



# MENU



THE PONDS

PLEASE ORDER AT THE COUNTER

## BRUNCH

### TOAST WITH BUTTER AND CONDIMENTS

Sourdough (856kJ) / Quinoa Soy Linseed (1419kJ) 6  
Gluten Free (856kJ) 7  
served with strawberry jam (150kJ) / peanut butter (273kJ)  
/ vegemite (35kJ) **add extra condiment +0.5**

**EGGS AS YOU LIKE** <sup>v gfor</sup> 12  
Served on sourdough toast (see extras)  
Poached (1540kJ) / Scrambled (2000kJ) / Fried (2090kJ)

**BREKKIE BURGER** 15  
Bacon, fried egg, hash brown, lettuce, house tomato  
relish, tomato, aioli on a soft milk bun (3370kJ)  
**Add cheese (+276kJ) +1 / avo (+994kJ) +2**

**BREKKIE WRAP** 16  
Bacon, scrambled eggs, hash brown, tomato relish,  
lettuce, hollandaise sauce in spinach wrap (3370kJ)  
**Add cheese (+276kJ) +1 / avo (+994kJ) +2**

**CHICKEN FAJITA WRAP** 16  
Grilled marinated chicken, mixed peppers, onion,  
avocado, lettuce, tomato, melted mozzarella cheese,  
peri peri mayo, on a spinach wrap (1940kJ)  
**Add chips (+1192kJ) +4**

**GRILLED CHICKEN & MUSHROOM TOASTIE** 15  
Grilled chicken breast, English cheddar cheese, chives,  
caramelized onion & mushroom relish, and truffle mayo  
on sourdough bread (3660kJ)

**BIRCHER MUESLI** <sup>Vegan</sup> 16  
Oat, apple, coconut yogurt, seasonal berries, berry  
compote, toasted pistachio (1260kJ)

**HOUSE BAKED GRANOLA** <sup>v</sup> 16  
House baked granola, rose water poached strawberry,  
coconut chia pudding, deli style yogurt (2580kJ)

**CRUSHED AVO & TOMATO DELIGHT** <sup>v gfor</sup> 18  
Crushed avo, cherry tomato salsa, green balsamic  
glaze, poached egg, whipped Persian fetta, yuzu  
gel, pickled eschalots, chives with toasted sourdough  
(2230kJ)

**ZUCCHINI FRITTERS** <sup>v</sup> 19  
Tempura zucchini fritter, tomato & avocado salsa,  
tomato relish, tzatziki, poached egg, fine herb & radish  
salad (1230kJ)

**OMELETTE** <sup>v gfor</sup> 18  
Roasted mushrooms, braised tomato, tempura batter  
bits, chives and mozzarella served with toasted bread  
(2250kJ)  
**Add ham (+453kJ) +4,**  
**chicken (+718kJ) / smoked salmon (+561kJ) +6**

**MUSHROOM & ZUCCHINI OMELETTE** <sup>v gfor</sup> 18  
Shiitake mushroom, king brown mushroom, zucchini,  
garlic, eschalot, chive, miso, mozzarella, shiitake XO,  
fine herb salad served on a toasted sourdough (2660kJ)

**BREAKFAST GNOCCHI** 21  
House made potato gnocchi, roasted tomato,  
chorizo, chilli, shallots, parmesan snow, poached egg,  
crispy potato skins (3590kJ)  
**Or, swap the chorizo for chicken (+718kJ)**

**GRILLED HALLOUMI BENNY** <sup>v gfor</sup> 19  
Spiced eggplant, tomato, raisin, coriander, grilled  
halloumi, sautéed kale, Spanish onion, poached eggs, and  
hollandaise on a toasted homemade crumpet (2340kJ)  
**Or, swap the halloumi for smoked salmon (+561kJ) /  
ham (2920kJ) or bacon! (3210kJ)**

**BIG BREAKFAST** 24  
Two eggs your way, chorizo, bacon, hash browns,  
crushed avo and roasted mushroom with toasted  
sourdough (4440kJ)

**LEAF BREKKIE** <sup>v</sup> 24  
Two poached eggs, grilled halloumi, hash browns,  
mushrooms, sautéed kale, smashed avo, roasted  
tomato with toasted sourdough (3760kJ)

