



### **Breakfast (8am – 3pm)**

|                                                              |         |
|--------------------------------------------------------------|---------|
| fruit plate with plain or strawberry yoghurt                 | \$11.50 |
| bircher muesli, rockmelon & passionfruit                     | \$8.50  |
| maple spelt toasted muesli with dried fruits & yoghurt       | \$11.50 |
| sonoma sourdough toast with preserves                        | \$5.50  |
| sonoma fruit spelt toast with preserves                      | \$6.50  |
| toasted banana bread                                         | \$6.00  |
| housemade baked beans with ham hock, organic sourdough toast | \$12.00 |
| cheddar, gruyere & goats cheese tart, roast tomato salad     | \$14.50 |
| eggs benedict, short bacon & hollandaise                     | \$15.50 |
| smoked salmon benedict with hollandaise                      | \$19.50 |
| two free range eggs, poached on organic sourdough toast      | \$12.00 |

add on:

|                           |        |                    |        |               |        |
|---------------------------|--------|--------------------|--------|---------------|--------|
| fresh ricotta             | \$3.50 | ham baked beans    | \$6.50 | fresh avocado | \$3.50 |
| fresh vine ripened tomato | \$3.50 | bacon              | \$4.50 | mushrooms     | \$4.50 |
| roasted roma tomato       | \$3.50 | breakfast sausages | \$4.50 | plain yoghurt | \$3.50 |
| fresh baby spinach        | \$3.50 | smoked salmon      | \$6.50 | extra toast   | \$3.00 |

### **lunch (12noon –3pm)**

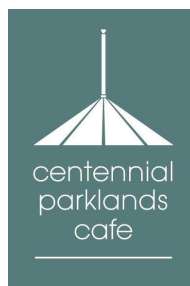
|                                                                          |                             |
|--------------------------------------------------------------------------|-----------------------------|
| witlof, water cress & grape salad with caper dressing                    | \$19.00                     |
| smoked trout, chorizo, potato, egg & watercress salad                    | \$19.50                     |
| cos caesar salad, poached egg, croutons, bacon & parmesan                | \$16.50                     |
|                                                                          | add smoked salmon \$19.50   |
|                                                                          | add poached chicken \$19.50 |
| open chicken sandwich, avocado, rocket, lemon aioli on Turkish bread     | \$18.00                     |
| smoked salmon rustic panini, cucumber, crème fraiche, watercress, capers | \$20.00                     |
| steak sandwich, caramelised onions, parkland fries                       | \$22.00                     |
| beer battered barramundi with chips & aioli                              | \$22.00                     |
| garlic prawn, mint, pea & goats cheese linguine                          | \$24.00                     |
| atlantic salmon, citrus, herb & fennel salad, fresh lemon                | \$24.50                     |

**sides –** (to accompany a main dish)

|                                       |        |
|---------------------------------------|--------|
| green leaf salad, chardonnay dressing | \$6.50 |
| parkland fries, rosemary salt & aioli | \$6.50 |
| cucumber & feta salad                 | \$6.50 |

café - 8am – 4pm  
 kiosk - 7am – 5pm  
 restaurant – 12noon – 3pm

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### sweet treats

|                                                     |                |
|-----------------------------------------------------|----------------|
| daily selection of ice creams & sorbets (3 scoops)  | \$8.50         |
| selection of local cheeses, pear & port jam, lavosh | \$15.00        |
| daily selection of cookies & cakes                  | from... \$3.50 |

vittoria 'oro' blend 100% arabica coffee \$3.50

byron bay tea company tea \$4.00  
 english breakfast, earl grey, organic green sencha, organic peppermint, organic chamomile

byron bay tea company organic herbal blends \$4.50

energy,  
 green tea, ginseng, gotu cola, blackcurrant, strawberry, blackberry, hibiscus, rosehips, bilberries, elderberries

calming  
 chamomile, lime blossoms, passion flower, vanilla bean, cinnamon

digest  
 peppermint, chamomile, fennel, lemon balm

detox  
 fennel, calendula, nettle, chicory root, dandelion root, liquorice, ginger, cinnamon

