



# MENU

THE PONDS

PLEASE ORDER AT THE COUNTER

<b>TOAST WITH BUTTER AND CONDIMENTS</b>	
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**

<b>EGGS AS YOU LIKE <sup>V GFOR</sup></b>	<b>14</b>
Served on sourdough toast (see extras)	
Poached (1540kJ) / Scrambled (2000kJ) / Fried (2090kJ)	

<b>BREKKIE BURGER</b>	<b>16</b>
Bacon, fried egg, hash brown, lettuce, homemade tomato relish, tomato and aioli on a soft milk bun (2790kJ)	
<b>Swap bacon to grilled halloumi cheese upon request (2740kJ)</b>	
<b>Add cheese (+276kJ) +1 / avocado (+994kJ) +2</b>	

<b>BREKKIE WRAP</b>	<b>17</b>
Bacon, scrambled eggs, hash brown, tomato relish, lettuce and hollandaise sauce in a spinach wrap (3370kJ)	
<b>Swap bacon to grilled halloumi cheese upon request (2440kJ)</b>	
<b>Add cheese (+276kJ) +1 / avocado (+994kJ) +2</b>	

<b>ULTIMATE BREAKFAST BURRITO</b>	<b>18</b>
Chorizo & baked beans, lettuce, tomato salsa, homemade spicy mayo, pickle, avocado, melted cheddar cheese, spinach tortilla (2640kJ)	

<b>STRAWBERRY &amp; RHUBARB BIRCHER MUESLI <sup>V</sup></b>	<b>18</b>
Poached strawberries and rhubarb, oats, apple, berries, coconut yogurt, homemade granola, rose petals (1420kJ)	

<b>THREE CHEESE OMELETTE <sup>V</sup></b>	<b>22</b>
Parmesan cheese, cheddar cheese, mozzarella cheese, coriander, onion, braised eggplant, tomato salsa, toasted focaccia (2450kJ)	

<b>TURKISH EGGS</b>	<b>22</b>
Grilled chorizo, slow roasted cherry tomato, poached eggs, lemon & dill labneh, Aleppo butter, toasted focaccia (3530kJ)	

<b>EGGS BENEDICT</b>	<b>24</b>
Poached eggs, crushed avo, sautéed spinach, hollandaise, toasted homemade crumpet, fine herbs	
<b>Choice of Salmon (2610kJ) / Bacon (2810kJ) or Halloumi <sup>V</sup> (3230kJ)</b>	

<b>CORN FRITTERS <sup>V</sup></b>	<b>22</b>
Tempura corn fritters, cucumber & avocado salsa, tomato relish, poached eggs (1620kJ)	

<b>CRUSHED AVOCADO ON TOAST <sup>V</sup></b>	<b>22</b>
Slow roasted cherry tomato, parsley, whipped Persian fetta, homemade chilli oil, pickled eschalots, poached eggs, toasted sourdough (2330kJ)	

<b>CHILLI SCRAMBLED EGGS ON CRUMPET <sup>V</sup></b>	<b>22</b>
Slow braised eggplant relish, chilli oil, pan roasted tomato, parsley, grilled halloumi, toasted coconut, soft herbs, toasted crumpet (2140kJ)	

<b>TRUFFLE MUSHROOM BRUSCHETTA <sup>V</sup></b>	<b>22</b>
Mushrooms, avocado, parsley, eschalots, garlic, thyme, truffle butter, whipped Persian fetta, fried egg, chilli oil, on a toasted focaccia (2690kJ)	

<b>GRILLED HALLOUMI BREAKFAST BOWL <sup>V</sup></b>	<b>24</b>
Grilled halloumi, roasted pumpkin, tomato salsa, crispy chickpeas, soft boiled egg, avocado, miso dressing, hummus, toasted sourdough (4300kJ)	

<b>SMOKED SALMON BENNY ON OKONOMIROSTI</b>	<b>24</b>
Japanese style rosti, smoked salmon, poached eggs, avocado, roe, corn salsa, hollandaise, fine herbs (2430kJ)	
<b>Swap the salmon for ham (2630kJ) or bacon (2900kJ) upon request</b>	

<b>KID'S MENU</b>	
<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 Cheeseburger</b>	
Grilled beef patty, cheese, BBQ sauce and chips (4550kJ)	16
<b>Kid's Waffle</b>	
With ice cream, chocolate sauce, strawberries (2780kJ)	12

