

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

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

CRUSHED AVO DELIGHT ^{v gfor}
Crushed avo, tomato salsa, green balsamic, poached egg, whipped Persian fetta, chilli, chives with toasted sourdough (2640kJ) 17

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

ALL THINGS GREEN ^{gfor}
Brown rice, poached egg, avocado, edamame, broccolini, furikake, broccoli, sautéed kale with kombu sauce (2430kJ) 18
Add grilled chicken (+718kJ) +5

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

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

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

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
Add chips (+1192kJ) +4

PERI PERI CHICKEN WRAP
Grilled marinated chicken breast, cucumber, corn, onion, lettuce, tomato, house peri peri mayo on a spinach tortilla (2400kJ) 14
Add chips (+1192kJ) +4

CHICKEN SCHNITZEL WRAP
Panko crumbed chicken breast fillet, lettuce, avo, tomato, English cheddar cheese, sweet chilli mayo on a spinach wrap (3240kJ) 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
Add chips (+1192kJ) +4

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

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

SPECIAL CHICKEN FRIED RICE
Brown rice, marinated chicken, seasonal veggies, shallots, chilli, furikake, kewpie mayo, house special sauce (2371kJ) 20

KID'S MENU	
<i>Served with Kid's AJ (+480kJ)</i>	
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

EXTRAS			
Poached Egg (345kJ) / Hash Brown (553kJ) / Roasted Tomato (86kJ)	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) / Sweet Potato Chips (809kJ)	5 / 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.

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) 6

ESPRESSO

Ristretto (2kj) 3.4
Short Black (2kj)
Long Black (4kj) 3.9
Macchiato (61kj) 3.9
Piccolo (197kj)
Flat White (451kj)
Latte (541kj)
Cappuccino (451kj)

SPECIALTY

Chai Latte (910kj) 4.4
Green Tea Latte (929kj)
Taro Latte (1470kj)
Red Velvet Latte (1530kj)
Turmeric Latte (1040kj)
upsized +0.7
Babycino (133kj) 1.5

upsized +0.7

BELGIAN HOT CHOCOLATE / MOCHA

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

HOT CHOCOLATE	4.9	MOCHA	4.9
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)

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 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

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

BLENDED CHOCOLATE 7.5 BLENDED 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}

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

SUMMER SUNSET ^{df}

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

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