



COLD DRINKS

Soft Drinks	can	3
Assorted flavours	bottle	4
Energy Drinks	can	3
	bottle	4
Water (Still / Sparkling)	small	3
	large	4

FRESH JUICE

Cucumber / Celery / Green apple	8
Apple / Celery / Ginger	8
Apple / Pineapple / Orange	8
Watermelon / Pineapple / Orange	8
Make your own (Choose up to 4) :	
Apple - Pineapple - Orange - Celery - Ginger - Watermelon - Carrot - Cucumber	8

SMOOTHIES

Acai	Banana	7
Mixed Berry	Strawberry	

PROTEIN SHAKES

ACAI - Acai / Banana / Spinach / Coconut water / Vanilla protein	9.50
CHOC CRUSH - Nutella / Peanut butter / Almond milk / Chocolate protein	9.50
VANILLA BERRY - Mixed berries / WeetBix / Almond milk / Vanilla protein	9.50



COFFEE

Espresso	Flat White	small	3.5
Macchiato	Latte	large	4
Piccolo	Cappuccino		
Long Black	Short Black		
Mocha			
Chai Latte / Hot Choc / White Choc		small	3.5
		large	4
Ice Long Black			4.5
Iced Mocha/Latte/Chai			5
Iced Coffee			6
	Almond / Soy / Oat / Lactose Free		+ .50
	Extra shot / Decaf		+ .50
	Caramel / Vanilla / Hazelnut		+ .50
	<i>Using your own reusable cup ?</i>		<i>50c off</i>

TEA

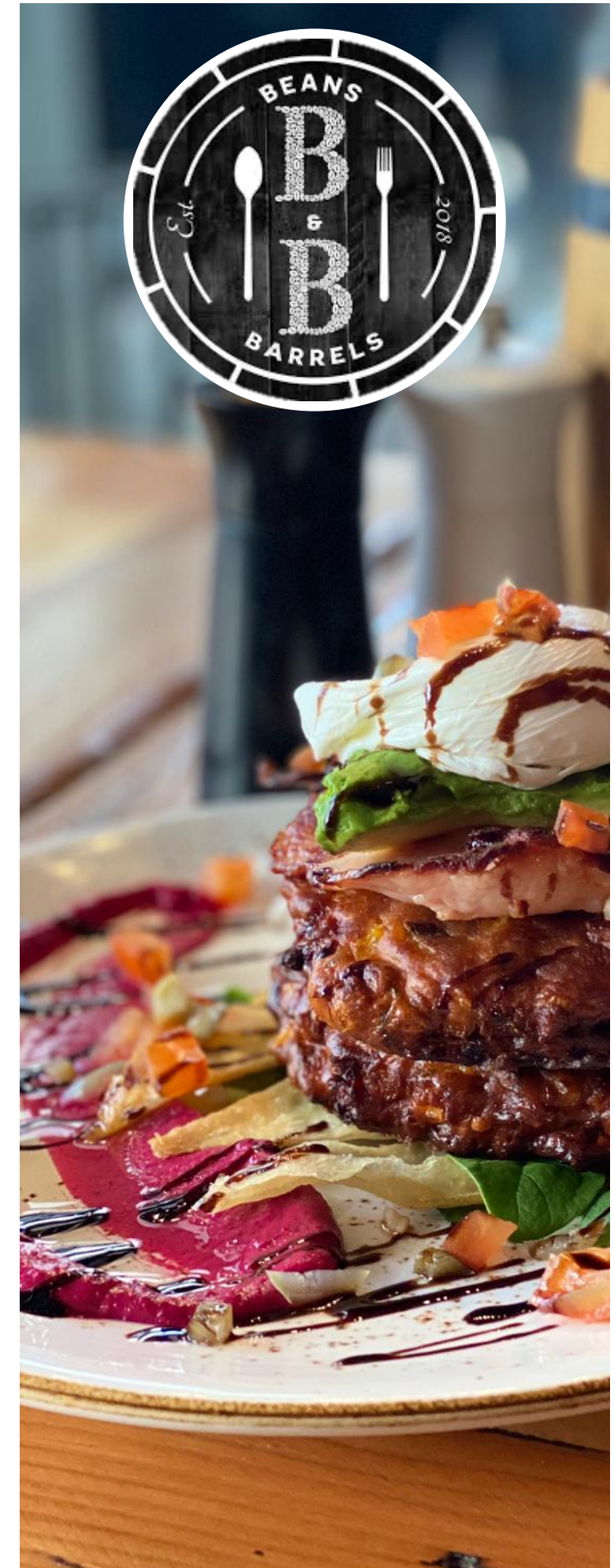
• English Breakfast	• Green Tea	4
• Camomile	• Peppermint	
• Earl Grey	• Lemon & Ginger	

