

# **MAINS**



## **FISH & CHIPS**

Fish Fillet, French Fries, Coleslaw

## **CHICKEN CUTLET**

Deep Fried Boneless Chicken, Fries, Coleslaw

## **KING ISLAND GRASS FED RIBEYE**

(approximately 250gm)

Served with Grilled Vegetables, Mushroom Gravy

## **TRADITIONAL AUSSIE BEEF PIE**

Served with Salad

## **WAGYU BEEF BURGER**

Orange Cheddar, Tomatoes, BBQ Aioli, Caramelized Onions,  
Served with French Fries

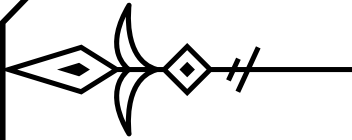
## **CHICKEN BURGER**

Lemongrass Chicken Orange Cheddar, Tomatoes, BBQ Aioli,  
Served with French Fries

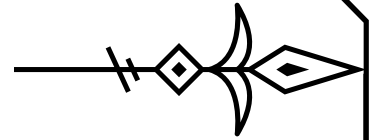
## **THE SIMPLE HOTDOG**

Apple & Pork Sausage, Caramelized Onions

**ALL WAGYU BURGERS ARE DONE TO MEDIUM ONLY.  
PLEASE INFORM US IN ADVANCE IF YOU WISH  
TO HAVE IT TO YOUR PREFERRED DONENESS.**



# PIZZA



## **RED CURRY SMOKED DUCK**

Smoked Duck, Red Curry, Bell Pepper, Zucchini, Mozzarella Cheese

## **SEAFOOD PESTO**

Seafood, Bell Pepper, Mozzarella Cheese, Pesto (No Pine Nut),  
Honey

## **PRAWN MARINARA**

Prawns, Pomodoro Sauce, Basil, Mozzarella Cheese, Cheddar

## **SHROOMS GALORE (V)**

Swiss Brown, Portobello Mushroom, Mozzarella Cheese, Cheddar

## **VEGGIE (V)**

Parmigiano-Reggiano, Mozzarella, Pomodoro Sauce,  
Bell Pepper, Zucchini, Broccoli,

## **MARGHERITA**

Parsley, Pomodoro Sauce, Mozzarella Cheese

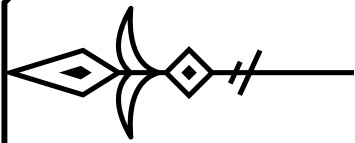
## **SAUSAGE MANIA**

Beef Sausage, Pork Sausage, Fennel, Fresh Basil Leaves,  
Cheddar, Mozzarella, Pink Sauce

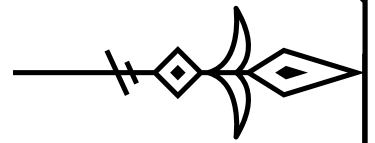
## **Half and Half**

**(Available when kitchen is not busy)**

**Charged as the more expensive half**



# **BITES**



**FRENCH FRIES**

**SPAM FRIES**

**CHEESY TATER TOTS**

**FRIED OYSTER MUSHROOMS**

**GRILLED VEGETABLES**

**POPCORN CHICKEN**

Milk Brined Boneless Chicken, 8 Spices

**HOMEMADE CHICKEN SATAY**

**THAI MARINATED WINGS**



# **SPECIALITY**



**LEMONGRASS DRINK (ICED)**

**NATIVE AUSTRALIAN STRAWBERRY TEA (ICED)**



# **YAHAVA COFFEE**



**(CHECK OUT THE SWAN VALLEY PROPERTY IN WESTERN AUSTRALIA WHEN YOU NEXT HOLIDAY THERE. 40MINS DRIVE FROM PERTH)**

**WE USE SINGLE ORIGIN BEANS FROM PAPA NEW GUINEA. BOLD WITH MEDIUM ACIDITY**

**AMERICANO, ESPRESSO**

**LATTE, CAPUCCINO**

**(ADD ICE ADDITIONAL \$1)  
(upgrade to OATMILK \$1.00)**



# **SOFT DRINKS**



**COKE , COKE ZERO, SPRITE, GINGER ALE,  
TONIC WATER , SODA WATER**



# FLORAL TEA



(IMPORTED FROM AUSTRALIA)  
CAFFEINE FREE

## DETOX TEA

Lemon Myrtle supports gut health with its antimicrobial, antifungal properties. Hibiscus and Beetroot contain polyphenols that support healthy gut bacteria

## FOCUS TEA

A zesty blend to support concentration and memory.  
Contains Siberian Ginseng

## ANTI-INFLAMMATION TEA

Contains Native Australian Lemongrass, a natural Native pain reliever  
Turmeric has been proven to effectively reduce inflammation, while black pepper can help support a higher absorption of curcumin (the main active ingredient in turmeric)

## TAP'S HAPPINESS TEA

A mango flavoured blend designed to calm the mind and uplift the mood. Contains Aniseed Myrtle, Passionfruit flowers and Ginseng

## METABOLISM TEA

Lemon Myrtle and Finger Lime contain antioxidants to support metabolism and reduce inflammation.  
Ginger and Lemongrass regulate glucose in the blood.



# FLORAL TEA



(IMPORTED FROM AUSTRALIA)  
CAFFEINE FREE

## **NATIVE SLEEP**

calming berry-infused sleep tea designed with wild-harvested Jilungin, passionflower, and other plants that help you sleep.

## **NATIVE RELAXATION**

Jilungin, Passionflower and Chamomile to improve sleep quality via their sedative action while reducing nervous restlessness.  
Aniseed Myrtle, Strawberry Gum Leaf, and Lemon Myrtle to reduce oxidative stress.

## **WOMEN'S BALANCE**

Cycle Support tea is designed by our naturopaths to support wellbeing and nourish the body as it navigates monthly cycles.  
Raspberry Leaf has been shown to help regulate hormone levels and may help alleviate menstrual discomfort.  
Nettle Leaf has been proven to reduce inflammation and may assist with fatigue due to high contents of iron and vitamin B12.  
Native Lemongrass, which has been shown to effectively reduce pain and inflammation.