



WOODS & GREENS

AVAILABLE TILL 2:30PM DAILY

LUNCH SPECIALS

	M	NM
H.C.T TOASTIE sonoma sourdough / ham / cheese / sliced tomato / side salad	15	17
SMASHED AVOCADO sonoma sourdough / seasoned avocado / middle eastern spices / baby watercress	15	17
THAI BEEF SALAD (GF) charred beef / oak lettuce / cherry tomato cucumber / onion / coriander / peanuts / soy dressing	17	19
STEAK SANDWICH 150gm char-grilled steak / rocket / caramelised onions / sliced tomato / aioli / chipotle bbq sauce	15	17
SCHNITZEL BURGER 200gm chicken schnitzel / cheese / house-made slaw / aioli / fries	15	17
SALT & PEPPER PRAWNS crispy lightly seasoned prawns / fries / salad / sriracha mayo	15	17

WRAPS

SERVED WITH SIDE SALAD. ADD FOR FRIES +3

	M	NM
BACON AND EGG WRAP 2 rashers bacon / 2 fried eggs / tomato relish	12	14
CHICKEN WRAP poached chicken / baby spinach / tomato / cucumber / aioli	12	14
BLT WRAP 2 rashers bacon / sliced tomato / oak lettuce / aioli	12	14
MEDITERRANEAN WRAP (V) marinated fetta / cucumber / tomato / olives / spanish onion / hummus / baby spinach	12	14

LUNCH BOWLS

	M	NM
HALLOUMI & SUN DRIED TOMATO brown rice / baby spinach / halloumi / sun dried tomato / cucumber / hummus	19	21
SMOKED SALMON POKE BOWL brown rice / red cabbage / soy bean / cucumber / coriander / smoked salmon / ginger dressing	19	21
MUSTARD CHICKEN brown rice / poached chicken / rocket / cherry tomato / onion / mustard mayo	19	21

TEA & COFFEE

	M	NM
ESPRESSO	3	3.5
REGULAR/CUP piccolo, machiatto, long black, cappucino, flat white, latte, mocha, hot chocolate, chai latte	4	4.5
LARGE/MUG cappucino, flat white, latte, mocha, hot chocolate, chai latte, long black	5	5.5
TEA english breakfast, green tea, earl grey, chamomile	4.5	5
SOY, ALMOND, LACTOSE FREE MILK, SYRUPS & EXTRA SHOT - \$1 EXTRA		

TRADING HOURS

MON-THURS 11AM- 2:30PM | 5PM - 8:30PM
FRIDAY 11AM - 2:30PM | 5PM - 9PM
SATURDAY 11AM 2:30PM | 5PM - 9PM
SUNDAY 11AM- 2:30PM | 5PM - 8:30PM

GET YOUR CLUB MEMBERSHIP TODAY!
FUNCTIONS & EVENTS | ENQUIRE WITH US

M Member Price **NM** Non-Member
GF Gluten Free **V** Vegetarian

