

## DESIGN YOUR OWN

control what you eat & design your own health conscious meal

example:

200gm beef eye fillet \$12  
+ 100gm steamed potato \$3  
+ 200gm roast pumpkin \$6  
= \$21 total

	calories (kj)	fat (g)	carbs (g)	protein (g)
<b>protein 100gm - \$6 per item</b>				
chicken breast	109.0	1.4	0.0	23.5
beef eye fillet	155.0	6.0	0.0	20.9
atlantic salmon	215.0	4.4	0.0	21.6
boiled egg	124.0	9.9	1.3	12.2
(select your seasoning)				
garlic & herbs				
lemon pepper				
<b>carbohydrates 100gm - \$3 per item</b>				
basmati rice	205.0	0.4	44.5	4.8
brown rice	205.0	0.4	44.5	4.8
steamed potato	66.7	0.0	15.2	1.2
cous cous	112.0	0.2	23.2	3.8
<b>vegetables 100gm - \$3 per item</b>				
green beans	20.0	0.1	4.5	1.1
broccoli	25.5	0.4	4.5	2.7
carrot	41.0	0.1	9.6	1.1
spinach	24.2	0.2	4.4	3.1
pumpkin	28.6	0.1	7.0	1.1

## KIDS MEALS includes small soft drink

**\$7.90**

- banger & mash with gravy
- battered fish & chips with tomato sauce
- healthy chicken & vegetable stir-fry
- crispy chicken strips & chips
- soft boiled eggs served with buttered toast soldiers
- rigatoni napolitana
- ham & pineapple pizza bread with chips

# NEXT GENERATION MEMORIAL DRIVE MENU

## BREAKFAST

<b>eggs on toast</b>	<b>\$7</b>
two eggs any style, served on thick cut toast	
<i>extras:</i>	
<i>hash brown, baked beans</i>	<i>\$2</i>
<i>grilled tomato, braised mushrooms</i>	<i>\$3</i>
<i>sausage, bacon, smoked salmon</i>	<i>\$4</i>
<b>bircher muesli</b>	<b>\$9</b>
rolled oats soaked with juice, yoghurt & skim milk, flavoured with apple dried fruits & nuts	
<b>poached fruit</b>	<b>\$8</b>
vanilla poached fruit finished with honey yoghurt	
<b>scrambled egg wrap</b>	<b>\$8</b>
scrambled egg flavoured with cumin & smoked paprika, wrapped up with corn, cream cheese and roquette	
<b>bacon &amp; egg roll</b>	<b>\$9</b>
crispy fried bacon & egg with caramelized onion, cheddar cheese & bbq sauce in a toasted pita bread ( <i>available all day</i> )	
<b>eggs benedict</b>	<b>\$12</b>
soft poached eggs with smoked ham, hollandaise sauce & wilted spinach, served on toasted crusty bread	
<b>fig &amp; apple oatmeal</b>	<b>\$11</b>
plump rolled oats flavoured with granny smith apple, fig & cinnamon, finished with natural yoghurt & honey	
<b>mushrooms on toast</b>	<b>\$11</b>
grilled bread topped with herbed cottage cheese, field mushrooms & wilted spinach	
<b>ham omelette</b>	<b>\$12</b>
filled with sautéed leg ham, field mushroom & tomato on toast	
<b>vegetarian omelette</b>	<b>\$12</b>
filled with roasted red capsicum, baby spinach & feta cheese on toast	
<b>toast</b>	<b>\$5</b>
wholemeal, multigrain, white or raisin toast with butter & condiment	
<b>cereal</b>	<b>\$6</b>
your choice of cereal served with full cream, skim, or soy milk	

## SNACKS

<b>garlic bread</b>	<b>\$5</b>
toasted crunchy bread with herb & garlic butter	
<b>chunky style chips</b>	<b>\$7</b>
lightly seasoned served with tomato sauce & aioli	
<b>seasoned potato wedges</b>	<b>\$8</b>
served with sweet chilli & sour cream	
<b>olives</b>	<b>\$8</b>
herb marinated olives with grilled sourdough & dukkah	
<b>trio of dips</b>	<b>\$14</b>
house made dips served with a selection of toasted breads	
<b>grazing platter</b>	<b>\$17</b>
a selection of marinated vegetables, cured meats & local cheese served with crusty bread	

