



# MENU



THE PONDS

PLEASE ORDER AT THE COUNTER

## TOAST WITH BUTTER AND CONDIMENTS

Sourdough (856kJ)	7
Soy Linseed (1419kJ)	7
Gluten Free (856kJ)	7
Fruit Loaf with Ricotta & Honey (2150kJ)	8

Served with strawberry jam (150kJ) / peanut butter (273kJ) / Vegemite (35kJ)  
Add extra condiment +0.5

## EGGS AS YOU LIKE <sup>V GFOR</sup> 13

Served on sourdough toast (see extras)  
Poached (1540kJ) / Scrambled (2000kJ) / Fried (2090kJ)

## BREKKIE BURGER 16

Bacon, fried egg, hash brown, lettuce, homemade tomato relish, tomato and aioli on a soft milk bun (2790kJ)  
Swap bacon to grilled halloumi cheese upon request (2740kJ)  
Add cheese (+276kJ) +1 / avocado (+994kJ) +2

## BREKKIE WRAP 17

Bacon, scrambled eggs, hash brown, tomato relish, lettuce and hollandaise sauce in a spinach wrap (3370kJ)  
Swap bacon to grilled halloumi cheese upon request (2440kJ)  
Add cheese (+276kJ) +1 / avocado (+994kJ) +2

## ULTIMATE BREAKFAST BURRITO 18

Salami, grilled chorizo, lettuce, egg salad, red onion, homemade spicy mayo, pickle, avocado, melted cheddar cheese, spinach tortilla (3500kJ)

## CRUSHED AVOCADO ON TOAST <sup>V</sup> 20

Slow roasted cherry tomato, parsley, whipped Persian fetta, homemade chilli oil, pickled eschalots, poached eggs, toasted sourdough (2330kJ)

## GRILLED HALLOUMI BENNY <sup>V GFOR</sup> 21

Spiced eggplant, tomato, raisin, coriander, grilled halloumi, sautéed kale, Spanish onion, poached eggs, and hollandaise on a toasted homemade crumpet (2340kJ)  
Swap the halloumi for smoked salmon (2050kJ), ham (2610kJ) or bacon (3690kJ) upon request

## TURKISH EGGS 21

Grilled chorizo, slow roasted cherry tomato, poached eggs, lemon & dill labneh, Aleppo butter, toasted focaccia (3530kJ)

## ZUCCHINI FRITTERS <sup>V</sup> 21

Tempura zucchini fritters, cucumber & avocado salsa, romesco, sour cream, poached egg (1510kJ)

## ROASTED CAULIFLOWER & TOMATO CHEESE OMELETTE <sup>V</sup> 22

Slow roasted cherry tomato, spiced cauliflower, potato, parsley, mozzarella cheese, toasted focaccia (1950kJ)

## CHILLI SCRAMBLED EGGS ON TOAST <sup>V</sup> 22

Slow braised eggplant relish, chilli oil, pan roasted tomato, parsley, grilled halloumi, toasted coconut, soft herbs, toasted focaccia (2140kJ)

## MUSHROOM SCRAMBLED EGGS ON CRUMPET <sup>V</sup> 22

Chilli jam, sautéed king trumpet mushroom, asparagus, whipped Persian fetta, and shiitake mushroom XO on a toasted homemade crumpet (2210kJ)

## SMOKED SALMON BENNY ON OKONOMIROSTI 24

Japanese style rosti, smoked salmon, poached eggs, avocado, roe, corn salsa, hollandaise, fine herbs (2430kJ)  
Swap the salmon for ham (2630kJ) or bacon (2900kJ) upon request

KID'S MENU	
<b>Kid's Brekkie</b> Scrambled egg, hash brown and toast (1590kJ)	12
<b>Kid's Chicken Nuggets</b> With chips and tomato sauce (2650kJ)	12
<b>Kid's Grilled Chicken Burger</b> With lettuce, tomato, BBQ sauce and chips (3080kJ)	16
<b>Kid's Cheeseburger</b> Grilled beef patty, cheese, BBQ sauce and chips (4550kJ)	16
<b>Kid's Waffle</b> With ice cream, chocolate sauce, strawberries (2780kJ)	12

## POACHED PEAR BIRCHER MUESLI <sup>VEGAN</sup> 18

Spiced poached pear, strawberries and rhubarb compote, oats, apple, berries, coconut yogurt, homemade granola, rose petals (1470kJ)

## MIXED BERRY & BELGIAN CHOCOLATE FRENCH TOAST <sup>V</sup> 22

Seasonal berries, strawberry & rhubarb compote, vanilla mascarpone, belgian chocolate, ice cream, rose petals (5390kJ)

## TRUFFLE MUSHROOM <sup>V</sup> 22

Mixed mushrooms, eschalots, garlic, parsley, truffle butter, poached egg, white bean purée, parmesan snow, toasted focaccia (2790kJ)

## BREAKFAST GNOCCHI 25

Homemade potato gnocchi, roasted tomato, chorizo, chilli, parsley, parmesan snow, poached egg, crispy potato skins (3590kJ)  
Swap the chorizo for chicken (2790kJ)

## LEAF BREKKIE <sup>V</sup> 26

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

## BIG BREAKFAST 26

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

## SUPERFOOD SALAD <sup>V GFOR</sup> 22

Corn, avocado, onion, chilli, tomato, crispy chickpeas, kale, edamame, barley, roasted pumpkin, toasted seeds, honey mustard dressing (1790kJ)  
Add avocado (+994kJ) +4 Add halloumi (+722kJ) +6  
Add chicken (+718kJ) +6 Add smoked salmon (+561kJ) +6

