



BREAKFAST

EGGS BENEDICT TWO SOFT POACHED EGGS ON A TOASTED ENGLISH MUFFIN WITH HAM OR SMOKED SALMON, HOLLANDAISE SAUCE, GRILLED TOMATO AND HASH BROWNS	24
TWO BARN LAID EGGS COOKED TO YOUR LIKING. CHOICE OF BACON, HAM OR SAUSAGE WITH GRILLED TOMATO, HASH BROWN AND TWO SLICES OF TOAST — WHITE, WHOLEMEAL OR MULTIGRAIN	20
THREE EGG OMELETTE TOMATO, MUSHROOM, HAM OR CHEESE WITH GRILLED TOMATO, HASH BROWN AND TWO SLICES OF TOAST — WHITE, WHOLEMEAL OR MULTIGRAIN	20
OPEN FACED EGG WHITE OMELETTE WITH SAUTÉED SPINACH, MUSHROOM, ARTICHOKE AND TOMATO RELISH	20
PANCAKES — BLUEBERRY, BANANA OR PLAIN WITH BUTTER, MAPLE SYRUP, WHIPPED CREAM AND BERRY COMPOTE	17
GRILLED BANANA BREAD WITH COTTAGE OR LIGHT CREAM CHEESE AND BUSH HONEY	17
SOUR DOUGH FRENCH TOAST WITH CARAMELISED APPLE, TOASTED ALMONDS AND WHIPPED CREAM	17
TOASTED RYE TWO SOFT POACHED EGGS, AVOCADO, SPINACH, HOLLANDAISE SAUCE AND TOMATO RELISH	17
SLICED SEASONAL FRUITS NATURAL BUSH HONEY AND YOGHURT	12
BAKERY DANISH PASTRY, CROISSANT, FRUIT MUFFIN OR TOAST — WHITE, WHOLEMEAL OR MULTIGRAIN, THREE PIECES PER SERVE WITH ASSORTED PRESERVES	10
TOAST WHITE, MULTIGRAIN OR WHOLEMEAL TOAST, ENGLISH MUFFIN, CRUMPET OR FRUIT LOAF, TWO PIECES PER SERVE WITH ASSORTED PRESERVES	8
CEREAL OR MUESLI FULL CREAM, SOY OR SKIM MILK, HOT OR COLD	8
BIRCHER MUESLI TOASTED ALMONDS, BUSH HONEY AND DRIED FRUITS	8



10 MINUTES

GRILLED FIELD MUSHROOMS WITH TOASTED SOUR DOUGH AND AVOCADO	10
B-E-T DOUBLE SMOKED BACON, FRIED EGG, AIOLI AND VINE RIPENED TOMATO TOASTED SANDWICH ON MULTIGRAIN, WHOLEMEAL OR WHITE BREAD	10
MANFREDI COFFEE YOUR CHOICE OF COFFEE WITH A SWEET MUFFIN, DANISH, TOASTED FRUIT LOAF OR CROISSANT	10
TWO EGGS CHIVE SCRAMBLED ON TOASTED RYE WITH GRILLED VINE RIPENED TOMATO AND BASIL PESTO	10
TOASTED HONEY SPICE SONOMA MUESLI WITH VANILLA INFUSED YOGHURT AND RASPBERRY PURÉE	10

EXTRAS

FLAVOURED NATURAL GREEK YOGHURT PASSIONFRUIT, BOYSENBERRY, LEMON CURD, NUTTY FRUIT MUESLI OR FIG, DATE AND WALNUT	6
SMOKED TASMANIAN SALMON	6
CRISP BACON, SAUSAGES OR HAM	6
GRILLED VINE RIPENED TOMATOES	3
GOLDEN HASH BROWNS OR POTATO GEMS	3

JUICE

ORANGE	7
PINEAPPLE	7
APPLE	7
TOMATO	7
CRANBERRY	7
FRESHLY SQUEEZED JUICE	13
CHOOSE YOUR COMBINATION: ORANGE, APPLE, WATERMELON, PINEAPPLE, HONEYDEW, CELERY, CARROT, GINGER	



COFFEE

	CUP	MUG
FLAT WHITE	4.5	5.8
CAFÉ LATTE	4.5	5.8
ESPRESSO	4.5	5.8
CAPPUCCINO	4.5	5.8
LONG BLACK	4.5	—
SHORT OR LONG MACCHIATO	4.5	—
MOCHA	—	5.5
HOT CHOCOLATE	—	5.5
CARAMEL, CHAI OR VANILLA LATTE	5.6	6.8
AFFOGATO	6.5	—
ICED COFFEE, CHOCOLATE OR MOCHA	—	7.5
ICED FRAPPIATTO	—	7.5