## SANDWICHES

<b>open chicken sandwich</b>	<b>\$10</b>
on grilled sourdough with swiss cheese, tomato, lettuce, caramelized onion & whole egg mayonnaise	
<b>club sandwich</b>	<b>\$12</b>
a three layered sandwich with toasted bread, mayonnaise, smoked turkey, crisp bacon, lettuce, tomato, cream cheese & cranberry	
<b>salad sandwich</b>	<b>\$9</b>
tomato, cucumber, carrot, beetroot relish, alfalfa & cheddar cheese on wholegrain bread	
<b>egg salad sandwich</b>	<b>\$10</b>
farm fresh egg seasoned with cumin, paprika & celery on wholemeal bread with lettuce, mayonnaise & tomato	

## LIGHT MEALS

<b>soup of the day</b>	<b>\$9</b>
warm hearty soup served with grilled turkish bread	
<b>falafel wrap</b>	<b>\$12</b>
lettuce, tomato, hot falafel & tzatziki in a toasted pita bread	
<b>club wrap</b>	<b>\$12</b>
tender chicken, bacon, lettuce, cheddar, tomato & mayonnaise in a toasted pita bread	
<b>moroccan vegetable salad</b>	<b>\$16</b>
charred vegetables tossed with orange scented cous cous, roasted almonds & apricots, finished with honey yoghurt	
<b>tuna salad</b>	<b>\$19</b>
seared tuna fillet, with a green bean, cherry tomato, basil, spanish onion & crouton salad finished with a sweet cabernet vinegar	
<b>chicken caesar salad</b>	<b>\$17</b>
crisp cos leaves tossed with caesar dressing, crispy bacon, grilled chicken, shaved parmesan & anchovies finished with a poached egg	
<b>salmon salad</b>	<b>\$19</b>
crispy skinned atlantic salmon, with an orange, fennel, spanish onion & snowpea tendril salad	
<b>chicken salad</b>	<b>\$17</b>
grilled chicken breast tossed with sliced pear, blue vein cheese, roasted walnut, baby spinach and a light mayonnaise dressing	
<b>salt &amp; pepper squid</b>	<b>\$15</b>
lightly dusted australian arrow squid finished with fresh herbs & a tossed salad	
<b>steak sandwich</b>	<b>\$16</b>
toasted crusty bread filled with seared eye fillet, caramelized onion, beetroot relish, tomato, lettuce, horseradish mustard & cheddar cheese served with a side of chips	

## MAINS

<b>next generation beef or chicken burger</b>	<b>\$17</b>
on toasted sourdough with cheddar cheese, tomato, fried egg, onion, bacon, beetroot relish & a jalapeno, smoked paprika mayonnaise served with a side of chips	
<b>fish &amp; chips</b>	<b>\$18</b>
lightly beer battered fish fillets served with crunchy chips & a tossed salad	
<b>lentil &amp; zucchini cake</b>	<b>\$16</b>
served on a light vegetable curry with a cucumber, carrot & mint salad	
<b>beef stir-fry</b>	<b>\$18</b>
tender strips of beef flavoured with ginger, garlic & coriander sautéed with asian vegetables then tossed with soba noodles	
<b>rigatoni pollo</b>	<b>\$17</b>
sautéed chicken breast with broccoli, roast pumpkin & chilli in a honey scented rosé sauce with rigatoni pasta	
<b>fusilli ragout</b>	<b>\$17</b>
slow cooked beef & tomato ragout tossed with al dente fusilli, green peas & basil	
<b>chicken schnitzel</b>	<b>\$17</b>
crumbed chicken schnitzel served with fried chat potatoes, broccolini & pepperonata	
<b>pollo saltimbocca</b>	<b>\$20</b>
pan seared chicken breast with prosciutto & sage served on mashed potato with broccolini	
<b>parmesan crusted veal</b>	<b>\$22</b>
slow cooked veal in a crisp parmesan crust with soft polenta and a white bean, cherry tomato, spanish onion & parsley salad	

## SIDE ORDERS

**all sides are \$5 per item**

- small bowl of fries
- green beans and broccolini
- pear, roquette and parmesan salad
- steamed new potatoes with thyme