



MENU



THE PONDS

PLEASE ORDER AT THE COUNTER

TOAST WITH BUTTER AND CONDIMENTS

Sourdough (856kJ)	7
Soy Linseed (1419kJ)	7
Gluten Free (856kJ)	8
Fruit Loaf with Honey (2010kJ)	8

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

EGGS AS YOU LIKE ^V ^{GFOR} 14

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

BREKKIE BURGER 16

Bacon, fried egg, hash brown, lettuce, homemade tomato relish, tomato and aioli on a soft milk bun (2790kJ)
Swap bacon to grilled halloumi cheese upon request (2740kJ)
Add cheese (+276kJ) +1 / avocado (+994kJ) +2

BREKKIE WRAP 17

Bacon, scrambled eggs, hash brown, tomato relish, lettuce and hollandaise sauce in a spinach wrap (3370kJ)
Swap bacon to grilled halloumi cheese upon request (2440kJ)
Add cheese (+276kJ) +1 / avocado (+994kJ) +2

ULTIMATE BREAKFAST BURRITO 18

Chorizo & baked beans, lettuce, tomato salsa, homemade spicy mayo, pickle, avocado, melted cheddar cheese, spinach tortilla (2640kJ)

STRAWBERRY & RHUBARB BIRCHER MUESLI ^V 18

Poached strawberries and rhubarb, oats, apple, berries, coconut yogurt, homemade granola, rose petals (1420kJ)

THREE CHEESE OMELETTE ^V 22

Parmesan cheese, cheddar cheese, mozzarella cheese, coriander, onion, braised eggplant, tomato salsa, toasted focaccia (2450kJ)

TURKISH EGGS 22

Grilled chorizo, slow roasted cherry tomato, poached eggs, lemon & dill labneh, Aleppo butter, toasted focaccia (3530kJ)

EGGS BENEDICT 24

Poached eggs, crushed avo, sautéed spinach, hollandaise, toasted homemade crumpet, fine herbs
Choice of Salmon (2610kJ) / Bacon (2810kJ) or Halloumi ^V (3230kJ)

CORN FRITTERS ^V 22

Tempura corn fritters, cucumber & avocado salsa, tomato relish, poached eggs (1620kJ)

CRUSHED AVOCADO ON TOAST ^V 22

Slow roasted cherry tomato, parsley, whipped Persian fetta, homemade chilli oil, pickled eschalots, poached eggs, toasted sourdough (2330kJ)

CHILLI SCRAMBLED EGGS ON CRUMPET ^V 22

Slow braised eggplant relish, chilli oil, pan roasted tomato, parsley, grilled halloumi, toasted coconut, soft herbs, toasted crumpet (2140kJ)

TRUFFLE MUSHROOM BRUSCHETTA ^V 22

Mushrooms, avocado, parsley, eschalots, garlic, thyme, truffle butter, whipped Persian fetta, fried egg, chilli oil, on a toasted focaccia (2690kJ)

GRILLED HALLOUMI BREAKFAST BOWL ^V 24

Grilled halloumi, roasted pumpkin, tomato salsa, crispy chickpeas, soft boiled egg, avocado, miso dressing, hummus, toasted sourdough (4300kJ)

SMOKED SALMON BENNY ON OKONOMIROSTI 24

Japanese style rosti, smoked salmon, poached eggs, avocado, roe, corn salsa, hollandaise, fine herbs (2430kJ)
Swap the salmon for ham (2630kJ) or bacon (2900kJ) upon request

BREAKFAST GNOCCHI 25

Homemade potato gnocchi, roasted tomato, chorizo, chilli, parsley, parmesan snow, poached egg (2810kJ)
Swap the chorizo for chicken (2530kJ)

BIG BREAKFAST 26

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

LEAF BREKKIE ^V 26

Two poached eggs, grilled halloumi, hash browns, mushrooms, sautéed spinach, smashed avocado and roasted tomato with toasted sourdough (3530kJ)

TOASTIES

Cheese & Tomato ^V (1830kJ)	10
Ham & Cheese (2010kJ)	11
Ham Cheese & Tomato (2060kJ)	13
Grilled Chicken, Cheese & Avocado (3110kJ)	16

GRILLED CHICKEN & MUSHROOM TOASTIE 19

Grilled chicken breast, English cheddar cheese, chives, truffle mayo, and caramelized onion & mushroom relish on toasted focaccia (3510kJ)

GRILLED HALLOUMI WRAP ^V 18

Roasted pumpkin, avocado, crispy chickpeas, raisins, tomato salsa, eggplant, coriander, grilled halloumi, shredded lettuce, aioli on a spinach wrap (2100kJ)

CHICKEN SCHNITZEL WRAP 18

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

FAJITA CHICKEN & SALAD WRAP 19

Marinated fajita chicken, grilled peppers, onion, avocado, tomato salsa, baby cos, mozzarella cheese, and homemade spicy mayo (mild) in a spinach wrap (2410kJ)
Add chips (+1192kJ) +4