TEA

RONNEFELDT TEA	4.95
ENGLISH BREAKFAST, CLASSIC ORANGE PEKOE, CEYLON DECAFFEINATED, SPECIAL EARL GREY, CLASSIC CHAI, FANCY SENCHA, JASMINE GOLD, PURE CAMOMILE, MOROCCAN MINT, LEMON GREEN	

SMOOTHIES

BERRIES IN A CUP	10
STRAWBERRIES, RASPBERRIES, BLUEBERRIES, APPLE JUICE, LOW-FAT STRAWBERRY YOGHURT	
MISS THE GYM	10
STRAWBERRIES, FRESH BANANA, LOW-FAT MILK OR SOY, LOW-FAT VANILLA YOGHURT, PROTEIN BOOSTER	
GRAB & GO	10
BANANA, TOASTED MUESLI, HONEY, LOW FAT MILK OR SOY, LOW-FAT VANILLA YOGHURT	
MORNING CHOCOLATE RUSH	10
BELGIUM CHOCOLATE, COCONUT MILK, ALMONDS, BANANA, LOW-FAT MILK OR SOY MILK, VANILLA YOGHURT	

ALL PRODUCE, WHERE POSSIBLE, IS SOURCED LOCALLY TO REDUCE OUR CARBON FOOTPRINT
1.5% SURCHARGE APPLIES TO ALL CREDIT CARD PAYMENTS



QUICK

HOUSE MADE DIPS SMOKED SEA SALT AND TOASTED PIDE	12
CHARCUTIERE TASTING PLATE WITH GRISSINI, TO SHARE	22
NORTHERN RIVERS CHICKEN SALAD WITH GINGER CHILLI GLAZE AND THAI HERBS	20
MOROCCAN LAMB BURGER ON GRILLED PIDE WITH ROCKET, EGGPLANT RELISH AND TZATZIKI	15
STEAMED S.A. MUSSELS IN WHITE WINE CREAM, GARLIC, PARSLEY AND CHIVES WITH HOUSE MADE BREAD	15



QUICKER

SPICED POTATO WEDGES WITH SOUR CREAM, LIME AND SALSA	12
LEMONGRASS MOOLOOLABA PRAWNS IN ASIAN PASTRY WITH SHREDDED CUCUMBER SALAD, PALM SUGAR AND CHILLI GLAZE	15
100G SOFT SOUTH CAPE BRIE WITH QUINCE PASTE, AUSTRALIAN APRICOTS AND CRISP BREADS	15
VINE RIPENED TOMATO & SOFT BOCCONCINI WITH TORN BASIL, ROCKET, AGED BALSAMIC AND SHAVED PANCETTA	15
DUCK SPRING ROLLS INFUSED WITH ASIAN PLUM AND FIVE SPICE (2)	17



QUICKEST

'JIM BEAM' BOURBON WHISKEY FLAVOURED CHIPS	6
QUEENSLAND SOUTH BURNETT OLIVES	10
SMOKED CHICKEN, SUNDRIED TOMATO & BASIL WRAP	9
ORGANIC ROOT VEGETABLE & CRÈME FRAICHE FRITTATA	4
HOUSE BAKED MUFFIN BAKED DAILY, PLEASE ASK FOR TODAY'S FLAVOUR	6
CHARLIE'S COOKIES	6
60G FUDGELICIOUS TRIPLE CHOC (GF)	
60G BREKKI BIKKI (MUESLI COOKIE)	
60G ENERGY MUNCH	



HIGH TEA

WHETHER YOU'RE CELEBRATING
A SPECIAL OCCASION OR PURELY LOOKING
FOR SELF INDULGENCE, EXPERIENCE
OUR DECADENT HIGH TEA

A TRADITION RICH IN HISTORY

QUEEN CATHERINE, WIFE OF KING CHARLES II
IS ACKNOWLEDGED FOR MAKING TEA FASHIONABLE
IN ENGLAND. THE EARLIEST TEA SERVICE
DATES FROM HER REIGN.

ANNA MARIA STANHOPE, THE DUCHESS
OF BEDFORD IS CREDITED WITH ESTABLISHING THE
TRADITION OF TAKING TEA IN THE AFTERNOON.