FRAPPE

• Tropical	• Lemon and mint	7
• Mixed berry	• Coffee	
• Chocolate		

MILK SHAKES

• Chocolate	• Strawberry	7
• Vanilla	• Nutella	



BREAKFAST

BACON & EGG ROLL GF OPTION (+1) Fried egg & bacon with BBQ sauce	6
LOADED BACON & EGG ROLL GF OPTION (+1) Fried egg, bacon, sausage patty, hash brown, fried onion with our special breaky sauce	12
EGGS YOUR WAY GF OPTION (+1) 2 poached, fried or scrambled eggs served with toasted sourdough	10
ADD Spinach, Grilled Tomato, Hash brown avocado, mushroom, haloumi, chilli kale	each 3
ADD Bacon, double smoked ham, smoked salmon, sausage patty	each 4
BREAKFAST WRAP (w/special breaky Sauce) Scrambled egg, bacon, swiss cheese, spinach	10
MUSHROOM WRAP (w/Pesto) [A] Scrambled egg, spinach, mushroom, basil	12
B&B WRAP (House hollandaise sauce) Scrambled egg, spinach, mushroom, haloumi with a choice of bacon or sausage patty	14
THE BENNY GF OPTION (+1) Spinach & sautéed kale, asparagus, 2 poached eggs & chipotle hollandaise sauce on sourdough	14
ADD Ham, Bacon or Smoked salmon	each 4
AVO ON RYE GF OPTION (+1) [A] Avocado, marinated fetta, cherry tomatoes, balsamic, dukkah, 2 poached eggs on toasted sourdough	15
OMELETTE YOUR WAY Your choice of 4 favourite ingredients (subject to availability) with eggs and sourdough	18
MEDITERRANEAN OMELETTE Olive, mushroom, spanish onion, chorizo, tomato, fetta cheese, with rocket & fennel salad	18
TRUFFLE OMELETTE GF OPTION (+1) Turmeric roasted cauliflower, roast capsicum, truffle oil, chives & avocado, served with sourdough	18
SPICY CORN & ZUCCHINI FRITTERS Served with bacon, avocado, spicy tomato salsa, poached eggs on a crispy tortilla with beetroot hummus	19
B&B AUSSIE PLATE GF OPTION (+1) Eggs your way, chorizo, bacon, hash brown, mushroom, sliced avocado, grilled tomato & sourdough	23
B&B BREAKFAST PLATTER GF OPTION (+1) Eggs your way, fried crispy bread, cucumber, mushrooms, olives, labne, oil, zaatar, Lebanese sausages, haloumi, shanglish, mixed pickles with a side serving of Lebanese bread.	29

SALADS & BOWLS

ADD Poached Egg	+3
ADD Chicken, Beef or Salmon	+5
ACAI BOWL w/HONEY GF OPTION (+2) [A] [V] Acai berry, coconut, seasonal fruits with Granola Note: Seasonal fruits vary, but may include strawberry, blueberries, kiwi, passionfruit or banana.	16
ADD Peanut butter / Sliced Apple / Protein	each 2
POKE BOWL GF OPTION (+1) [V] VEGAN Brown rice, cucumber, carrots, avocado, edamame, pickled onion, coriander, seasoned ume, plum seed, kimchi, seaweed salad, sesame and ponzu dressing.	14
VEGGIE BOWL [G] [S] [V] Chilli kale, quinoa trio, sweet potato, sauerkraut, avocado, charred corn, haloumi, pepitas, mustard dressing.	14
GYM JUNKIE BOWL [A] [V] Brown rice, black beans, broccolini, avocado guacamole, pico de galo, chipotle aioli	14
PROTEIN SALAD [G] [A] [V] VEGAN Beetroot hummus, cherry tomatoes, spiced sweet potato, shaved fennel, dukkha, rocket, green apple, citrus dressing and mustard.	16
ASIAN NOODLE SALAD [A] [V] VEGAN Roasted almonds, finely shredded Chinese cabbage, shallots, fried noodles, In a special sesame dressing (contains general allergens)	16
HALLOUMI & QUINOA SALAD [V] With spinach, watermelon, sundried tomato and lime dressing	16

