



MENU



PLEASE ORDER AT THE COUNTER

BRUNCH

EGGS AS YOU LIKE ^{v gfor} 10
Served on sourdough toast (see extras)
Poached (1540kJ) / Scrambled (2000kJ) / Fried (2090kJ)

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

HOUSE BAKED GRANOLA ^v 16
House baked granola, rose water poached strawberry, coconut chia pudding, deli style yogurt (2580kJ)

OMELETTE ^{v gfor} 17
Roasted mushrooms, braised tomato, tempura batter bits, chives and mozzarella served with toasted bread (2250kJ) 17
Add chicken (+718kJ) / **ham** (+453kJ) / **smoked salmon** (+561kJ) **+4**

CRUSHED AVO DELIGHT ^{v gfor} 18
Crushed avo, tomato salsa, green balsamic, poached egg, whipped Persian fetta, chilli, chives with toasted sourdough (2640kJ) 18

POWER BREKKIE ^{gfor} 18
Grilled broccolini, scrambled egg, tomato relish, grilled chorizo, toasted English muffin, truffle butter (2470kJ) 18
Or, swap the chorizo for chicken (+718kJ)

GRILLED HALLOUMI BENNY ^{v gfor} 18
Spiced eggplant, tomato, raisin, coriander, grilled halloumi, sautéed kale, Spanish onion, poached eggs, and hollandaise on a toasted English muffin (2340kJ) 18
Or, swap the halloumi for smoked salmon (+561kJ) / **ham** (2920kJ) **or bacon!** (3210kJ)

ZUCCHINI FRITTERS ^v 18
Zucchini & fetta fritters, house tomato relish, tomato salsa, chives, whipped Persian fetta, poached egg, fine herbs (1450kJ) 18

TRUFFLE MUSHROOM BRUSCHETTA ^{v gfor} 19
Mushrooms, avocado, spring onion, chilli, eschalots, truffle, thyme and burrata on toasted sourdough (2630kJ) 19

BREAKFAST GNOCCHI 19
House made potato gnocchi, roasted tomato, chorizo, chilli, shallots, parmesan snow, poached egg, crispy potato skins (3590kJ) 19
Or, swap the chorizo for chicken (+718kJ)

OKONOMIYAKI BENEDICT 22
Sous vide house marinated salmon, okonomiyaki, kewpie mayo, squid legs, poached egg, roe, hollandaise, soft herbs, corn salsa, katsuobushi (bonito flakes) (2720kJ) 22

CRAB OMELETTE 22
Tempura soft shell crab, okra, chives, XO sauce, asparagus, brown rice, fine herb salad (3250kJ) 22

BIG BREAKFAST 22
Two eggs your way, chorizo, bacon, hash browns, crushed avo and roasted mushroom with toasted sourdough (4440kJ) 22

BELGIAN WAFFLE ^v 18
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) /	3	Grilled Chicken (718kJ) / Grilled Bacon (1310kJ) / Grilled Halloumi (722kJ) / Smoked Salmon (561kJ)	5
Sautéed Kale (67kJ) / Mushrooms (160kJ) / Avocado (994kJ) / Chorizo (1310kJ) / Ham (453kJ)	4	Potato Chips (1192kJ)	5
		Sweet Potato Chips (809kJ)	7

^v vegetarian option ^{gf} gluten free ^{gfor} gluten free on request
The average adult daily energy intake is 8700kJ

Please notify staff of any food allergies.
10% surcharge on public holidays.



MENU

 | THE PONDS

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BURGERS & SANDWICHES

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

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

PERI PERI CHICKEN WRAP

Grilled marinated chicken breast, cucumber, corn, onion, lettuce, tomato, house peri peri mayo on a spinach tortilla (2400kJ) 14

CHICKEN SCHNITZEL WRAP

Panko crumbed chicken breast fillet, lettuce, avo, tomato, English cheddar cheese, sweet chilli mayo on a spinach wrap (4170kJ) 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

GRILLED WAGYU BEEF CHEESEBURGER

Wagyu beef patty, marinated bacon, lettuce, house relish, tomato, cheddar cheese, tempura onion ring, special burger sauce served on a milk bun with chips (6090kJ) 19

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 Cheeseburger
With wagyu beef, cheese, BBQ sauce, chips (3960kJ) 14

SALADS

ROASTED PUMPKIN SALAD ^v

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

Add avo (+994kJ) +4 **Add chicken** (+718kJ) +5
Add halloumi (+722kJ) +5 **Add smoked salmon** (+561kJ) +5

GRILLED TERIYAKI CHICKEN SALAD

Grilled teriyaki marinated chicken, edamame, cucumber, harvest corn, mint, bean sprouts, carrots, tomato, Japanese style dressing (2020kJ) 18

SUPERFOOD SALAD ^{v gf}

Corn, avo, onion, chilli, tomato, chickpeas, cucumber, quinoa, roasted pumpkin, kale, seeds, honey mustard dressing (1490kJ) 19

Add halloumi (+722kJ) / **grilled chicken** (+718kJ) / **smoked salmon** (+561kJ) +5

SOFT SHELL CRAB SALAD

Tempura soft shell crab, edamame, cucumber, coriander, mint, lettuce, bean sprouts, chilli, carrots, special house dressing (1100kJ) 21

MAINS

ALL THINGS GREEN ^{gfor}

Brown rice, poached egg, asparagus, okra, broccolini, garlic, kale, shallot, edamame, furikake, with kombu sauce (1670kJ) 18

Add chicken (+718kJ) +4

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

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DRINKS



THE PONDS

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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 (2kj)

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

White (2040kj)
Milk (2957kj)
Dark (2900kj)

ICED MOCHA 7.5

White (2110kj)
Milk (2100kj)
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}

Pineapple, passionfruit, banana & mango (1330kj) 7.5

SUMMER SUNSET ^{df}

Pineapple, mango, strawberry & kiwi (1290kj) 7.5

BLACK POTION ^{df}

Activated charcoal, blackcurrant, blackberry, cherry, blueberry & banana (1240kj) 8

AÇAÍ ^{df}

Açaí, blueberry, blackberry, banana (1420kj) 8.5

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