THE SANDWICH WAS NAMED AFTER
JOHN MONTAGU, 4TH EARL OF SANDWICH
WHO WOULD EAT MEAT BETWEEN SLICES OF BREAD
WHILE PLAYING CARDS. OTHERS BEGAN TO ORDER
"THE SAME AS SANDWICH"

JOIN FRIENDS FOR AN INDULGENT
CELEBRATION OF THE CEREMONY THAT IS TODAY
OUR MODERN HIGH TEA.

DAILY 11.00AM TO 4.30PM

BOOKINGS ESSENTIAL

TO MAKE A RESERVATION PLEASE
CALL (07) 3303 8034



HIGH TEA

ARRIVAL GLASS OF AUSTRALIAN SPARKLING WINE

\$35 PER PERSON

ARRIVAL GLASS OF FRENCH CHAMPAGNE

\$45 PER PERSON

FOLLOWED WITH A SELECTION OF
FRESHLY MADE FAVOURITES

FROM THE PASTRY KITCHENS

FRESHLY BAKED PLAIN & SULTANA SCONES
WITH PRESERVES & CREAM

HOUSE MADE PETIT CAKES & PASTRIES

CLASSIC SANDWICHES

FREE RANGE EGG & LETTUCE

CUCUMBER & DILL CREAM

SMOKED SALMON & CAPER MAYO

SHAVED HAM & ENGLISH MUSTARD

SMOKED TURKEY & CRANBERRY

BEVERAGES

FRESHLY BREWED TEA AND COFFEE

ORANGE JUICE

GLUTEN FREE AND DIETARY REQUIREMENT OPTIONS AVAILABLE



MOTION
BAR & GRILL



"THERE IS NO LOVE
SINCERER THAN THE LOVE
OF FOOD."

GEORGE BERNARD SHAW

SHARE + TASTINGS

BREAD & BUTTER BAKED DAILY AT MOTION BAR & GRILL (V)	5
WIVENHOE ORGANIC OLIVES PAN FRIED WITH ROSEMARY AND FIRE ROASTED TURKISH BREAD (V)	5
SPICED CARROT & CORIANDER CROQUETTES WITH SMOKED HONEY AND LIME AIOLI	10
BBQ MOOLOOLABA PRAWNS WITH SHREDDED GREEN PAWPAW	10
BAKED RICOTTA CAKE WITH SPICED BEETROOT RELISH AND CUMIN SALT (V)	10
SWEET CORN SOUP WITH BASIL AND CHICKEN	15
HICKORY SMOKED QUEENSLAND SCALLOPS WITH PEA PURÉE AND SHAVED FENNEL SALAD	15
GNOCCHI ROMANO WITH BEEF CHEEK AND ROSEMARY RAGOUT	15
STEAMED SOUTH AUSTRALIAN MUSSELS IN WHITE WINE CREAM, GARLIC, PARSLEY AND CHIVES WITH HOUSE MADE BREAD	15
CHICKEN & GREEN ONION GYOZA WITH ENOKI MUSHROOM AND YUZU DRESSING	15
DUCK BREAST WITH KUMARA MASH AND CARAMELISED RED CABBAGE	15
FENNEL CRUSTED OCEAN TROUT WITH POTATO PURÉE AND CITRUS SALAD	15
CHARCUTERIE TASTING PLATE WITH HOUSE MADE PICKLES	22



"COOKERY IS NOT CHEMISTRY.

IT IS AN ART.

IT REQUIRES INSTINCT
AND TASTE RATHER THAN EXACT
MEASUREMENTS."

MARCEL BOULESTIN

OYSTERS

SOUTH AUSTRALIAN PACIFIC OYSTERS
LIVE, SHUCKED AND PREPARED AS YOU WATCH 3.5 EA

WITH YOUR CHOICE OF:
LIME, GOLDEN SHALLOT AND CHARDONNAY VINEGAR
SHAVED SPICE BARBEQUED TOMATO AND CHIVE GRANITA
TEMPURA, HAND HARVESTED WILD WAKAMI AND CHILLI
CRISP PORK BELLY, FRIED SHALLOT AND GINGER
CLASSIC KILPATRICK

SALADS

WARM CHICKEN 15
WITH APPLE, WALNUT AND CROUTONS

SMOKED SALMON & WINTER LEAF 15
WITH FINE HERBS, TOASTED RYE CRUMB AND CREAMED TARRAGON DRESSING

BABY BEET & ROQUETTE 15
WITH PARMIGIANO, PINE NUTS AND BALSAMIC DRESSING (V)

OVEN ROASTED DUCK 15
WITH HAZELNUT, FETTA AND PEAR DRESSING

ROASTED PUMPKIN & SPINACH 15
WITH FETTA, PINE NUT AND SESAME OIL (V)

VINE RIPENED TOMATO & SOFT BOCCONCINI 15
WITH BASIL, ROCKET AND AGED BALSAMIC (V)



"COOKING IS LIKE LOVE.
IT SHOULD BE ENTERED INTO WITH
ABANDON OR NOT AT ALL."