FAVOURITES

BUTTERMILK PANCAKES or WAFFLES [A] Your choice of mixed berries compote or caramelised banana or nutella. All served with seasonal berries & ice cream	15
FISH & CHIPS House battered fish served with chips & salad and side tartare sauce	12
PASTA OF THE WEEK	16
CHICKEN & MUSHROOM RISOTTO [G] With spinach, & rose sauce	16
SIRLOIN STEAK (200g) Grilled to your liking, served with chips & salad. Choice of pepper or mushroom sauce	20

BURGERS *served with chips

SWAP TO Sweet Potato Fries / Wedges	+2
SWAP TO Gluten Free bun	+2
CHICKEN SCHNITZEL ROLL Chicken schnitzel, aioli, lettuce, cheese, tomato	14
SOUTHERN FRIED CHICKEN BURGER [A] [S] Spicy buttermilk fried chicken, crunchy apple, slaw, American cheese & maple aioli	16
PORTUGUESE CHICKEN BURGER [S] Double grilled chicken fillet, rocket salad, grilled pineapple, tomato, cheese and chilli aioli	16
WAGYU BEEF BURGER Wagyu beef patty, lettuce, tomato, caramelised onion, American cheese, pickles, thousand island sauce	16
STEAK SANDWICH Steak, caramelised onion, romaine, tomato, Dijon mustard & BBQ sauce	16
VEGAN BURGER [V] VEGAN Corn fritters, avocado guacamole, lettuce, beetroot hummus and sweet potato crunch.	16
NAT's GYM JUNKIE LETTUCE WRAP BURGER Lean grilled chicken breast, mix lettuce, tomato, guacamole, halloumi in lettuce wrap	17
B&B DIRTY BURGER Wagyu beef patty, chicken fillet, American cheese, maple bacon, lettuce & maple aioli	19

EXTRAS

SIDE SALAD / GREEK SALAD [V] [G]	6
HOT CHIPS	small 5 large 9
WEDGES Sour cream, sweet chilli	small 6 large 10
SEASONED FRIES & Garlic aioli [A]	
SWEET POTATO FRIES & Garlic aioli	
BEER BATTERED ONION RINGS & Garlic aioli	

MIX IT YOUR WAY

MAIN w/1 SIDE	10
MAIN w/2 SIDES	13
MAIN w/3 SIDES	16
ADDITIONAL MAIN	+5
STEP 1) PICK YOU MAIN	
<ul style="list-style-type: none"> ○ BEEF STRIPS ○ GRILLED CHICKEN BREAST ○ PORTUGUESE CHICKEN BREAST ○ FRIED CHICKEN SCHNITZEL ○ ATLANTIC SALMON 	
STEP 2) PICK YOUR SIDES	
<ul style="list-style-type: none"> ○ WHITE RICE ○ BROWN RICE ○ MIXED VEGGIES ○ BROCCOLINI ○ SWEET POTATO MASH ○ POTATO MASH ○ HOT CHIPS ○ POTATO WEDGES ○ MIXED SALAD 	
INCLUDED SAUCES	
<ul style="list-style-type: none"> ○ BBQ SAUCE ○ TOMATO SAUCE ○ AOILI ○ CHILLI 	
SPECIALTY SAUCES	
<ul style="list-style-type: none"> ○ MUSHROOM ○ GRAVY ○ PEPPER ○ SOUR CREAM & SWEET CHILLI ○ TZATZIKI 	

KIDS MENU (12 and under)

NUGGETS & Chips	10
CHICKEN SCHNITZEL & Chips	10
PENNE NAPOLETANA	10
CHEESEBURGER & Chips	10
PANCAKES or WAFFLES [A] [V] w/Berries or Nutella with ice-cream	10

[S] Spicy	[G] Gluten Free
[V] Vegetarian	[A] Contains Allergens

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