

# Breakfast Menu

## 7am to 11am

Bacon and eggs on sourdough with relish (poached, scrambled or fried)	14 (GFO)
Benedict with poached eggs, spinach, English muffin, hollandaise (choice of bacon, mushroom or smoked salmon)	18 (GFO)
Omelette served with sourdough and relish (choice of tomato and spinach, or mushroom and bacon)	18 (GFO)
Smashed avocado on sourdough with cherry tomatoes, feta, lemon, dukkha, pickled coriander and radish	19 (GF)
French toast with passionfruit curd, honeycomb, ice cream, fresh berries on brioche	19
Blueberry pancakes with caramelised banana, Chantilly cream and shattered honeycomb	21
Kale and sweet potato fritters with soft poached egg, relish, rocket and parmesan	20
Superfood bowl with matcha yogurt, avocado, chia seeds, roasted coconut, strawberries and toasted muesli	18 (GF)

### Sides

Hash Brown	2.10	Grilled Tomato	4
Smoked Salmon	8	Mushrooms	4

### Sweet Treats

Cake slices with cream (choice of apple and cinnamon, chocolate & orange, lemon, orange & almond, banana bread)	7.50
Today's Muffin – ask the staff for the flavour	7
Affogato; coffee, ice cream and your choice of liqueur (choice of Baileys, Cointreau, Tia Maria, Frangelico, Kahlua) from 10am onwards	16

# Mains

**11am to 2pm**

(11am till late Friday & Saturdays)

## Main Courses

250gr Eye fillet with beetroot puree, crispy asparagus, sweet potato mash and jus 38 (GF)

Lamb shank with creamy mash, roast vine tomatoes and rosemary Jus 30

Vegetarian laksa Soup with vermicelli noodles, tofu, golden coconut broth, cilantro, jalapenos, and bean sprouts (Vegan) 23 (GF)

Crispy skin duck with honey roasted parsnips, wilted kale and pomegranate sauce 32 (GF)

Prosciutto and pecorino Gnocchi pears, Spanish onion, peas and sage butter 24

Classic parmigiana with leg smoked ham, napoli, mozzarella and Creamy mash 23

## Salads

Caesar salad; cos lettuce, bacon, parmesan, egg, anchovies, croutons and Caesar dressing, (Add chicken or smoked salmon 4) 16 (GFO)

Pumpkin, quinoa and beetroot salad 16

Roquefort Salad; watercress, rocket, blue cheese, pears, and walnuts 19

## Burgers

Sandbar beef burger with chips, caramelised onion, cos, tomato, cheddar, beetroot relish and maple bacon on brioche 20 (GFO)

The fried chicken burger with chips, house pickles, slaw, bacon, cos, cheddar, sriracha mayonnaise on brioche 18 (GFO)

Honey BBQ pulled pork burger with chips, apple slaw, pickles, chorizo mayo on brioche 20 (GFO)

## Sides

Beer battered chips with chili salt and aioli  
Mini – 4.5 | Small – 7.5 | Large – 10

Sweet potato chips | chipotle mayo  
Mini – 5 | Small – 8 | Large – 10.5

Fries with aioli (GF)  
Mini – 4 | Small – 7 | Large – 9.5

Garden salad

6

Add gravy to any chips

3

## Sweet Treats

Affogato; coffee, ice cream and your choice of liqueur  
(choice of baileys, cointreau, tia maria, frangelico, kahlua)

16 (GFO)

Cake slices with cream  
(choice of apple and cinnamon, chocolate brownie, lemon,  
chocolate & orange, banana bread)

7.50

Today's Muffin – ask staff for today's flavour

7

## Tapas Menu

Hervey Bay Scallops with Chorizo butter, prosciutto dust, kimchi

17 (GF)

Soft shell crab with wasabi mayo, apple slaw, wakame

16

Coconut prawns with rum syrup, grilled banana and cinnamon salt

17

BBQ bourbon glazed Pork Ribs with beer battered fries

30 (GF,DF)

Sticky Korean BBQ wings with kimchi and sesame seeds

13 (GF)

Ginger and lemongrass cured snapper crostini

14