

THE FRESH FOOD LOCALS

SALADS

14⁰⁰

MEXICANO

Free range buffalo chicken, cos, red onion, carrot, avocado, corn chips, coriander, chilli lime dressing

THAI BEEF

Grass fed beef, mesclun, red onion, capsicum, carrot, crispy noodles, coriander, peanuts, chilli lime dressing

CAESAR PLEASER

Free range chicken, cos, egg, bacon, croutons, parmesan, caesar dressing

BUFFALO CHICKEN

Free range buffalo chicken, cos, red onion, celery, capsicum, carrot, crispy noodles, blue cheese dressing

LAWN BOWL

Tuscan roast veges, feta, spinach, sundried tomato, caramelised onion, capsicum, pumpkin seeds, balsamic dressing

THE D.I.Y

CAN'T DECIDE? THEN CREATE YOUR OWN MASTERPIECE
Choose from free range buffalo chicken, bacon, grass fed beef or free range chicken plus 6 salad ingredients

SAMMYS

10⁵⁰

B.L.A.T

Bacon, cos, avocado, tomato, caramelised onion, relish, mayo

MANWICH

Free range chicken schnitzel, bacon, relish, avocado, caramelised onion, tomato, cheese, mayo

~~\$12⁵⁰~~

THE D.I.Y

CAN'T DECIDE? THEN CREATE YOUR OWN MASTERPIECE
Choose from free range buffalo chicken, bacon, grass fed beef or free range chicken, plus 6 salad ingredients

CHICK FIXATION

Free range chicken schnitzel, cheese, tomato, cos, caramelised onion, cranberry, mayo

WRAPS • PITAS

WRAPS 12⁵⁰ | 13⁵⁰ PITAS

MANWICH

Free range chicken schnitzel, bacon, relish, avocado, caramelised onion, tomato, cheese, mayo

MEXICANO

Free range buffalo chicken, cos, red onion, carrot, avocado, corn chips, coriander, chilli lime dressing

THAI BEEF

Grass fed beef, mesclun, red onion, capsicum, carrot, crispy noodles, coriander, peanuts, chilli lime dressing

BUFFALO CHICKEN

Free range buffalo chicken, cos, red onion, celery, capsicum, carrot, crispy noodles, blue cheese dressing

CAESAR PLEASER

Free range chicken, cos, egg, bacon, croutons, parmesan, caesar dressing

CHICK FIXATION

Free range chicken schnitzel, cheese, tomato, cos, caramelised onion, cranberry, mayo

THE D.I.Y

CAN'T DECIDE? THEN CREATE YOUR OWN MASTERPIECE
Choose from free range buffalo chicken, bacon, grass fed beef or free range chicken plus 6 salad ingredients

LAWN BOWL

Tuscan roast veges, feta, spinach, sundried tomato, caramelised onion, capsicum, pumpkin seeds, balsamic dressing

B.L.A.T

Bacon, cos, avocado, tomato, caramelised onion, relish, mayo

WANT A LIL' EXTRA?

Meats \$3.00 • Gourmet \$1.50 • Standard • \$1.00
GF Wraps \$1.50

EST. 2008



THE FRESH FOOD LOCALS

HOT NOODLES

13⁵⁰

BEEF RAD THAI

Grass fed beef, red onion, carrot, capsicum, peanuts, coriander, pad thai sauce

RAGIN' CAJUN

Free range buffalo chicken, red onion, celery, carrot, capsicum, spicy peanuts, buffalo sauce

THE D.I.Y

CAN'T DECIDE? THEN CREATE YOUR OWN MASTERPIECE

Choose from free range buffalo chicken, bacon, grass fed beef or free range chicken plus 6 salad ingredients to go with your egg noodles

BREKKIE

MORNING GLORY ROLL

Cos, bacon, cheese, poached egg, caramelised onion, tomato, **your choice of** BBQ, tomato or chilli sauce on a fresh toasted bun.....\$7.90

B.L.A.T. BAGEL

Cos, bacon, avocado, tomato on a toasted bagel.....\$9.90

SMASHED AVO BAGEL

Smashed avocado, salt, pepper on a toasted bagel.....\$7.90

SMOOTHIES

8⁹⁰

GREEN MACHINE

Apple juice, baby spinach, banana, avocado, pineapple, celery

MANGOHOLIC

Apple juice, passionfruit pulp, low fat plain yogurt, mango pieces

pic's PEANUT

Trim milk, banana, Pic's Peanut Butter, low fat plain yoghurt, salted caramel

STRAWBERRY PASH

Strawberries, apple juice, passionfruit pulp, banana, low fat berry yogurt

BERRY CHRONIC

Mixed berries, apple juice, banana, low fat berry yogurt

WOLFMOTHER

Apple juice, banana, blueberries, chinese wolfberries (goji), fresh mint, low fat berry yoghurt

BENCHPRESS

Almond milk, banana, vanilla protein, low fat plain yoghurt, toasted muesli

ALL THE GOOD STUFF, NONE OF THE BAD

WE'VE SOURCED OUR INGREDIENTS SO DAM FRESH THERE'S STILL WATER DROPLETS FROM THE FARMERS SPRINKLER ON EM'
WHEN POSSIBLE WE GET THE GOODS LOCALLY, SO YOU CAN TRUST THAT IT'S PROBABLY THE BEST YOU'LL EVER HAVE
OUR FOOD IS DESIGNED TO LEAVE YOU FEELING FULL TO THE BRIM WITH LASTING MEMORIES SO GOOD

YOU'LL WANNA **COME BACK** - WE DON'T BLAME YA
WELCOME TO THE CLUB, THE CLUB OF FRESH FOOD ADDICTS.

EST. 2008

