



# MENU



THE PONDS

PLEASE ORDER AT THE COUNTER

## BRUNCH

### TOAST WITH BUTTER AND CONDIMENTS

Sourdough (856kJ)	7
Quinoa Soy Linseed (1419kJ)	7
Gluten Free (856kJ)	8
Fruit Loaf with Ricotta & Honey (2150kJ)	8

Served with strawberry jam (150kJ) / peanut butter (273kJ) / vegemite (35kJ)  
Add extra condiment +0.5

### EGGS AS YOU LIKE <sup>v</sup> GFOR 12

Served on sourdough toast (see extras)  
Poached (1540kJ) / Scrambled (2000kJ) / Fried (2090kJ)

### BREKKIE BURGER 15

Bacon, fried egg, hash brown, lettuce, house tomato relish, tomato and aioli on a soft milk bun (3370kJ)

Add cheese (+276kJ) +1 / avocado (+994kJ) +2

### BREKKIE WRAP 16

Bacon, scrambled eggs, hash brown, tomato relish, lettuce and hollandaise sauce in a spinach wrap (3370kJ)

Add cheese (+276kJ) +1 / avocado (+994kJ) +2

### STRAWBERRY & RHUBARB BIRCHER MUESLI <sup>v</sup> 16

Poached strawberries and rhubarb, oats, apple, coconut yogurt, berries, toasted crumble, rose petals (1340kJ)

### GRANOLA YOGURT BOWL <sup>v</sup> 16

Poached strawberries and rhubarb, house baked granola, Greek yogurt, berries, rose petals (2600kJ)

### CRUSHED AVO ON TOAST <sup>v</sup> GFOR 19

Crushed avocado, confit cherry tomato, whipped Persian fetta, pickled eschalots, balsamic glaze, chilli flakes, poached eggs (2220kJ)

### MUSHROOM SCRAMBLED EGGS ON CRUMPET <sup>v</sup> 19

Chilli jam, sautéed mixed mushrooms, whipped Persian fetta, asparagus and shiitake mushroom XO on a toasted homemade crumpet (2210kJ)

### ZUCCHINI FRITTERS <sup>v</sup> 19

Tempura zucchini fritters, avocado, tomato salsa, tzatziki, tomato relish, poached egg, fine herb salad (1570kJ)

### OMELETTE <sup>v</sup> GFOR 18

Roasted mushrooms, braised tomato, tempura batter bits, chives and mozzarella with toasted bread (2250kJ)

Add chicken (+718kJ) / ham (+453kJ) / smoked salmon (+561kJ) +4

### EXTRAS

Poached Egg (345kJ) / Hash Brown (553kJ) /	3	Grilled Chicken (718kJ) / Grilled Bacon (1310kJ) / Grilled Halloumi (722kJ) / Smoked Salmon (561kJ)	6
Sautéed Kale (67kJ) / Mushrooms (160kJ) / Avocado (994kJ) / Chorizo (1310kJ) / Ham (453kJ) /	4	Potato Chips (1192kJ)	5
		Sweet Potato Chips (809kJ)	7

Please notify staff of any food allergies.  
10% surcharge on public holidays.

**MUSHROOM & ASPARAGUS OMELETTE <sup>v</sup> GFOR 20**  
Shiitake mushroom, king brown mushroom, asparagus, garlic, eschalots, chives, miso, mozzarella, shiitake XO and fine herb salad served on toasted sourdough (2660kJ)

### GRILLED HALLOUMI BENNY <sup>v</sup> GFOR 21

Spiced eggplant, tomato, raisin, coriander, grilled halloumi, sautéed kale, Spanish onion, poached eggs, and hollandaise on a toasted homemade crumpet (2340kJ)

Swap the halloumi for smoked salmon (2050kJ) / ham (2610kJ) / or bacon (3690kJ)

### SMOKED SALMON BENNY 24

Smoked salmon, grilled asparagus, crushed avocado, poached eggs, royal blue potato hash, fried capers, hollandaise sauce, roe, fine herbs (2430kJ)

