



Opening Hours

MONDAY - FRIDAY 7.30AM TO 1PM

SATURDAY 7.30AM TO 12PM

SUNDAY CLOSED

ALL DAY BREAKFAST

	M	NM
HAM & CHEESE CROISSANT	6.5	8.5
TOAST white, wholemeal or multigrain with vegemite, honey, or jam		
One Slice	3	3
Two Slices	4.5	4.5
RAISIN TOAST with butter		
One Slice	3.5	3.5
Two Slices	5	5
BREAKFAST MUFFIN crispy bacon, egg, cheese and Smokey BBQ sauce	7.5	8.5
PANCAKE STACK 3 warm pancakes with fresh strawberries, maple syrup and whipped cream	12.9	14.9
KIDS PANCAKE STACK 2 warm pancakes with a scoop of vanilla ice cream, maple syrup and sprinkles	9.9	11.9
HONEY OAT GRANOLA BOWL your choice of flavoured yoghurt topped with fresh raspberries and blueberries	10.9	12.9
BANANA BREAD with butter	6.5	7.5

Selections from THE GRAB AND GO CABINET

VARIOUS FILLINGS,
SEE CABINET

FRESH SANDWICHES Gluten Free Bread available \$1.5	7.5	8.5
FOCACCIA	8.5	9.5
WRAPS	6.5	7.5
PANINI	8.5	9.5
YOGHURT	5	6
FRUIT SALAD	5	6

CAFÉ FAVOURITES

MUFFINS	4.5	5.5
COOKIES	3.5	4.5
CAKES	6.5	7.5
DANISH	1.5	2
PROTEIN BALLS	3.2	3.7
VEGAN FRUIT SLICE	2.7	3.7
BOWL OF ICE CREAM	5	6
ICE CREAM CONE 1 scoop	2.5	3
EXTRA ICE CREAM SCOOP	2	2

CHILLED

	M	NM
MILKSHAKES chocolate, strawberry, caramel, banana, lime, vanilla ADD MALT + 1	6.2	6.7
THICKSHAKES chocolate, strawberry, caramel, banana, lime, vanilla ADD MALT + 1	7.2	7.5
ICED COFFEE OR CHOCOLATE	6.9	7.2
ICED TEAS mango, peach, lemon & citrus	5.2	5.5
GATORADE blue bolt, orange, lemon lime, grape, tropical, watermelon, berry zero	5.7	6
SOFT DRINKS 600ml Sunkist, Solo, Raspberry, Pepsi Max & Pepsi	5.2	5.5
KOMBUCHA apple, cherry, peach, raspberry	4	4.5
POP TOPS orange, apple, blackcurrant	2.5	2.8
JUICE apple or orange	5	5.3
WATER 600ml		3
RED BULL OR RED BULL ZERO 250ml	6	6.5

SMOOTHIES

BOOSTER banana, mango, spinach, lime juice	9	10
REBOOT pineapple, mango, banana, passionfruit	9	10
ENERGISE pineapple, strawberries, pear, dates	9	10
DETOX banana, blueberries, boysenberries, dates	9	10
CHOICE OF COCONUT WATER, MILK		
ALTERNATIVE MILKS		1
ADD A SCOOP OF WHEY PROTEIN		2

HOT BEVERAGES

	CUP	MUG
Non member +.30c		
ESPRESSO	3.9	
DOUBLE ESPRESSO	4.5	
PICCOLO, MACCHIATO	4.5	
BABYCCINO	2	
FLAT WHITE, CAPPUCCINO, LONG BLACK, LATTE	4.8	5.3
HOT CHOCOLATE	5	5.5
MOCHA	5.3	5.8
CHAI LATTE	5	5.5
DIRTY CHAI LATTE	5.3	5.8
TEA	4	
HERBAL SELECTION English Breakfast, Earl Grey, Green, Peppermint, Chamomile	4.7	
MILK OPTIONS Soy, Almond, Macadamia, Zymil, Oat		1
COFFEE FLAVOURINGS Vanilla, Caramel & Hazelnut		1

M = Dolphins Member* NM = Non Member

*Membership card required to activate pricing