**OKONOMIYAKI BENEDICT** 26  
Sous vide marinated salmon, okonomiyaki pancake,  
tempura octopus legs, poached egg, roe, corn salsa,  
hollandaise, katsuobushi (bonito flakes) (2660kJ)

### EXTRAS

Poached Egg (345kJ) /	3	Grilled Chicken (718kJ) /	6
Hash Brown (553kJ) /	4	Grilled Bacon (1310kJ) /	
Sautéed Kale (67kJ) /		Grilled Halloumi (722kJ) /	
Mushrooms (160kJ) /		Smoked Salmon (561kJ)	
Avocado (994kJ) /		Potato Chips (1192kJ)	5
Chorizo (1310kJ) /		Sweet Potato Chips (809kJ)	7
Ham (453kJ)			

### 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

<sup>v</sup> vegetarian option <sup>gf</sup> gluten free <sup>gfor</sup> 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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## SALADS

**ROASTED PUMPKIN SALAD** <sup>v</sup> 19  
 Roasted pumpkin, pepita seeds, whipped Persian fetta, tomato, avo, salad leaf, roasted Spanish onion, balsamic glaze (2300kJ)  
**Add avo** (+994kJ) **+4** **Add chicken** (+718kJ) **+6**  
**Add halloumi** (+722kJ) **+6** **Add smoked salmon** (+561kJ) **+6**

**SUPERFOOD SALAD** <sup>v gf</sup> 20  
 Corn, avocado, onion, chilli, tomato, chickpeas, cucumber, quinoa, kale, roasted pumpkin, seeds, honey mustard dressing (1490kJ)  
**Add halloumi** (+722kJ) / **grilled chicken** (+718kJ)  
 / **smoked salmon** (+561kJ) **+6**

**SMOKED SALMON & QUINOA SALAD** 20  
 Avocado, shredded lettuce, tomato, onion, orange, smoked salmon, harvest corn, cucumber, fried capers, honey mustard dressing (1630kJ)

## BURGERS & SANDWICHES

**B.L.A.T.** <sup>gfor</sup> 14  
 Bacon, lettuce, smashed avo, tomato, house sweet chilli mayo on sourdough (1678kJ)  
**Add chips** (+1192kJ) **+4**

**VEGETARIAN WRAP** <sup>v</sup> 16  
 Grilled halloumi, spiced eggplant, lettuce, tomato, coriander, raisin, Spanish onion, aioli on a spinach wrap (2940kJ)  
**Add chips** (+1192kJ) **+4**

**CHICKEN SCHNITZEL WRAP** 15  
 Panko crumbed chicken breast fillet, lettuce, avo, tomato, English cheddar cheese, sweet chilli mayo on a spinach wrap (3240kJ)  
**Add chips** (+1192kJ) **+4**

**CRISPY FRIED CHICKEN BURGER** 19  
 Crispy fried chicken fillet, lettuce, coleslaw, kewpie mayo, Japanese BBQ sauce on a soft milk bun with chips (5090kJ)

EXTRAS			
Poached Egg (345kJ) /	3	Grilled Chicken (718kJ) /	6
Hash Brown (553kJ) /	4	Grilled Bacon (1310kJ) /	
Sautéed Kale (67kJ) /		Grilled Halloumi (722kJ) /	
Mushrooms (160kJ) /		Smoked Salmon (561kJ)	
Avocado (994kJ) /		Potato Chips (1192kJ)	5
Chorizo (1310kJ) /		Sweet Potato Chips (809kJ)	7
Ham (453kJ)			

**GRILLED WAGYU BEEF BURGER** 21  
 Wagyu beef patty, house tomato relish, lettuce, tomato, melted cheddar cheese, sour pickles, tempura onion ring, special burger sauce served on a milk bun with chips (6280kJ)

**SHRIMP BURGER** 21  
 Panko crumbed prawn patty, shredded cabbage, house yuzu mayo served on a milk bun with chips (4420kJ)

**LEAF BURGER** <sup>Vegan</sup> 22  
 Grilled HARVEST GOURMET® Plant-based patty, caramelized onion & mushroom relish, lettuce, tomato, jalapeno guacamole, plant based smokey chipotle mayo served on a whole wheat bun with chips (3690 kJ)

## LUNCH

**CHICKEN SCHNITZEL** 21  
 Panko crumbed chicken breast fillet, cabbage slaw, chips, and creamy mushroom sauce (3780kJ)  
**Make it parmigiana!** (+280kJ) **top with tomato ragu and mozzarella +3**