Swap the salmon for ham (2300kJ) / or bacon (3010kJ)

### BREAKFAST GNOCCHI 22

Homemade potato gnocchi, roasted tomato, chorizo, chilli, shallots, parmesan snow, poached egg, crispy potato skins (3590kJ)

Swap the chorizo for chicken (2790kJ)

### BIG BREAKFAST 24

Two eggs your way, chorizo, bacon, crushed avocado, hash browns, and roasted mushrooms with toasted sourdough (4440kJ)

### LEAF BREKKIE <sup>v</sup> 24

Two poached eggs, grilled halloumi, hash browns, mushrooms, sautéed kale, smashed avocado and roasted tomato with toasted sourdough (3760kJ)

### CHORIZO BREAKFAST HASH BOWL 24

Chorizo, roasted potato, confit tomato, crispy chickpeas, seeded mustard, fried egg, crispy capers, hollandaise, chives (2000kJ)

### BELGIAN WAFFLE <sup>v</sup> 19

Seasonal berries, açai compote, vanilla ice cream, pistachios, whipped vanilla ricotta, Belgian chocolate sauce (3260kJ)

Add extra ice cream (+645kJ) +3

### BELGIAN CHOCOLATE & NUTELLA PANCAKE <sup>v</sup> 22

Banana, strawberry, whipped Nutella, vanilla ice cream, Belgian chocolate sauce (3870kJ)

Add extra ice cream (+645kJ) +3

### BERRY & BANANA FRENCH TOAST <sup>v</sup> 22

Whipped Nutella, berry coulis, meringue, seasonal berries, banana, toasted pistachios (3220 kJ)

Add extra ice cream (+645kJ) +3

### KID'S MENU

<b>Kid's Brekkie</b> Scrambled egg, hash brown and toast (1590kJ)	12
<b>Kid's Chicken Nuggets</b> With chips and tomato sauce (2650kJ)	12
<b>Kid's Grilled Chicken Burger</b> With lettuce, tomato, BBQ sauce and chips (3080kJ)	16
<b>Kid's Cheeseburger</b> With wagyu beef, cheese, BBQ sauce and chips (3960kJ)	16
<b>Kid's Waffle</b> With ice cream, chocolate sauce, strawberries (2780kJ)	12

<sup>v</sup> vegetarian option <sup>VOR</sup>vegan on request <sup>GFOR</sup> gluten free on request

The average adult daily energy intake is 8700kJ



WE SERVE, FREE-RANGE EGGS



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## SALADS

### ROASTED PUMPKIN SALAD <sup>v</sup> 20

Roasted pumpkin, pepita seeds, whipped Persian fetta, tomato, avocado, leafy greens, roasted Spanish onion, balsamic glaze (2300kJ)

Add avo (+994kJ) +6 Add chicken (+718kJ) +6

Add halloumi (+722kJ) +6 Add smoked salmon (+561kJ) +6

### SUPERFOOD SALAD <sup>v</sup> <sup>GFOR</sup> 21

Corn, avocado, onion, chilli, tomato, chickpeas, cucumber, kale, quinoa, roasted pumpkin, seeds, honey mustard dressing (1490kJ)

Add halloumi (+722kJ) / grilled chicken (+718kJ)

/ smoked salmon (+561kJ) +6

### SMOKED SALMON & QUINOA SALAD 22

Avocado, leafy greens, tomato, onion, orange, smoked salmon, harvest corn, cucumber, fried capers, honey mustard dressing (1630kJ)

## BURGERS, WRAPS & TOASTIES

### MEDITERRANEAN GRILLED CHEESE TOASTIE <sup>v</sup> 16

Roasted pumpkin, confit cherry tomato, kale, corn, whipped Persian fetta, caramelized onion & mushroom relish, and pesto on toasted sourdough (2150kJ)

### GRILLED CHICKEN & MUSHROOM TOASTIE 16

Grilled chicken breast, English cheddar cheese, chives, caramelized onion & mushroom relish, and truffle mayo on toasted sourdough (3660kJ)

