

Grounded

ALL DAY BREAKFAST M V M V

WHOLEMEAL, GRAIN AND GLUTEN FREE BREADS AVAILABLE.

Plain toast..... (vegemite, honey, peanut butter or jam)	3.20	3.40	One bagel toasted or fresh with your choice of three fillings:..... <i>Cream cheese, avocado, bacon, tomato, ham, salami, lettuce, cheese, onion, cucumber</i>	6.50	7.00
Raisin toast served with butter.....	4.20	4.40	Add an extra bagel.....	5.00	5.50
Fruit loaf toasted with butter.....	5.00	5.50	Extra filling or smoked salmon.....	1.00	2.00
Banana bread served warm with butter.....	5.50	6.20	Bacon & egg roll.....	8.50	9.50
Fresh fruit salad (gf)(v).....	6.50	7.50	Ham & cheese croissant	6.00	7.00

FRESH PASTRIES, MUFFINS, DANISHES & FRUIT AVAILABLE AT THE COUNTER.

SNACKS M V

Sausage rolls.....	3.50	4.00
Assorted pies.....	4.20	5.00
Sandwich selection.....	5.50	6.50
Shoestring fries (v).....	5.50	6.50
Assorted wraps - toasting available.....	7.00	8.00
Soup of the day served in mug or bowl with a white or grain bread roll.....	7.00	8.00
Potato wedges with sweet chili sauce & sour cream (v).....	8.00	9.00
Daily salads.....	8.50	9.50
Cheesy bacon fries.....	8.50	9.50
Beef nachos with sour cream & guacamole..	11.00	12.50

VIEW OUR SELECTION OF DAILY SANDWICHES, WRAPS & SALADS IN THE DISPLAY.

MAINS M V M V

Chicken & mushroom lasagna with salad or chips.....	10.00	11.50
Crumbed calamari rings with chips & tartare.....	11.00	13.00
MSC New Zealand Whiting with chips or salad & tartare.....	11.00	13.00
Crumbed chicken tenderloins with salad or chips.....	11.50	12.50
Spinach & feta frittata with salad (gf)(v).....	12.50	13.50

MELTS/TOASTIES M V

Open grill melt with cheese & your choice of sourdough (wholemeal, white or grain) & three toppings: One slice.....	6.00	7.00
Two slices.....	12.00	14.00
Toasted sandwich with your choice of bread (white or wholemeal) & three fillings: Toppings/Fillings: <i>Cheese, chicken, ham, salami, turkey, avocado, capsicum, onion, cranberry, pineapple, tomato, mushroom</i>	6.00	7.00
Extra toppings..... Bacon, extra cheese, or a side of aioli	1.00	2.00

BUNS - SERVED WITH CHIPS M V

Chicken schnitzel burger.....	12.00	13.50
Fish burger.....	12.00	13.50
Modern club sandwich.....	13.50	14.50

Potato bake with salad or chips	10.00	11.00
Ham & pineapple pizza.....	11.00	13.00
Meat lovers pizza.....	11.50	13.50
Vegetarian pizza with pumpkin, zucchini, rocket & onion (v).....	11.50	13.50
Chicken & sweet chili pizza.....	11.50	13.50
Roasted mushroom & thyme quiche with salad or chips (v).....	12.00	13.00

ICE CREAM & GELATO	M	V
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DID YOU KNOW OUR ICE CREAM & GELATO USE ALL AUSTRALIAN PRODUCTS!

Ice cream or gelato in a cup		
Single.....	3.50	4.50
Double.....	5.50	6.50
Triple.....	8.00	9.00
Ice cream or gelato in a waffle cone		
Single.....	4.50	5.00
Double.....	6.50	7.50
Triple.....	8.50	9.50

HOT BEVERAGES	M	V
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Espresso (short black).....	3.20	3.60
Macchiato.....	3.20	3.60
Long black.....	3.30	3.80
Flat white.....	3.70	4.10
Latte.....	3.70	4.10
Piccolo.....	3.70	4.10
Cappuccino.....	3.70	4.10
Mocha.....	3.70	4.10
Vienna coffee (long black topped with cream).....	3.70	4.10
Hot chocolate cup (with marshmallows).....	3.70	4.10
Chai latte.....	4.00	4.50
Liqueur coffee (Jameson Whiskey, Kahlua, Tia Maria, Baileys or Frangelico).....	10.00	11.00
Affogato.....	9.90	10.90

COLD BEVERAGES	M	V
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Iced long black.....	3.60	4.10
Iced latte.....	4.00	4.40
Iced coffee with ice cream & whipped cream	4.50	5.00
Iced chocolate.....	4.50	5.00
Iced mocha.....	4.50	5.00
Iced tea.....	5.50	5.80
Assorted flavours		
Fruit juice.....	4.30	4.50
Assorted flavours		
Flavoured almond milk (dairy free, gf, 99% sugar free).....	6.00	6.50
Assorted flavours		
Kombucha.....	6.00	6.50
Assorted flavours		

SWEETS & DESSERTS	M	V
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Assorted cookies.....	3.00	3.50
Selection of cakes.....	6.00	7.50
Scones with jam and tea or coffee.....	7.00	7.50
Coffee/tea and cake of the day.....	7.50	8.00

IF YOU WOULD LIKE TO PURCHASE A WHOLE CAKE PLEASE SPEAK TO STAFF.

TEA	M	V
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Choose from our lovely range of teas: English breakfast, earl grey, peppermint, green jasmine, chamomile & lemon.		
Cup of tea.....	3.30	3.70
Pot of tea.....	4.50	5.00

UPSIZE YOUR BEVERAGE TO A MUG FOR 60 CENTS.

ADD ONE OF OUR DELICIOUS FLAVOURED SYRUPS TO YOUR COFFEE FOR 50 CENTS: CARAMEL, HAZELNUT OR VANILLA.

SOY MILK, ALMOND MILK & LACTOSE FREE MILK AVAILABLE FOR 30 CENTS.

MILK BAR	M	V
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Milkshakes.....	5.00	6.00
Chocolate, strawberry, caramel, vanilla, banana		
Spider floats.....	6.00	7.00
Vanilla ice-cream with coke, fanta, lift, creaming soda or lemonade		
Cookies and cream thickshake.....	8.00	9.00
Peanut butter and caramel thickshake.....	8.00	9.00
Chocolate obsession thickshake.....	8.00	9.00

ADDITIONAL VARIETY OF SOFT DRINKS & WATERS AVAILABLE IN OUR FRIDGE.