



MENU



| THE PONDS

PLEASE ORDER AT THE COUNTER

TOAST WITH BUTTER AND CONDIMENTS

Sourdough (856kJ)	7
Soy Linseed (1419kJ)	7
Gluten Free (856kJ)	8
Fruit Loaf with Honey (2010kJ)	8

Served with strawberry jam (150kJ) / peanut butter (273kJ) / Vegemite (35kJ)

Add extra condiment +0.5

EGGS AS YOU LIKE ^VGFOR 14

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

ULTIMATE BREAKFAST WRAP 19

Grilled chorizo, scrambled eggs, hash brown, lettuce, tomato salsa, homemade spicy mayo, pickle, mozzarella cheese, wrapped in a spinach tortilla (2460kJ)

OMELETTE ^VGFOR 20

Roasted mushrooms, braised tomato, parsley, mozzarella with toasted bread (2250kJ)

Add ham (+453kJ) +4 / add chicken (+718kJ) +7 / smoked salmon (+561kJ) +7

CORN FRITTERS ^V 22

Tempura corn fritters, cucumber & avocado salsa, tomato relish, poached eggs (1620kJ)

CRUSHED AVOCADO ON TOAST ^V 22

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

MUSHROOM SCRAMBLED EGGS ON TOAST ^V 22

Sauteed mixed mushroom, asparagus, whipped Persian fetta, caramelised onion & mushroom relish, parmesan snow and shiitake mushroom XO on a toasted sourdough (3540kJ)

CHILLI SCRAMBLED EGGS ON CRUMPET ^V 22

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

CAULIFLOWER SHAKSHUKA ^V 22

Slow braised cauliflower, potato, tomato, coriander, onion, spices, chives, whipped fetta and eggs with toasted sourdough (1520kJ)

TURKISH EGGS 22

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

EGGS BENEDICT 24

Poached eggs, crushed avo, sauteed spinach, hollandaise, toasted homemade crumpet, fine herbs

Choice of Salmon (2610kJ) / Bacon (2810kJ) / Halloumi ^V (3230kJ)

BREAKFAST GNOCCHI 25

Homemade potato gnocchi, roasted tomato, chorizo, chilli, parsley, parmesan snow, poached egg (2810kJ)

Swap the chorizo for chicken (2530kJ)

LEAF BREKKIE ^V 26

Two poached eggs, grilled halloumi, hash browns, mushrooms, Sauteed spinach, crushed avocado and roasted tomato with toasted sourdough (3530kJ)

BIG BREAKFAST 26

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

EXTRAS

Aioli Sauce (414kJ) / Chilli Oil (287kJ)	1	Grilled Bacon (1310kJ) / Chorizo (1310kJ) / Grilled Halloumi (722kJ)	6
Hollandaise Sauce (414kJ) / Hash Brown (553kJ)	3	Grilled Chicken (718kJ) / Smoked Salmon (561kJ) / Scrambled Eggs (734kJ)	7
Poached Egg (345kJ)	3.5	Potato Chips (1192kJ)	8
Sauteed Spinach (251kJ) / Mushrooms (160kJ) / Avocado (994kJ) / Ham (453kJ)	4	Sweet Potato Chips (809kJ)	10

MANGO & COCONUT BIRCHER MUESLI ^{VEGAN} 18

Mango & coconut compote, corn flakes, seasonal berries, oats, apple, coconut yogurt (2720kJ)

PISTACHIO & RICOTTA PANCAKE ^V 22

Ricotta pancake, seasonal berries, pistachio syrup, pistachio crumble, vanilla ice cream (4770kJ)

TOASTIES

Cheese & Tomato ^V (1830kJ) 10

Ham & Cheese (2010kJ) 11

Ham Cheese & Tomato (2060kJ) 13

Grilled Chicken, Cheese & Avocado (3110kJ) 16

GRILLED CHICKEN & MUSHROOM TOASTIE 19

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

GRILLED HALLOUMI WRAP ^V 19

Roasted pumpkin, avocado, crispy chickpeas, raisins, tomato salsa, eggplant, coriander, grilled halloumi, shredded lettuce, aioli in a spinach wrap (2100kJ)

Add chips (+715kJ) +4

CHICKEN SCHNITZEL WRAP 19

Panko crumbed chicken breast fillet, English cheddar cheese, lettuce, avocado, tomato, and sweet chilli mayo in a spinach wrap (3240kJ)

Add chips (+715kJ) +4

GRILLED CHICKEN & SALAD WRAP 19

Grilled chicken, corn, tomato salsa, shredded lettuce, cucumber, avocado, homemade spicy mayo, mozzarella cheese in a spinach tortilla (2970kJ)

Add chips (+715kJ) +4

SMOKED ANGUS BEEF BRISKET SANDWICH 22

Slow smoked beef brisket, caramelized onion & mushroom relish, shredded lettuce, pickle, parmesan, seeded mustard sauce, served on a toasted focaccia (3560kJ)

GRILLED SCHNITZEL SANDWICH 23

Grilled crumbed chicken breast, shredded lettuce, pickle, sticky sweet chilli sauce, peanut chilli crunch, served on a toasted focaccia, with a side of chips (4620kJ)

