



THE PONDS

CHEF'S SPECIAL

SPECIAL CHICKEN & PRAWN FRIED RICE

Brown rice, sous-vide chicken fillet, butter poached prawns,
seasonal veggies, shallots, chillis, furikake, kewpie mayo,
house special sauce 20

GRILLED TERIYAKI CHICKEN SALAD

Grilled teriyaki marinated chicken, edamame, cucumber, harvest corn, mint,
bean sprouts, carrots, tomato Japanese style dressing 19

SMOKED SALMON SALAD

Smoked salmon, lettuce, cucumber, tomato, harvest corn, onion, crispy capers,
avo, green goodness dressing 19

PLEASE ORDER AT THE COUNTER



MENU



| THE PONDS

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BREAKFAST

TOAST WITH BUTTER AND CONDIMENTS

Sourdough (856kJ) / Quinoa Soy Linseed (1419kJ) 6
Gluten Free (856kJ) 7
Fruit Loaf with Ricotta & Honey (2150kJ) 7
served 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) / Fried (2090kJ)

BREKKIE WRAP

Bacon, scrambled eggs and hash brown, tomato relish,
lettuce, hollandaise sauce in spinach wrap (3370kJ) 13
Add cheese (+276kJ) +1 / avo (+994kJ) +2

PRAWN CHEESE MELT

Butter poached prawns, corn, chili, cheese, kewpie mayo,
okonomiyaki sauce on rustic white (2340kJ) 15

HOUSE BAKED GRANOLA BOWL ^v

House baked granola, sweetened yogurt, açai compote,
seasonal berries, coconut chia pudding, crushed strawberry
(2970kJ) 16

OMELETTE ^{gfor}

Roasted mushrooms, braised tomato, tempura batter bits,
mozzarella, and chives served with toasted bread (2250kJ) 16
Add chicken (+718kJ) / ham (+453kJ) / smoked salmon (+561kJ) +4

CRUSHED AVO DELIGHT ^v

Crushed avo, tomato salsa, green balsamic, poached egg,
whipped Persian fetta, chili, chives with toasted sourdough
(2640kJ) 17

SALMON BENNY

Smoked salmon, toasted sourdough, sweet corn salsa,
smashed avo, poached eggs, hollandaise, chives (3260kJ) 18
Or, swap the salmon for ham (2920kJ) or bacon! (3210kJ)

GRILLED HALLOUMI STACK ^{v gfor}

Spiced eggplant, heirloom tomato, raisin, grilled halloumi,
coriander, sautéed kale, Spanish onion, poached egg,
harissa on sourdough (2290kJ) 18

SWEET CORN FRITTERS

Tempura sweet corn fritters, house tomato relish, chili,
tomato & avo salsa, poached egg, whipped Persian fetta,
Asian herb salad (1780kJ) 18

BREAKFAST GNOCCHI

Home-made potato gnocchi, roasted tomato, chorizo,
shallots, chili, parmesan snow, crispy potato skins,
poached egg (3590kJ) 19

LEAF BREKKIE ^v

Two poached eggs, grilled halloumi, hash browns, mushrooms,
sautéed kale, smashed avo, roasted tomato
with toasted sourdough (3760kJ) 22

BIG BREAKFAST

Two eggs your way, grilled chorizo, bacon, hash browns,
crushed avo, roasted mushrooms, roasted tomato
served with toasted sourdough (4440kJ) 22

BELGIAN WAFFLE ^v

Seasonal berries, açai compote, vanilla ice cream, pistachio,
whipped vanilla ricotta, Belgian chocolate sauce (3260kJ) 18
add extra ice cream (+645kJ) +3

EXTRAS

Poached Egg (345kJ) / Hash Brown (553kJ) / Roasted Tomato (86kJ)	3	Grilled Bacon (1310kJ) / Grilled Halloumi (722kJ) / Smoked Salmon (561kJ)	5
Sautéed Kale (67kJ) / Mushrooms (160kJ) / Avocado (994kJ) / Chorizo (784kJ)	4	Potato Chips (1970kJ) Sweet Potato Chips (2560kJ)	5 7

Please notify staff of any food allergies.

^v vegetarian option ^{gf} gluten free ^{gfor} gluten free on request

The average adult daily energy intake is 8700kJ



MENU



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BURGERS & SANDWICHES

B.L.A.T. ^{gfor}

Bacon, lettuce, smashed avo, tomato, house sweet chilli mayo on sourdough (3070kJ) 14

VEGETARIAN WRAP ^v

Grilled halloumi, spiced eggplant, lettuce, tomato, coriander, raisin, Spanish onion, aioli on a spinach wrap (2940kJ) 14

CHICKEN SCHNITZEL WRAP

Panko crumbed chicken breast fillet, lettuce, avo, tomato, English cheddar cheese, sweet chili mayo on a spinach wrap (3240kJ) 14

GRILLED CHICKEN WRAP

Grilled chicken, hummus, avo, corn, onion, lettuce, cucumber, sweet chilli mayo, tomato in a spinach tortilla wrap (2830kJ) 14

CRISPY FRIED CHICKEN BURGER

Crispy fried chicken fillet, lettuce, coleslaw, kewpie mayo, Japanese BBQ sauce on a soft milk bun with chips (5090kJ) 18

BAD BOY BURGER

Wagyu beef patty, house tomato relish, grilled bacon, lettuce, tomato, tempura onion rings, melted cheddar cheese and aioli on a milk bun with chips (6090kJ) 18