<b>BREAKFAST GNOCCHI</b>	<b>25</b>
Homemade potato gnocchi, roasted tomato, chorizo, chilli, parsley, parmesan snow, poached egg (2810kJ)	
<b>Swap the chorizo for chicken (2530kJ)</b>	

<b>BIG BREAKFAST</b>	<b>26</b>
Two eggs your way, chorizo, bacon, hash browns, crushed avo and roasted mushrooms with toasted sourdough (4440kJ)]	

<b>LEAF BREKKIE <sup>V</sup></b>	<b>26</b>
Two poached eggs, grilled halloumi, hash browns, mushrooms, sautéed spinach, smashed avocado and roasted tomato with toasted sourdough (3530kJ)	

<b>TOASTIES</b>	
Cheese & Tomato <sup>V</sup> (1830kJ)	10
Ham & Cheese (2010kJ)	11
Ham Cheese & Tomato (2060kJ)	13
Grilled Chicken, Cheese & Avocado (3110kJ)	16

<b>GRILLED CHICKEN &amp; MUSHROOM TOASTIE</b>	<b>19</b>
Grilled chicken breast, English cheddar cheese, chives, truffle mayo, and caramelized onion & mushroom relish on toasted focaccia (3510kJ)	

<b>GRILLED HALLOUMI WRAP <sup>V</sup></b>	<b>18</b>
Roasted pumpkin, avocado, crispy chickpeas, raisins, tomato salsa, eggplant, coriander, grilled halloumi, shredded lettuce, aioli on a spinach wrap (2100kJ)	

<b>CHICKEN SCHNITZEL WRAP</b>	<b>18</b>
Panko crumbed chicken breast fillet, English cheddar cheese, lettuce, avocado, tomato, and sweet chilli mayo on a spinach wrap (3240kJ)	

<b>FAJITA CHICKEN &amp; SALAD WRAP</b>	<b>19</b>
Marinated fajita chicken, grilled peppers, onion, avocado, tomato salsa, baby cos, mozzarella cheese, and homemade spicy mayo (mild) in a spinach wrap (2410kJ)	
<b>Add chips (+1192kJ) +4</b>	

<b>SMOKED SALMON SANDWICH</b>	<b>19</b>
Smoked salmon, avocado, egg salad, pickled eschalots, crispy capers, red onion, sour cream, toasted focaccia (3130kJ)	

<b>GRILLED BEEF CHEESEBURGER</b>	<b>25</b>
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)	

<b>SUPERFOOD SALAD <sup>V GFOR</sup></b>	<b>22</b>
Corn, avocado, onion, chilli, tomato, crispy chickpeas, kale, edamame, cous cous, roasted pumpkin, toasted seeds, honey mustard dressing (2060kJ)	

<b>GRILLED TERIYAKI CHICKEN SALAD</b>	<b>24</b>
Grilled teriyaki marinated chicken, edamame, carrots, harvest corn, cherry tomato, mint, mixed leafy greens, Japanese style dressing (2020kJ)	

<b>SPICY GARLIC PRAWNS</b>	<b>24</b>
Sautéed prawns, chorizo in a creamy chilli & garlic sauce, served with toasted focaccia bread (4070kJ)	

<b>SPICY GARLIC PRAWN SPAGHETTI</b>	<b>28</b>
Sautéed prawns, tomato, creamy garlic sauce, shellfish bisque, baby spinach, chilli, parsley, spaghetti (2430kJ)	

<b>RICOTTA &amp; PISTACHIO HOTCAKE</b>	<b>22</b>
Whipped vanilla mascarpone, seasonal berries, maple syrup, seeds & nuts, vanilla ice cream, rose petals (3120kJ)	

<b>EXTRAS</b>			
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

<sup>V</sup>vegetarian <sup>GF</sup>gluten free <sup>GFOR</sup>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.

<b>HOT CHOCOLATE</b>	6	<b>MOCHA</b>	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) +0.8  
/ Oat (413kj) / Lactose Free (534kj)

**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

<b>BLENDED CHOCOLATE</b>	10	<b>BLENDED MOCHA</b>	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** <sup>df</sup> 9  
Açaí, blueberry, blackberry, banana (1420kj)

**PASSION TANGO** <sup>df</sup> 9  
Pineapple, passionfruit, banana & mango (1330kj)

**SUMMER SUNSET** <sup>df</sup> 9  
Pineapple, mango, strawberry & kiwi (1290kj)

**WATERMELON CRUSH** <sup>df</sup> 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

<sup>df</sup> Dairy free

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700 KJ