GRILLED BEEF CHEESEBURGER 25

Homemade beef patty, homemade tomato relish, lettuce, tomato, pickle, melted cheddar cheese, grilled bacon and special burger sauce served on a milk bun, with a side of chips (6140kJ)

BULGOGI STYLE PHILLY CHEESE STEAK ROLL 26

Bulgogi beef, melted cheese, aioli, scallions, toasted sesame, caramelised mushroom & onion relish, in bread roll, with a side of chips (5860kJ)

ROASTED CAULIFLOWER VEGAN BOWL ^V 22

Braised cauliflower, roasted mushrooms, harvest corn roasted pumpkin, edamame, cous cous, roasted sesame dressing (1460kJ)

SPECIAL CHICKEN FRIED RICE 24

Brown rice, marinated chicken, seasonal veggies, shallots, chilli, furikake, Kewpie mayo, homemade special sauce (2371kJ)

BULGOGI BEEF RICE BOWL 28

Grilled bulgogi beef, grilled broccolini, smashed cucumber salad with Asian-style spicy soy dressing, brown rice, fried egg (2910kJ)

CREAMY MUSHROOM PASTA ^V 26

Mixed mushroom ragu, eschalots, garlic, creamy white sauce, parsley, parmesan snow, curly fettuccine, truffle oil (4560kJ)

KID'S MENU

available for 12 and under.

Kid's Brekkie
Scrambled egg, hash brown and toast (1590kJ) 12

Kid's Chicken Nuggets
With chips and tomato sauce (2650kJ) 12

Kid's Grilled Chicken Burger
With lettuce, tomato, BBQ sauce and chips (3080kJ) 16

Kid's Waffle
With ice cream, chocolate sauce, strawberries (2780kJ) 12

^Vvegetarian ^{GF}gluten free ^{GFOR}gluten free on request • The average adult daily energy intake is 8700kJ

Please notify staff of food allergies • Sorry, we can't remove or swap ingredients • 10% public holiday surcharge • Halal Chicken

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) 7.5

ESPRESSO

Ristretto (2kj) 4.3
Short Black (2kj)
Long Black (4kj) 4.8
Macchiato (61kj) 4.8
Piccolo (197kj)
Flat White (451kj)
Latte (541kj)
Cappuccino (451kj)

upsized +0.8

SPECIALTY

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

upsized +0.8

Babycino (133kj) 2

BELGIAN HOT CHOCOLATE / MOCHA

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

HOT CHOCOLATE	6.1	MOCHA	6.1
White (979kj)		White (937kj)	
Milk (1250kj)		Milk (933kj)	
Dark (1080kj)		Dark (924kj)	

upsized +1.5

upsized +1.5

Decaf (2kj) / Extra Shot (2kj)	+0.6
Almond Milk (231kj) / Soy Milk (361kj) / Oat (413kj) / Lactose Free (534kj)	+0.8
FLAVOUR Caramel (270kj), Hazelnut (274kj), Vanilla (274kj), Mint (280kj)	+0.8

ORGANIC LOOSE LEAF TEA

Temperature controlled, brewed to perfection. 5.2

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)

CHILLED BAR

ICED ESPRESSO

Iced Long Black (4kj)	6.6
Iced Latte (1050kj)	6.6
Iced Coffee (1450kj)	7.6
Affogato (729kj)	7

BLENDED

Coffee (1700kj)	8.8
Chai Latte (910kj)	8.8
Green Tea Latte (908kj)	8.8
Taro Latte (1020kj)	8.8
Red Velvet Latte (1020kj)	8.8

BLENDED CHOCOLATE	10	BLENDED MOCHA	10
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

KOMBUCHA & ORGANIC ICED TEA (350ml)

RUBY KOMBUCHA	7
Grapefruit and hibiscus (105kj)	

ZEST KOMBUCHA	7
Lemon and chrysanthemum (105kj)	

SUNNY MORNING	6.5
Ceylon Orange Pekoe Tea with fresh lemon juice & mint (428kj)	

HIBISCUS DAWN	6.5
Liquid Turkish delight (307kj)	

COLD PRESSED JUICE (350ml)

STRAIGHT OJ Freshly pressed orange juice (420kj)	8
CLEAN & GREEN Apple, pear, spinach & kale (581kj)	8
MELLOWBERRY Watermelon & strawberry (466kj)	8

FRUITY SMOOTHIE

AÇAÍ ^{df}	9
Açaí, blueberry, blackberry, banana (1420kj)	

PASSION TANGO ^{df}	9
Pineapple, passionfruit, banana & mango (1330 kj)	

SUMMER SUNSET ^{df}	9
Pineapple, mango, strawberry & kiwi (1290kj)	

WATERMELON CRUSH ^{df}	9
Watermelon (589kj)	

MILKSHAKE

Chocolate (1690) / Vanilla (1540kj) / Strawberry (1550kj) / Salted Caramel (1470kj) / or Banana (1290kj)	
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WHEY Protein (502kj)	+2.5
Make it a THICKSHAKE (1290kj)	+2.5

^{df} Dairy free

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700 KJ