wedges

	full	half
sea salt	$20.90	$13.90
garlic aioli	$23.90	$16.90
honey mustard	$23.90	$16.90
sour cream & sweet chilli	$23.90	$16.90
vegan aioli	$25.50	$18.00

salad

caesar (gf) - Lettuce, free range boiled egg, crispy bacon, shaved parmesan cheese, roasted pine nuts and caesar dressing. $27.90

in training salad (gf) - Lettuce, boiled free-range egg, roasted turmeric sweet potato, roasted pine nuts and in-house made honey mustard dressing $25.90

Add grilled chicken +10.90 Add avocado +5.90
Add Sweet Potato Fritter +9.50

gourmet toasties with wedges $25.90

the lost hog
Smoked off the bone Ham, our signature cheese blend, & sweet mustard pickles.

lagoon ranch chicken
Herbed chicken, sprouts, in-house ranch & our signature cheese blend.

the reuben
Pastrami, sauerkraut, mustard pickles, & our signature cheese blend.

savannah chicken melt
Chicken breast, caramelized onion relish, avocado & camembert cheese.

the palmetum
Turkey, cranberry sauce & brie

off-the-bone classic
Smoked ham off the bone, tomato & our signature cheese blend.

magnetic attraction
Chicken, avocado & cheese.

pig in the tropics
Ham, cheese & pineapple

red & gold melt $20.90
Cheese & tomato

hot drinks

C - Cup M - Mug

coffee C $7.00 M $8.20
Cappuccino, Flat White, Mocha, Latte, Piccolo Latte, Long Black

baby chino $3.00

hot chai latte C $8.50 M $9.50

hot chocolate C $8.50 M $9.50

tea pot
1 cup $7.00 2 cup $10.50
Choice of; Lemon Myrtle & Ginger, Apple Tree, Peppermint, English Breakfast, French Earl Grey, Green Tea, Turmeric Beetroot & Ginger

iced drinks

iced latte $9.50
Iced or Blended - Add cream or ice cream +2.00 each, or both for +4.00

iced long black $6.50

cold drinks

milk shakes $12.90
your choice of chocolate, strawberry, vanilla, caramel, malt or banana. Kids sizes available - $10.90

smoothies $14.90

berry blast - Raspberries, blueberries, strawberries, coconut sorbet and apple juice

endless summer - Banana, mango, passionfruit, mango sorbet, and apple juice

mango tango - Mango, mango sorbet, banana and mango nectar

tropical townsville - Pineapple, strawberries, lemon sorbet, apple juice

cold press juices $14.50

G's fav - Orange, Apple & Pineapple

green machine - Apple, organic greens & pineapple

minty fresh - Watermelon, apple, pineapple, mint

Juices Available -Orange Juice - Apple Juice - Pineapple Juice - Watermelon Juice

Alternate Milks $1.70ea
Oat, Soy, Macadamia, Almond & Coconut

ABSOLUTE CRAVINGS

We kindly ask no BYO food or drinks.
Please let us know about any allergies when ordering so we can take extra care. If anything isn't right, tell us straight away — we're here to make sure you have a great experience.

10% weekend surcharges apply

FOOD THAT MAKES YOU FEEL GOOD

breakfast

two eggs on toast $16.90
Free-range eggs your way — poached, fried, or scrambled (+4.00 for scrambled) — served on buttered white toast.

the recovery $26.90
Free-range egg your way — fried, or scrambled (+4.00 for scrambled) — with bacon, cheese, and your choice of tomato or onion relish, served on a toasted Turkish roll.

smashed avo goddess $28.90
1/2 serve $22.90

Two slices of sourdough layered with mashed avocado, garlic, fresh organic lime juice, sea salt & cracked black pepper covered with Greek feta, cherry tomatoes, in-house made pickled radish & dukkha, beetroot relish with a wedge of lime with toasted sesame. (Vegan - remove the Feta)

sweet potato fritters (GF) $25.90
1/2 serve $18.90

Two oven baked sweet potato fritters in-house made with almond meal, served with baby spinach, avocado & tomato relish.

fritters benny (low carb) $34.90
1/2 serve $23.90

Sweet potato fritters, two poached eggs, baby spinach with hollandaise sauce. Includes bacon or mushrooms.

vegan brekkie $28.90
Toasted sourdough, pesto, mushrooms, avocado, baby spinach, dukkah &, balsamic glaze.

big breakfast feast $39.90
Butter Croissant, bacon, baby spinach, grilled tomato, mushrooms, avocado, two poached eggs with hollandaise sauce and tomato relish.

benny baby $30.90
Your choice of bacon or mushroom. Served on sourdough with two free-range poached eggs, baby spinach, and hollandaise sauce.

unless stated bread is white - GF breads available

breakfast extras

bacon - two rashers	$9.90
avocado	$5.90
mushrooms	$9.50
halloumi - two slices	$9.50
sweet potato fritter	$9.50
feta	$8.90
grilled cherry tomatoes	$6.90
two eggs - fried or poached	$6.50
two eggs - scrambled	$7.90
one egg - fried or poached	$4.20

pancakes

two pancakes $24.90
comes with vanilla bean ice cream and banana, strawberry, blue berries and canadian maple syrup

acai

acai bowl $20.90
comes with blueberries, banana and strawberries.
add Peanut butter (2.00)
add Granola (2.00)

kids menu

rice crackers choice of avocado, peanut butter or jam	$5.90
cheese toastie	$9.90
ham & cheese toastie	$13.90
chicken & cheese toastie	$13.90
sweet potato wedges with sauce	$12.90
pancake with strawberry or chocolate sauce, ice cream and sprinkles	$13.90