



# MENU



THE PONDS

PLEASE ORDER AT THE COUNTER

FREE RANGE EGGS USED HERE

## TOAST WITH BUTTER AND CONDIMENTS

- Sourdough (856kj), 6
- Quinoa Soy Linseed (1419kj)
- Fruit Loaf (944kj), 7
- Gluten Free (856kj)
- with strawberry jam (+150kj) / peanut butter (+273kj) / vegemite (+35kj) (add extra condiment +0.5)

## EGGS AS YOU LIKE 10

- Served on sourdough toast (see extras)
- Poached (1540kj), Scrambled (2000kj) or Fried (2090kj)

## HOUSE BAKED GRANOLA BOWL v 16

- Açaí berry compote, yogurt, seasonal berries, chia seeds, toasted coconut (3210kj)
- add extra berries (+72kj) +4

## BREKKIE WRAP 13

- Bacon, scrambled eggs and hash brown, baby wild rocket, tomato relish, hollandaise sauce in spinach wrap (3370kj)
- add cheese (+276kj) +1 / avo (+994kj) +2

## SMASHED AVO DELIGHT v 18

- Smashed avo, finger lime, heirloom cherry tomato salsa, green balsamic, poached egg, grilled halloumi cheese, with toasted sourdough(4160kj)
- add extra egg (+345kj) +3

## OMELETTE gfor 16

- Served with rustic bread
- Mushroom, spinach and fetta v(1840kj) 16
- Classic ham, cheddar cheese and cherry tomato (2280kj) 17
- Smoked salmon, corn, fetta and chives (3150kj) 17

## MUSHROOMS ON TOAST v 18

- Shimeji, king brown & oyster mushrooms, spring onion, miso, smashed edamame, tempura enoki, poached egg, chilli, furikake, toasted rustic bread (2100kj)

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700 KJ

v Vegetarian option gf Gluten free gfor Gluten free on request

## SMOKED SALMON BENNY 18

- Vegetable fritter, smashed avo, sweet corn salsa, poached eggs, pomegranate, hollandaise, soft herbs (3020kj)
- Make it a bacon benney! swap the salmon for bacon 18

## GRILLED HALLOUMI STACK v gfor 18

- Spiced eggplant, heirloom tomato, kipfler potato, raisin, coriander, grilled halloumi, sautéed spinach, harissa, Spanish onion, poached egg on rustic bread (2420kj) 18

## ALL THINGS GREEN v gfor 18

- Crispy brown rice, poached egg, avocado, edamame, broccolini, broccoli, furikake, sautéed kale with kombu sauce (2430kj) 18
- add grilled chicken (+718kj) +5

## BREAKFAST GNOCCHI 19

- House made potato gnocchi, roasted tomato, chorizo, shallot, chilli, parmesan snow, poached egg, crispy potato skin (3590kj) 19

## BIG BREAKFAST 22

- Two eggs your way, chorizo, bacon, hash browns, smashed avo, mushrooms, roasted tomato with toasted sourdough (4440kj) 22

## BELGIAN WAFFLE v 18

- Seasonal berries, Açaí berry compote, vanilla ice-cream, whipped vanilla ricotta, pistachio, Belgian chocolate sauce (3260kj) 18
- add extra ice cream (+645kj) +3

## EXTRAS

- |                        |                             |
|------------------------|-----------------------------|
| Poached Egg (345kj), 3 | Grilled Halloumi (722kj), 5 |
| Hash-Brown (553kj),    | Grilled Bacon (1310kj),     |
| Roasted Tomato (86kj), | Smoked Salmon (561kj),      |
| Ice Cream (645kj)      | Grilled Chicken (718kj),    |
| Sautéed Kale (67kj), 4 | Potato Chips 5              |
| Mushrooms (160kj),     | with aioli (2560kj)         |
| Avocado (994kj),       |                             |
| Chorizo (784kj)        | Sweet Potato Chips 7        |
|                        | with aioli (1970kj)         |



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## SALADS

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

Roasted pumpkin, baby wild rocket, pepita seeds, pomegranate, Spanish onion, sundried tomato, toasted pine nut, pesto dressing (1680kj) 16

**add avo** (994kj) **+4**    **add grilled chicken** (718kj) **+5**  
**add grilled halloumi** (722kj) **+5**    **add smoked salmon** (561kj) **+5**

### VEGAN BOWL <sup>v gf</sup>

House baked corn falafel, pistachio nutty hummus, pickled daikon, roasted pumpkin, edamame, roasted broccoli, tahini dressing (3470kj) 18

## BURGERS & SANDWICHES

### GRILLED CHICKEN PESTO WRAP

Grilled chicken, English cheddar, sundried tomato, baby wild rocket, grilled mushroom, smashed avo, pesto mayo in spinach wrap (3820kj) 14

### B.R.A.T <sup>gfor</sup>

Bacon, baby wild rocket, smashed avo, tomato, house sweet chilli mayo on sourdough (3070kj) 14

### VEGETARIAN SANDWICH <sup>v</sup>

Grilled halloumi, spiced eggplant, baby wild rocket, heirloom tomato, coriander, raisin, Spanish onion, sourdough (2790kj) 14

### WAGYU BEEF BURGER

Baby wild rocket, tomato relish, bacon, cheddar cheese, chips, roasted garlic aioli (5940kj) 19

**add extra wagyu patty** (+2120kj) **+5**

## MAINS

### CHICKEN KATSU (SCHNITZEL)

250g panko crumbed chicken breast, cabbage slaw, chips and creamy mushroom sauce (4810kj) 18

### KARAAGE CHICKEN WAFFLE

Waffle, cabbage slaw, bacon, fried egg, soft herbs, sriracha mayo, crushed berry, chilli infused maple (4670kj) 19

### GRILLED SALMON <sup>gfor</sup>

Smashed edamame, grilled broccolini, charred lemon, ponzu beurre blanc (2720kj) 22

KID'S MENU	
<i>Served with Kid's AJ (+420kj)</i>	
Kid's Brekkie	10
Scrambled egg, hash brown, with toast (1590kj)	
Kids' Ham & Cheese Toastie (1460kj)	10
Kids' Chicken Nuggets with chips, tomato sauce (2650kj)	10
Kid's Waffle with ice cream, chocolate sauce, strawberries (2780kj)	10

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700 KJ

<sup>v</sup> Vegetarian option    <sup>gf</sup> Gluten free    <sup>gfor</sup> Gluten free on request

PLEASE NOTIFY STAFF OF ANY FOOD ALLERGIES.