SALADS

ROASTED PUMPKIN SALAD ^v

Roasted pumpkin, pepita seeds, whipped Persian fetta, kale, roasted Spanish onion, tomato, avo, balsamic glaze (2300kJ) 17

add avo (+994kJ) +4 add chicken (+718kJ) +5

add halloumi (+722kJ) +4 add smoked salmon (+561kJ) +5

CHICKEN SUPER FOOD SALAD

Roasted pumpkin, harvest corn, red onion, tomato, quinoa, kale, chia seeds, sous-vide chicken fillet, with honey mustard dressing (1460kJ) 18

add halloumi (+722kJ) +5

MAINS

CHICKEN SCHNITZEL

Panko crumbed chicken breast fillet, cabbage slaw, chips, and creamy mushroom sauce (3780kJ) 18

Make it parmigiana! (+280kJ) top with tomato ragu and mozzarella +3

SALMON RICE BOWL

Teriyaki marinated salmon, brown rice, edamame, avo, greens, kewpie mayo, furikake, chives (3850kJ) 22

KID'S MENU

Served with Kid's AJ (+480kJ)

Kid's Ham & Cheese Toastie (1460kJ) 10

Kid's Brekkie
Scrambled egg, hash brown, with toast (1590kJ) 10

Kid's Chicken Nuggets
With chips, tomato sauce (2650kJ) 10

Kid's Waffle
With ice cream, chocolate sauce, strawberries (2780kJ) 10

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DRINKS



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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) 6

HARIO V60

Hario V60 pour over gives the barista complete control over brewing extraction. This produces a clean after taste with a well rounded flavour of our single origin coffee. (2kj) 6

ESPRESSO

Ristretto (2kj) 3.2
Short Black (2kj)
Long Black (4kj) 3.7
Macchiato (61kj) 3.7
Piccolo (197kj)
Flat White (451kj)
Latte (541kj)
Cappuccino (451kj)

FLAVOURED

Chai Latte (910kj) 4.2
Green Tea Latte (929kj)
Babycino (133kj) 1.5
upsized +0.7

upsized +0.7

BELGIAN HOT CHOCOLATE / MOCHA

We use Belgian couverture chocolate, high-quality chocolate that contains a higher percentage of cocoa.

HOT CHOCOLATE	4.7	MOCHA	4.7
White (979kj)		White (937kj)	
Milk (1250kj)		Milk (933kj)	
Dark (1080kj)		Dark (924kj)	

upsized +1.0

upsized +1.0

Decaf (2kj) / Extra Shot (2kj)	0.5
Almond Milk (231kj) / Soy Milk (361kj)	0.7
FLAVOUR Caramel (270kj), Hazelnut (274kj), Vanilla (274kj), Mint (280kj)	0.7

ORGANIC LOOSE LEAF TEA

Temperature controlled, brewed to perfection. 4.5

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)

DIGESTIF

Mint, lavender and fennel seeds to aid digestion (2kj)

HEAL

Lemongrass and ginger blend to restore minerals (2kj)

WHITE PEONY (FUJIAN)

Lightly biscuity White Tea, high in antioxidants (2kj)

MASALA CHAI

Authentic Indian recipe of spices with an Assam Tea base (465kj)

COLD BEVERAGE

ICED ESPRESSO

Iced Long Black (4kj)	5.5
Iced Latte (1050kj)	5.5
Iced Coffee (1450kj)	6.5
Salted Caramel Affogato (1370kj)	6

BLENDED

Iced Coffee (1700kj)	7
Iced Chai Latte (910kj)	7
Iced Green Tea Latte (908kj)	7

ICED CHOCOLATE	7.5	ICED MOCHA	7.5
White (3020kj)		White (2110kj)	
Milk (2957kj)		Milk (2100kj)	
Dark (2900kj)		Dark (2080kj)	

HANDCRAFTED SODA

New Zealand Golden Kiwi & Mint (860kj)	6.5
Lychee (712kj)	6.5
Cranberry & Lime (759kj)	6.5

ORGANIC ICED TEA

BREAKFAST LEMON MINT

Ceylon Orange Pekoe Tea with fresh lemon juice & mint (611kj) 6

LEMONGRASS & GINGER

Caffeine-free cold tisane with fresh lemon zest (402kj) 6

EGYPTIAN ICE

Liquid Turkish delight (439kj) 6

COLD PRESSED JUICE

ORANGE | Straight orange juice (600kj) 9

GREEN | Apple, pear, spinach & kale (830kj) 9

RED | Watermelon & strawberry (665kj) 9

FRUITY SMOOTHIE

STRANANA 7.5
Strawberry, banana, milk & honey (1290kj)

PASSION TANGO ^{df} 7.5
Pineapple, passionfruit, banana & mango (1330kj)

SUMMER SUNSET ^{df} 7.5
Pineapple, mango, strawberry & kiwi (1290kj)

BLACK POTION ^{df} 8
Activated charcoal, blackcurrant, blackberry, cherry, blueberry & banana (1240kj)

AÇAÍ ^{df} 8.5
Açaí, blueberry, blackberry, banana (1420kj)

MILKSHAKE

Chocolate (1690) / Vanilla (1540kj) / Salted Caramel (1470kj) / Strawberry (1550kj) / or Banana (1290kj) 6

Add WHEY Protein (502kj)	2
Add Extra Ice Cream (645kj)	1

^{df} Dairy free

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700 KJ