SMOKED SALMON SANDWICH 19

Smoked salmon, avocado, egg salad, pickled eschalots, crispy capers, red onion, sour cream, toasted focaccia (3130kJ)

GRILLED BEEF CHEESEBURGER 25

Homemade beef patty, homemade tomato relish, lettuce, tomato, pickle, melted cheddar cheese, grilled bacon and special burger sauce served on a milk bun with chips (6140kJ)

SUPERFOOD SALAD ^V ^{GFOR} 22

Corn, avocado, onion, chilli, tomato, crispy chickpeas, kale, edamame, cous cous, roasted pumpkin, toasted seeds, honey mustard dressing (2060kJ)

GRILLED TERIYAKI CHICKEN SALAD 24

Grilled teriyaki marinated chicken, edamame, carrots, harvest corn, cherry tomato, mint, mixed leafy greens, Japanese style dressing (2020kJ)

SPICY GARLIC PRAWNS 24

Sautéed prawns, chorizo in a creamy chilli & garlic sauce, served with toasted focaccia bread (4070kJ)

SPICY GARLIC PRAWN SPAGHETTI 28

Sautéed prawns, tomato, creamy garlic sauce, shellfish bisque, baby spinach, chilli, parsley, spaghetti (2430kJ)

RICOTTA & PISTACHIO HOTCAKE 22

Whipped vanilla mascarpone, seasonal berries, maple syrup, seeds & nuts, vanilla ice cream, rose petals (3120kJ)

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 Cheeseburger Grilled beef patty, cheese, BBQ sauce and chips (4550kJ)	16
Kid's Waffle With ice cream, chocolate sauce, strawberries (2780kJ)	12

EXTRAS

Aioli Sauce (414kJ) / Chili Oil (287kJ)	1	Grilled Bacon (1310kJ) / Chorizo (1310kJ) / Grilled Halloumi (722kJ) /	6
Hollandaise Sauce (414kJ) / Hash Brown (553kJ)	3	Grilled Chicken (718kJ) / Smoked Salmon (561kJ)	7
Poached Egg (345kJ)	3.5	Potato Chips (1192kJ)	8
Sautéed Spinach (251kJ) / Mushrooms (160kJ) / Avocado (994kJ) / Ham (453kJ)	4	Sweet Potato Chips (809kJ)	10

^Vvegetarian ^{GF}gluten free ^{GFOR}gluten free on request • The average adult daily energy intake is 8700kJ

Please notify staff of food allergies • Sorry, we can't remove or swap ingredients • 10% public holiday surcharge • Halal Chicken

DRINKS



THE PONDS

PLEASE ORDER AT THE COUNTER

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) 7.5

ESPRESSO

Ristretto (2kj) 4.2
Short Black (2kj)
Long Black (4kj) 4.7
Macchiato (61kj) 4.7
Piccolo (197kj)
Flat White (451kj)
Latte (541kj)
Cappuccino (451kj)

SPECIALTY

Chai Latte (910kj) 5
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.

HOT CHOCOLATE	6	MOCHA	6
White (979kj)		White (937kj)	
Milk (1250kj)		Milk (933kj)	
Dark (1080kj)		Dark (924kj)	

upsized +1.5

upsized +1.5

Decaf (2kj) / Extra Shot (2kj)	+0.6
Almond Milk (231kj) / Soy Milk (361kj) / Oat (413kj) / Lactose Free (534kj)	+0.8
FLAVOUR Caramel (270kj), Hazelnut (274kj), Vanilla (274kj), Mint (280kj)	+0.8

ORGANIC LOOSE LEAF TEA

Temperature controlled, brewed to perfection. 5.2

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)

CHILLED BAR

ICED ESPRESSO

Iced Long Black (4kj) 6.5
Iced Latte (1050kj) 6.5
Iced Coffee (1450kj) 7.5
Affogato (729kj) 7

BLENDED

Coffee (1700kj) 8.5
Chai Latte (910kj) 8.8
Green Tea Latte (908kj) 8.8
Taro Latte (1020kj) 8.8
Red Velvet Latte (1020kj) 8.8

BLENDED CHOCOLATE	10	BLENDED MOCHA	10
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) 10
GREEN | Apple, pear, spinach & kale (830kj) 10
RED | Watermelon & strawberry (665kj) 10

FRUITY SMOOTHIE

AÇAÍ ^{df} 9
Açaí, blueberry, blackberry, banana (1420kj)

PASSION TANGO ^{df} 9
Pineapple, passionfruit, banana & mango (1330kj)

SUMMER SUNSET ^{df} 9
Pineapple, mango, strawberry & kiwi (1290kj)

WATERMELON CRUSH ^{df} 9
Watermelon (589kj)

MILKSHAKE

Chocolate (1690) / Vanilla (1540kj) / Salted Caramel (1470kj) / Strawberry (1550kj) / or Banana (1290kj) 7

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

^{df} Dairy free

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700 KJ