

# ON THE GREEN

## COFFEES

NON-MEMBER +50c	CUP	MUG	S	M	L
ESPRESSO	4.2				
DOUBLE ESPRESSO	4.7				
PICCOLO/MACCHIATO	4.7				
BABYCCINO	2				
FLAT WHITE, CAP, LONG BLACK, LATTE	4.9	5.4	5.9	6.2	6.9
HOT CHOCOLATE with Marshmallow	5	5.5	6	6.3	7
MOCHA	5.3	5.8	6.3	6.6	7.3
CHAI LATTE	5	5.5	6	6.3	7
DIRTY CHAI LATTE	5.3	5.8	6.3	6.6	7.3
HERBAL TEA		4.7	5	5.1	5.2
ICED LATTE					6.5
ICED MOCHA					7
ICED CHAI					7
<b>TEA OPTIONS</b> English Breakfast, Earl Grey, Green, Peppermint, Chamomile					
<b>MILK OPTIONS</b> Soy, Almond, Macadamia, Zymil, Oat (+\$1)					
<b>EXTRAS</b> Extra shot, decaf, syrups (vanilla, caramel, hazelnut) (+\$1)					

## CHILLED DRINKS

	M	NM
<b>MILKSHAKES</b> Chocolate, Strawberry, Caramel, Lime, Vanilla, Banana	7	9
<b>THICKSHAKES</b> Chocolate, Strawberry, Caramel, Lime, Vanilla, Banana	9	11
<b>ICED COFFEE/CHOCOLATE</b>	7.5	9.5
<b>ADD MALT (+\$1)</b>		

## SMOOTHIES

**M 10 | NM 12**

- BOOSTER** - Banana, Mango, Spinach, Lime Juice
- REBOOT** - Pineapple, Mango, Banana, and Passionfruit
- ENERGISE** - Pineapple, Strawberries, Pear, Dates
- DETOX** - Banana, Blueberries, Boysenberries, Dates

**WITH YOUR CHOICE OF COCONUT WATER, MILK OR ALTERNATIVE MILKS FOR \$1.00  
AND A SCOOP OF WHEY PROTEIN OR ICE CREAM FOR \$2.00**

## ALL DAY BREAKFAST

	M	NM
<b>HAM AND CHEESE CROISSANT</b> Warm flaky croissant filled with ham and cheddar cheese	7.5	9.5
<b>BREAKFAST MUFFIN</b> Crispy bacon, egg, cheese and smoky B.B.Q sauce	8	9
<b>TOAST</b>		
<b>WHITE, GF WHITE (+\$2.50), WHOLEMEAL OR MULTIGRAIN</b> Served with Vegemite, Peanut Butter, Honey or Jam		
One Slice	3	3.5
Two Slices	5	6.5
<b>RAISIN TOAST</b> Served with butter		
One Slice	3.5	4.5
Two Slices	5.5	7.5
<b>BANANA BREAD</b> With Butter	6.5	7.5

## GRAB AND GO CABINET

	M	NM
<b>FRESH SANDWICHES AND TOASTIES(GFA +\$2.50)</b>	8	9
<b>CHICKEN BREAST AND BACON FOCACCIA</b>	9	11
<b>ASSORTED WRAPS</b>	7	9
<b>YOGHURTS ( 15 GRAM PROTEIN )</b>	5.5	6.5
<b>FRUIT SALAD</b>	6	8

## SWEETS

	M	NM
<b>MUFFINS</b>	5.5	7.5
<b>COOKIES</b>	4.5	6.5
<b>CAKES</b>	7.5	9.5
<b>DANISHES</b>	1.75	2.25
<b>PROTEIN BALLS ( 5 GRAM PROTEIN )</b>	3.5	4.5
<b>MUSASHI PROTEIN BAR</b>	6	7
<b>VEGAN FRUIT SLICE ( 4.7 GRAM PROTEIN )</b>	3.5	4.5
<b>BOWL OF ICE CREAM (3 SCOOPS)</b>	6.5	8.5
<b>ICE CREAM CONE</b>	3	3.5
<b>EXTRA ICE CREAM SCOOP</b>	2	