### cold beverages

charlie's juices, quenchers & smoothies \$4.50

juices - apple juice, orange juice  
 quenchers - lemonade, raspberry or mango & orange  
 smoothies – *energy* with mango, orange & guarana, *antioxidant* with acacia & mixed berry,  
*vitamin c* with fejoa, *super food* with spirulina & kiwi fruit  
 (all smoothies are 100% real fruit – no dairy, no preservatives)

phoenix organic sodas \$3.80  
 organic cola, organic lemonade, organic ginger beer, organic lemon lime bitters

italian soft drinks \$3.70  
 chinotto, limonata, aranciata rosso

flavoured milk \$4.00  
 chocolate, caramel & strawberry

schweppes soft drinks \$3.50  
 pepsi, pepsi max

juices \$4.00  
 cranberry, tomato, pineapple

|                                                   |         |        |
|---------------------------------------------------|---------|--------|
| santa vittoria mineral water – still or sparkling | 500ml   | \$5.00 |
|                                                   | 1 litre | \$8.00 |

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## **To Start - Freshly Shucked Oysters - \$3.50 each**

Your choice of either

Sydney Rock Oysters or Pacific Oysters with red wine & eschallot vinaigrette

## **Entrée - \$19**

Ricotta filled tempura zucchini flower, rocket & pesto salad

Line caught calamari, chorizo, tomato, oregano with squid ink tagliatelle

Gravalax of ocean trout, ruby grapefruit, baby herb salad, crispy capers

Crisp skin duck, baby beetroot, parsley, hazelnut praline

## **Main - \$32**

Potato gnocchi with morels, ceps & swiss brown mushrooms

Pan roasted mullock, yellow capsicum puree, black olive caponata

'Fish n Chips' (line caught deep sea flat head, triple cooked chips & aioli)

Slow cooked cider glazed pork cutlet, waldorf coleslaw, blood sausage

Beef tenderloin, carrot puree, potato dauphinoise

(with your choice of Dijon mustard, wholegrain mustard, horseradish, red wine jus)

## **Cheese - \$20**

Selection of Australian & imported cheeses

## **Dessert - \$15**

Affogato - vanilla bean ice cream, espresso, Frangelico

Mango panna cotta, coconut jelly, toasted coconut & pastry shard

Baked banana fondant, caramel ice cream & rich chocolate fudge sauce

Choice of daily made sorbets & ice-cream, smothered in seasonal berry compote

Chef: Darren Foots

**Lunch**  
**Wednesday - Sunday**  
**12noon - 3pm**

**Reservations: 9380 9350**



**\$50 Three Course Set Lunch**  
**Saturday**

**Entree**

Ricotta filled tempura zucchini flower, rocket & pesto salad

Line caught calamari, chorizo, tomato, oregano with squid ink tagliatelle

Gravalax of ocean trout, ruby grapefruit, baby herb salad, crispy capers

Crisp skin duck, baby beetroot, parsley, hazelnut praline

**Main**

Potato gnocchi with morels, ceps & swiss brown mushrooms

Pan roasted mulloway, yellow capsicum puree, black olive caponata

'Fish n Chips' (line caught deep sea flat head, triple cooked chips & aioli)

Slow cooked cider glazed pork cutlet, waldorf coleslaw, blood sausage

Beef tenderloin, carrot puree, potato dauphinoise

(with your choice of Dijon mustard, wholegrain mustard, horseradish, red wine jus)

**Dessert**

Affogato - vanilla bean ice cream, espresso, Frangelico

Mango panna cotta, coconut jelly, toasted coconut

Baked banana fondant, caramel ice cream & rich chocolate fudge sauce

Choice of daily made sorbets & ice-cream, smothered in seasonal berry compote

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Menu pricing inclusive of  
weekend & public holiday surcharge