### B.L.A.T. <sup>GFOR</sup> 15

Bacon, lettuce, smashed avocado, tomato and house sweet chilli mayo on sourdough (1678kJ)

Add chips (+1192kJ) +4

### VEGETARIAN WRAP <sup>v</sup> 16

Grilled halloumi, spiced eggplant, lettuce, tomato, coriander, raisin, Spanish onion and aioli on a spinach wrap (2940kJ)

Add chips (+1192kJ) +4

### FAJITA CHICKEN & AVO RANCH SALAD WRAP 16

House marinated fajita chicken, grilled peppers, onion, avocado, corn, leafy greens, mozzarella cheese and ranch dressing in a spinach wrap (1930kJ)

Add chips (+1192kJ) +4

### CHICKEN SCHNITZEL WRAP 16

Panko crumbed chicken breast fillet, lettuce, avocado, tomato, English cheddar cheese and sweet chilli mayo on a spinach wrap (3240kJ)

Add chips (+1192kJ) +4

### CRISPY FRIED CHICKEN BURGER 19

Crispy fried chicken fillet, lettuce, Asian cabbage slaw, kewpie mayo and Japanese BBQ sauce served on a soft milk bun with chips (5120kJ)

### CHICKEN SCHNITZEL BURGER 19

Panko crumbed marinated chicken thigh fillet, lettuce, Asian cabbage slaw and house spicy mayo served on a toasted milk bun with chips (4770kJ)

### GRILLED WAGYU BEEF CHEESEBURGER 22

Wagyu beef patty, house tomato relish, lettuce, tomato, roasted onion, melted cheddar cheese, grilled bacon and special burger sauce served on a milk bun with chips (5980kJ)

## LUNCH

### ALL THINGS GREEN <sup>GFOR</sup> 22

Brown rice, poached egg, asparagus, okra, broccolini, garlic, kale, eschalots, edamame, furikake, kombu sauce (1670kJ)

Add chicken (+718kJ) +6

### CHICKEN SCHNITZEL 22

Panko crumbed chicken breast fillet, Asian cabbage slaw, chips, creamy mushroom sauce (3780kJ)

### MUSHROOM RISOTTO <sup>v</sup> 25

Shiitake mushroom, king brown mushroom, porcini mushroom, miso, eschalots, chives, garlic, parmesan snow, truffle butter (2550kJ)

Add chicken (+718kJ) +6

### EXTRAS

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Sautéed Kale (67kJ) / Mushrooms (160kJ) / Avocado (994kJ) / Chorizo (1310kJ) / Ham (453kJ) / 4 Potato Chips (1192kJ) 5 Sweet Potato Chips (809kJ) 7

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### KID'S MENU

**Kid's Brekkie**  
Scrambled egg, hash brown and toast (1590kJ) 12

**Kid's Chicken Nuggets**  
With chips and tomato sauce (2650kJ) 12

**Kid's Grilled Chicken Burger**  
With lettuce, tomato, BBQ sauce and chips (3080kJ) 16

**Kid's Cheeseburger**  
With wagyu beef, cheese, BBQ sauce and chips (3960kJ) 16

**Kid's Waffle**  
With ice cream, chocolate sauce, strawberries (2780kJ) 12

<sup>v</sup> vegetarian option <sup>VOR</sup> vegan on request <sup>GFOR</sup> gluten free on request

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# DRINKS



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## BREW BAR

### COLD DRIP COFFEE

A slow, four to six hour extracted coffee. Sweet, liquor like flavour with low acidity. Sold in a bottle. Served on ice. (2kj) 6.8

### ESPRESSO

Ristretto (2kj) 3.8  
Short Black (2kj)  
Long Black (4kj) 4.3  
Macchiato (61kj) 4.3  
Piccolo (197kj)  
Flat White (451kj)  
Latte (541kj)  
Cappuccino (451kj)

### SPECIALTY

Chai Latte (910kj) 4.8  
Green Tea Latte (929kj)  
Taro Latte (1470kj)  
Red Velvet Latte (1530kj)

### upsized +0.8

Babycino (133kj) 2

### upsized +0.8

### BELGIAN HOT CHOCOLATE / MOCHA

We use Belgian couverture chocolate, high-quality chocolate that contains a higher percentage of cocoa.