**ROASTED PORK BELLY & DUCK RICE BOWL** 25  
 Roasted pork belly, smoked duck breast, broccolini, zucchini, garlic, eschalots, chilli, brown rice, fried egg (2610kJ)

**PRAWN SPAGHETTI** 28  
 Pan-seared prawns, eschalots, chilli, roasted cherry tomatoes, garlic, chives, shellfish bisque, squid ink spaghetti (2060kJ)

## SWEET

**BELGIAN WAFFLE** <sup>v</sup> 19  
 Seasonal berries, açai compote, vanilla ice cream, pistachio, whipped vanilla ricotta, Belgian chocolate sauce (3260kJ)  
**Add extra ice cream** (+645kJ) **+3**

**BERRY & BANANA FRENCH TOAST** <sup>v</sup> 21  
 Whipped Nutella, berry coulis, meringue, seasonal berries, banana, toasted pistachio (3220 kJ)  
**Add extra ice cream** (+645kJ) **+3**

KID'S MENU	
<i>Served with Kid's AJ (+480kJ)</i>	
<b>Kid's Ham &amp; Cheese Toastie</b> (1460kJ)	10
<b>Kid's Brekkie</b> Scrambled egg, hash brown, with toast (1590kJ)	10
<b>Kid's Chicken Nuggets</b> With chips, tomato sauce (2650kJ)	10
<b>Kid's Cheeseburger</b> With wagyu beef, cheese, BBQ sauce, chips (3960kJ)	14

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The average adult daily energy intake is 8700kJ

# 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) 6.5

### ESPRESSO

Ristretto (2kj) 3.5  
Short Black (2kj)  
Long Black (4kj) 4  
Macchiato (61kj) 4  
Piccolo (197kj)  
Flat White (451kj)  
Latte (541kj)  
Cappuccino (451kj)

### SPECIALTY

Chai Latte (910kj) 4.5  
Green Tea Latte (929kj)  
Taro Latte (1470kj)  
Red Velvet Latte (1530kj)  
Turmeric Latte (1040kj)  
**upsized +0.8**  
Babycino (133kj) 1.5

### upsized +0.8

### BELGIAN HOT CHOCOLATE / MOCHA

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

<b>HOT CHOCOLATE</b>	5	<b>MOCHA</b>	5
White (979kj)		White (937kj)	
Milk (1250kj)		Milk (933kj)	
Dark (1080kj)		Dark (924kj)	

### upsized +1.0

### upsized +1.0

Decaf (2kj) / Extra Shot (2kj)	+0.6
Almond Milk (231kj) / Soy Milk (361kj)	+0.7
<b>FLAVOUR</b>   Caramel (270kj), Hazelnut (274kj), Vanilla (274kj), Mint (280kj)	+0.7

### ORGANIC LOOSE LEAF TEA

Temperature controlled, brewed to perfection. 4.7

### 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) 6  
Iced Latte (1050kj) 6  
Iced Coffee (1450kj) 7  
Salted Caramel Affogato (1370kj) 6.5

### BLENDED

Coffee (1700kj) 7.5  
Chai Latte (910kj) 7.5  
Green Tea Latte (908kj) 7.5

<b>BLENDED CHOCOLATE</b>	8	<b>BLENDED MOCHA</b>	8
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) 6.5

#### LEMONGRASS & GINGER

Caffeine-free cold tisane with fresh lemon zest (402kj) 6.5

#### EGYPTIAN ICE

Liquid Turkish delight (439kj) 6.5

### COLD PRESSED JUICE

**ORANGE** | Straight orange juice (600kj) 9  
**GREEN** | Apple, pear, spinach & kale (830kj) 9  
**RED** | Watermelon & strawberry (665kj) 9

### FRUITY SMOOTHIE

**STRANANA** 8  
Strawberry, banana, milk & honey (1290kj)

#### PASSION TANGO <sup>df</sup>

Pineapple, passionfruit, banana & mango (1330kj) 8

#### SUMMER SUNSET <sup>df</sup>

Pineapple, mango, strawberry & kiwi (1290kj) 8

#### AÇAÍ <sup>df</sup>

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

### MILKSHAKE

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

WHEY Protein (502kj)	+2
Make it a THICKSHAKE (1290kj)	+2

<sup>df</sup> Dairy free

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700 KJ