

# Grounded

## 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

ONE 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

*FRESH PASTRIES AND MUFFINS AVAILABLE  
AT THE COUNTER.*



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

## LIGHT MEALS

M V

SAUSAGE ROLLS 3.50 4.00

SPINACH & CHEESE ROLLS (V) 3.50 4.00

ASSORTED PIES 4.20 5.00

SANDWICH SELECTION 5.50 6.50

ASSORTED WRAPS 7.00 8.00  
*toasting available*

SOUP OF THE DAY 7.00 8.00  
*served 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 chips*

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

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## MELTS & TOASTIES

	M	V
TOASTED SANDWICH <i>with your choice of white or wholemeal bread &amp; three fillings</i>	6.00	7.00
OPEN GRILL MELT <i>on two slices of turkish bread with cheese &amp; three toppings</i>	11.00	12.00
TOPPINGS/FILLINGS: <i>cheese, chicken, ham, salami, turkey, avocado, capsicum, onion, cranberry, pineapple, tomato, mushroom, bacon</i>		
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 <i>with jam</i>	7.00	7.50
COFFEE/TEA & CAKE <i>cake of the day only</i>	7.50	8.00

## MAINS

	M	V
POTATO & BACON BAKE <i>with salad or chips</i>	10.00	11.50
CHICKEN & MUSHROOM LASAGNA <i>with salad or chips</i>	10.50	12.00
BEEF NACHOS <i>with sour cream &amp; guacamole</i>	11.00	13.00
HAM & PINEAPPLE PIZZA	11.00	13.00
CRUMBED CALAMARI RINGS <i>with tartare &amp; salad or chips</i>	11.00	13.00
MSC NEW ZEALAND WHITING <i>with tartare &amp; salad or chips</i>	11.00	13.00
CRUMBED CHICKEN TENDERLOINS <i>with salad or chips</i>	11.50	13.50
MEATLOVERS PIZZA <i>with ham, bacon, chicken, salami &amp; red onion</i>	11.50	13.50
VEGETARIAN PIZZA (V) <i>with pumpkin, zucchini, rocket &amp; red onion</i>	11.50	13.50
QUICHE LORRAINE <i>with salad or chips</i>	13.00	14.50
SPINACH & FETA FRITTATA (GF)(V) <i>with salad</i>	13.00	14.50

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

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