## TOASTIES

Cheese & Tomato <sup>V</sup> (1830kJ)	10
Ham & Cheese (2010kJ)	11
Ham Cheese & Tomato (2060kJ)	13
Grilled Chicken, Cheese & Avocado (3110kJ)	16

## GRILLED CHICKEN & MUSHROOM TOASTIE 18

Grilled chicken breast, English cheddar cheese, chives, truffle mayo, and caramelized onion & mushroom relish on toasted focaccia (3510kJ)

## VEGETARIAN WRAP <sup>V</sup> 17

Grilled halloumi, spiced eggplant, lettuce, tomato, coriander, raisin, Spanish onion and aioli on a spinach wrap (2940kJ)  
Add chips (+1192kJ) +4

## FAJITA CHICKEN & SALAD WRAP 18

Marinated fajita chicken, grilled peppers, onion, avocado, tomato salsa, baby cos, mozzarella cheese, and homemade spicy mayo (mild) in a spinach wrap (2410kJ)  
Add chips (+1192kJ) +4

## CHICKEN SCHNITZEL WRAP 18

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

## MEDITERRANEAN VEGGIE SANDWICH <sup>V</sup> 18

Roasted pumpkin, cherry tomato, red onion, grilled halloumi, lemon & dill labneh, romesco, toasted focaccia (3070kJ)

## GRILLED DOUBLE CHEESEBURGER 25

Grilled beef patties, homemade bacon jam, lettuce, tomato, melted cheese, pickle and special burger sauce served on a milk bun with chips (5830kJ)

## CHILLI BUTTER CRAB PASTA 30

Crab meat, eschalots, chilli, garlic, parsley, tomato, white wine, shellfish bisque, butter, conchiglie pasta shells (4829kJ)

EXTRAS			
Aioli Sauce (414kJ)	1	Grilled Chicken (718kJ) /	6
Hollandaise Sauce (414kJ) /	3	Grilled Bacon (1310kJ) /	
Poached Egg (345kJ) /		Chorizo (1310kJ) /	
Hash Brown (553kJ)		Grilled Halloumi (722kJ) /	
Sautéed Kale (67kJ) /	4	Smoked Salmon (561kJ)	
Mushrooms (160kJ) /		Potato Chips (1192kJ)	8
Avocado (994kJ) /			
Ham (453kJ)			

# 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) 7

### ESPRESSO

Ristretto (2kj) 4  
Short Black (2kj)  
Long Black (4kj) 4.5  
Macchiato (61kj) 4.5  
Piccolo (197kj)  
Flat White (451kj)  
Latte (541kj)  
Cappuccino (451kj)

### SPECIALTY

Chai Latte (910kj) 5  
Green Tea Latte (929kj)  
Taro Latte (1470kj)  
Red Velvet Latte (1530kj)

### upsized +0.8

Babycino (133kj) 2

### 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>	5.5	<b>MOCHA</b>	5.5
White	(979kj)	White	(937kj)
Milk	(1250kj)	Milk	(933kj)
Dark	(1080kj)	Dark	(924kj)

### upsized +1.0

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Decaf (2kj) / Extra Shot (2kj)	+0.6
Almond Milk (231kj) / Soy Milk (361kj)	+0.8
<b>FLAVOUR</b>   Caramel (270kj), Hazelnut (274kj), Vanilla (274kj), Mint (280kj)	+0.8

### ORGANIC LOOSE LEAF TEA

Temperature controlled, brewed to perfection. 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 w/ Assam Tea base & honey (465kj)

## COLD BEVERAGE

### ICED ESPRESSO

Iced Long Black (4kj) 6.5  
Iced Latte (1050kj) 6.5  
Iced Coffee (1450kj) 7.5  
Salted Caramel Affogato (1370kj) 7

### BLENDED

Coffee (1700kj) 8  
Chai Latte (910kj) 8.5  
Green Tea Latte (908kj) 8.5

<b>BLENDED CHOCOLATE</b>	9	<b>BLENDED MOCHA</b>	9
White	(3020kj)	White	(2110kj)
Milk	(2957kj)	Milk	(2100kj)
Dark	(2900kj)	Dark	(2080kj)

### HANDCRAFTED SODA

New Zealand Golden Kiwi & Mint (860kj) 7  
Lychee (712kj) 7  
Cranberry & Lime (759kj) 7

### ORGANIC ICED TEA

**BREAKFAST LEMON MINT** 7.5  
Ceylon Orange Pekoe Tea with fresh lemon juice & mint (611kj)

**LEMONGRASS & GINGER** 7.5  
Caffeine-free cold tisane with fresh lemon zest (402kj)

**EGYPTIAN ICE** 7.5  
Liquid Turkish delight (439kj)

### COLD PRESSED JUICE

**ORANGE** | Straight orange juice (600kj) 10  
**GREEN** | Apple, pear, spinach & kale (830kj) 10  
**RED** | Watermelon & strawberry (665kj) 10

### FRUITY SMOOTHIE

**AÇAÍ** <sup>df</sup> 9  
Açaí, blueberry, blackberry, banana (1420kj)

**PASSION TANGO** <sup>df</sup> 9  
Pineapple, passionfruit, banana & mango (1330kj)

**SUMMER SUNSET** <sup>df</sup> 9  
Pineapple, mango, strawberry & kiwi (1290kj)

### MILKSHAKE

Chocolate (1690) / Vanilla (1540kj) / Salted Caramel (1470kj) / Strawberry (1550kj) / or Banana (1290kj) 7

WHEY Protein (502kj)	+2.5
Make it a THICKSHAKE (1290kj)	+2.5

<sup>df</sup> Dairy free

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700 KJ