HARRIET VAN HORNE

MEAT

NOLAN MEATS PRIVATE SELECTION

SIRLOIN	300GM	36
OP RIB ON THE BONE	400GM	38
BEEF TENDERLOIN	200GM	34
BUTCHER'S CUT OF THE DAY	MARKET WEIGHT	

SLOW COOKED

SLOW BRAISED PORK WITH CHILLI JAM GLAZE	28
CONFIT OF DUCK WITH ROASTED ESCHALLOTS	34
ROSEMARY STUDED LAMB SHANK	28

MEATS SERVED WITH YOUR CHOICE OF:

- BAKED MACARONI CHEESE WITH WILTED ENGLISH SPINACH (V)
 - PAN FRIED SCALLOP NEW POTATO, DUKKAH SPICE AND AIOLI (V)
 - ROQUETTE, STICKY BALSAMIC AND PARMESAN (V)
-



"EATING IS REALLY ONE OF YOUR
INDOOR SPORTS.

YOU PLAY THREE TIMES A DAY, AND
IT'S WELL WORTH WHILE TO MAKE THE
GAME AS PLEASANT AS POSSIBLE."

DOROTHY DRAPER

MAIN

CRISPY SKIN DUCK BREAST WITH WILD MUSHROOMS, PEARL BARLEY RISOTTO, BROAD BEANS AND PEPPERJACK JUS	32
ROASTED LAMB LOIN FILLET WITH CARAMELISED APPLE, ROSEMARY HONEY AND CELERiac PURÉE	32
CRISPY SKIN SNAPPER WITH CORN AND SWEET POTATO DUMPLINGS, HOT & SOUR TAMARIND BROTH AND ASIAN SALAD	32
GRILLED CHICKEN BREAST WITH BOCCONCINI SOFT POLENTA, SPINACH PURÉE AND ROASTED FENNEL	24
OVEN ROASTED BARRAMUNDI WITH JERUSALEM ARTICHOKE, POTATOES, ZUCCHINI AND LEMON	28

SIDES

SALT ROAST POTATOES, CHORIZO AND FENNEL	8
BUTTERED GREEN BEANS WITH CRACKED PEPPER (V)	8
SUGAR SNAP PEAS WITH SLOW ROASTED GOLDEN SHALLOTS (V)	8
SWEET CORN POLENTA CHIPS WITH GARLIC AIOLI (V)	8
WHIPPED POTATO MASH (V)	6



“IF THE DIVINE CREATOR HAS TAKEN
PAINS TO GIVE US DELICIOUS AND
EXQUISITE THINGS TO EAT, THE LEAST
WE CAN DO IS PREPARE THEM WELL AND
SERVE THEM WITH CEREMONY.”

FERNAND POINT

TO FINISH

ICED RASPBERRY PARFAIT WITH COINTREAU STRAWBERRIES AND SHAVED WHITE CHOCOLATE	15
BREAD & BUTTER PUDDING WITH CARAMELISED APPLE AND CLASSIC VANILLA BEAN ICE CREAM	15
BURNT ORANGE PANNA COTTA WITH HONEYCOMB AND LOCAL BERRIES	15
VANILLA CRÈME BRULEE WITH KAHLUA DATES	15
STEAMED DARK CHOCOLATE PUDDING WITH CHERRY ICE CREAM	15
PAVLOVA OF MANGO, PASSIONFRUIT & COCONUT WITH HAND CRAFTED ICE CREAM	15
NEW SEASON BERRIES WITH DOUBLE KING ISLAND CREAM	12
AUSTRALIAN CHEESES WITH MAGGIE BEER QUINCE PASTE, DRIED FRUITS AND CRISP BREAD	20



"COOKING IS THE
PASSION THAT COMES
FROM THE HEART"

PETER IWANCZYK
EXECUTIVE CHEF
MOTION BAR & GRILL
