



ALL DAY MENU

Smashed Avo ~ \$19

Avocado, Cherry Tomatoes, Herbs & Lemon, Fetta & Quinoa on Sourdough
(V, VG, GF)

Zucchini & Corn Fritters ~ \$17

Fritters with Roast Pumpkin Harissa Hummus, Rocket & Poached Egg (V)

Salad of the Day ~ \$14

Your choice of 2 salads, have 1 or have a mixture of the 2
Add Smoked Salmon ~ \$6 or Poached Chicken ~ \$5 (V, VG, GF)

Classic New York Deli Rueben Melt ~ \$14

Silverside, Swiss Cheese, Pickles, Sauerkraut with Russian Dressing

Quiche of the Day ~ \$14

Quiche Lorraine or Vegetable Quiche served with side salad (V)

Gourmet Pie of the Day ~ \$16

Please check with the team for today's pie choices, served with side salad

Granola Bowl ~ \$14

Seasonal Fruit, Yoghurt & Chia Seeds (V)

Toast & Breads ~ \$8

Fruit Toast, Sourdough, White, Gluten Free
served with Vegemite, Butter or Jam (GF)

Banana Bread ~ \$7

Served with Plain Butter (V, GF)

Ham & Cheese Croissant ~ \$8

Toasties ~ \$9

Ham, Cheese & Tomato or Chicken, Cheese & Avocado

Sandwich Bar

Wraps ~ \$11 Panini ~ \$10 Plain Bread ~ \$9

Choose a Meat & 4 Salad items from the list below

Ham ~ Poached Chicken ~ Roast Beef ~ Smoked Salmon ~ Chicken Schnitzel

Lettuce ~ Tomato ~ Onion ~ Cucumber ~ Carrot ~ Beetroot ~ Cabbage ~ Avocado ~ Capsicum ~ Cheese (V, GF)

**Cakes, Slices, Muffins & Scones also available, please see our Team
for Today's Choices**

LITTLE BEARS - Under 12 Only

Kids Cheese Toastie served with Orange Juice ~ \$12 (V, GF)

V= Vegetarian
VG = Vegan
GF = Gluten Free



Beverage Menu

COFFEE

Small - \$4.50 ~ Regular - \$5 ~ Large - \$5.50

Cappuccino ~ Latte ~ Flat White ~ Long Black ~ Espresso ~ Mocha ~
Piccolo ~ Hot Chocolate ~ Chai Latte ~ Iced Latte ~ Iced Long Black

TEA ~ \$4.50

English Breakfast

French Earl Grey

Peppermint

Lemongrass & Ginger Echinacea

Chinese Green Tea & Jasmine

**SOY, ALMOND, LACTOSE FREE & OAT MILK AVAILABLE \$1 EXTRA
FLAVOURED SYRUPS & EXTRA SHOT 50c EXTRA**

COLD DRINKS

Bundaberg Ginger Beer \$5 ~ Cans \$3.50

Lemon Lime & Bitters \$5 ~ Mount Franklin Still Water \$4

Mount Franklin Lightly Sparkling Water \$4.50

JUICE/MILKSHAKE BAR

Three Bears Health Buster ~ \$10

Cucumber, Banana, Pineapple & Coconut Water

Banana & Mixed Berry Smoothie ~ \$10

Banana, mixed berries, low-fat yoghurt & honey

Freshly Squeezed Orange Juice ~ \$8

Milkshakes ~ \$9

Choose from Chocolate, Vanilla, Strawberry or Caramel

Bottled Beer & Wine

Corona	\$9.50
150 Lashes	\$9.00
Hahn Super Dry 3.5	\$7.50
Hahn Premium Light	\$7.00

WINE

Hunter Valley Sauvignon Blanc	\$10/\$40.00
Hunter Valley Pinot Grigio	\$9.00/\$36.00
Hunter Valley Cabernet Sauvignon	\$10/\$40.00
Hunter Valley Shiraz	\$9.00/\$36.00