<b>HOT CHOCOLATE</b>	5.3	<b>MOCHA</b>	5.3
White (979kj)		White (937kj)	
Milk (1250kj)		Milk (933kj)	
Dark (1080kj)		Dark (924kj)	

### upsized +1.0

### upsized +1.0

Decaf (2kj) / Extra Shot (2kj)	+0.6
Almond Milk (231kj) / Soy Milk (361kj)	+0.8
<b>FLAVOUR</b>   Caramel (270kj), Hazelnut (274kj), Vanilla (274kj), Mint (280kj)	+0.8

### ORGANIC LOOSE LEAF TEA

Temperature controlled, brewed to perfection. 5

### GOOD MORNING

Our luxurious take on English Breakfast Tea (2kj)

### EARL GREY BLUEFLOWER

Ceylon Orange Pekoe Black Tea infused with bergamot (2kj)

### GENMAICHA (KYOTO JAPAN)

Brothy Kyoto Green Tea with toasted rice (2kj)

### SILVER JASMINE (ZHEJIANG)

Silver tipped Green Tea, infused with jasmine blossoms (2kj)

### DOUBLE MINT

Mint & spearmint, lavender and fennel seeds to aid digestion (2kj)

### LEMONGRASS GINGER

Lemongrass and ginger blend to restore minerals (2kj)

### CHAMOMILE LAVENDER

A floral bouquet with sweet honey notes that soothe (2kj)

### MASALA CHAI

Authentic Indian recipe of spices w/ Assam Tea base & honey (465kj)

## COLD BEVERAGE

### ICED ESPRESSO

Iced Long Black (4kj) 6.5  
Iced Latte (1050kj) 6.5  
Iced Coffee (1450kj) 7.5  
Salted Caramel Affogato (1370kj) 7

### BLENDED

Coffee (1700kj) 8  
Chai Latte (910kj) 8.5  
Green Tea Latte (908kj) 8.5

<b>BLENDED CHOCOLATE</b>	9	<b>BLENDED MOCHA</b>	9
White (3020kj)		White (2110kj)	
Milk (2957kj)		Milk (2100kj)	
Dark (2900kj)		Dark (2080kj)	

### HANDCRAFTED SODA

New Zealand Golden Kiwi & Mint (860kj) 7  
Lychee (712kj) 7  
Cranberry & Lime (759kj) 7

### ORGANIC ICED TEA

**BREAKFAST LEMON MINT** 7.5  
Ceylon Orange Pekoe Tea with fresh lemon juice & mint (611kj)

**LEMONGRASS & GINGER** 7.5  
Caffeine-free cold tisane with fresh lemon zest (402kj)

**EGYPTIAN ICE** 7.5  
Liquid Turkish delight (439kj)

### COLD PRESSED JUICE

**ORANGE** | Straight orange juice (600kj) 9  
**GREEN** | Apple, pear, spinach & kale (830kj) 9  
**RED** | Watermelon & strawberry (665kj) 9

### FRUITY SMOOTHIE

**STRANANA** 8.5  
Strawberry, banana, milk & honey (1290kj)  
**PASSION TANGO** <sup>df</sup> 8.5  
Pineapple, passionfruit, banana & mango (1330kj)  
**SUMMER SUNSET** <sup>df</sup> 8.5  
Pineapple, mango, strawberry & kiwi (1290kj)  
**AÇAÍ** <sup>df</sup> 9  
Açaí, blueberry, blackberry, banana (1420kj)

### MILKSHAKE

Chocolate (1690) / Vanilla (1540kj) / Salted Caramel (1470kj) / Strawberry (1550kj) / or Banana (1290kj) 6.5

WHEY Protein (502kj)	+2.5
Make it a THICKSHAKE (1290kj)	+2.5

<sup>df</sup> Dairy free

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700 KJ