salad	\$7.50

KIDS MEALS available all day for kids up to 12 years old \$12.00

- beef lasagne with side fries or salad
- fish goujons, fries or salad
- ham & pineapple pizza, fries or salad
- baked potato, grilled chicken & salad