



# Grounded

SUN - THURS 9:30AM - 10PM | FRI & SAT 9:30AM - 12AM  
KITCHEN SHUTS 30 MINUTES BEFORE CLOSE

M - MEMBERS / V - VISITORS / (GF) - GLUTEN FREE / (V) - VEGETARIAN

SUN - THURS  
9:30AM - 10PM

# Grounded

FRI & SAT  
9:30AM - 12AM

## LIGHT BREAKFAST

M V

*WHOLEMEAL, WHITE AND GLUTEN FREE BREADS AVAILABLE.*

PLAIN TOAST 3.20 3.40  
*vegemite, honey, peanut butter, jam*

RAISIN TOAST 4.20 4.40  
*served with butter*

BANANA BREAD 5.50 6.20  
*served warm with butter*

HAM & CHEESE CROISSANT 6.00 7.00

FRESH FRUIT SALAD (GF)(V) 6.50 7.50

BAGEL TOASTED OR FRESH 6.50 7.00  
*with your choice of three fillings:*

*cream cheese, avocado, bacon,  
tomato, ham, salami, lettuce,  
cheese, onion, cucumber*

- SMOKED SALMON 1.00 2.00

- EXTRA FILLING 1.00 2.00

## LIGHT MEALS

M V

SAUSAGE ROLLS 3.50 4.00

SPINACH & CHEESE ROLLS 3.50 4.00

ASSORTED PIES 4.20 5.00

SANDWICH SELECTION 5.50 6.50

ASSORTED WRAPS 7.00 8.00  
*toasted or fresh*

SOUP OF THE DAY 7.00 8.00  
*served in a mug or bowl with a  
white or grain bread roll*

DAILY SALADS 8.50 9.50

## IDEAL TO SHARE

SHOESTRING FRIES (V) 5.50 6.50

POTATO WEDGES (V) 8.00 9.00  
*with sweet chilli sauce & sour cream*

CHEESY BACON FRIES 8.50 9.50

## BUNS

BACON & EGG ROLL 9.00 10.00  
*with cheese & choice of BBQ, tomato  
or aioli sauce*

CHICKEN  
SCHNITZEL BURGER 12.00 13.50  
*with cheese, lettuce, tomato & your  
choice of BBQ, tomato or aioli sauce  
served with fries*

FISH BURGER 12.00 13.50  
*with cheese, lettuce, tomato, red  
onion & tartare sauce served with fries*

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



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

SUN - THURS  
9:30AM - 10PM

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FRI & SAT  
9:30AM - 12AM

## MELTS & TOASTIES

M V

TOASTED SANDWICH 6.00 7.00  
*with your choice of white or wholemeal bread & three fillings*

OPEN GRILL MELT 11.00 12.00  
*on two slices of turkish bread with cheese & three toppings*

TOPPINGS/FILLINGS:  
*cheese, chicken, ham, salami, turkey, avocado, capsicum, onion, cranberry, pineapple, tomato, mushroom, bacon*

EXTRA FILLING 1.00 2.00

SIDE OF AIOLI 2.00 2.00

## ICE CREAM & GELATO

ICE CREAM OR GELATO IN A CUP

Single..... 3.50 4.50

Double..... 5.50 6.50

ICE CREAM OR GELATO  
IN A WAFFLE CONE

Single..... 4.50 5.50

Double..... 6.50 7.50

## SWEETS & DESSERTS\*

ASSORTED COOKIES 3.00 3.50

SELECTION OF CAKES 6.00 7.50

COFFEE/TEA & SCONES 7.00 7.50  
*with jam*

COFFEE/TEA & CAKE 7.50 8.00  
*cake of the day only*

## MAINS

M V

POTATO & BACON BAKE 10.00 11.50  
*with salad or chips*

CHICKEN &  
MUSHROOM LASAGNA 10.50 12.00  
*with salad or chips*

BEEF NACHOS 11.00 13.00  
*with sour cream & guacamole*

CRUMBED CALAMARI RINGS 11.00 13.00  
*with tartare & chips or salad*

MSC NEW ZEALAND  
WHITING 11.00 13.00  
*with tartare & chips or salad*

HAM & PINEAPPLE PIZZA 11.00 13.00

MEATLOVERS PIZZA 11.50 13.50  
*with ham, bacon, chicken, salami & red onion*

VEGETARIAN PIZZA (V) 11.50 13.50  
*with pumpkin, zucchini, rocket & red onion*

CRUMBED  
CHICKEN TENDERLOINS 11.50 13.50  
*with salad or chips*

QUICHE LORRAINE 13.00 14.50  
*with salad or chips*

SPINACH & FETA  
FRITTATA (GF)(V) 13.00 14.50  
*with salad*

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

\*ALL OUR CAKES MAY CONTAIN TRACES  
OF GLUTEN, EGG, NUTS & DAIRY