

Breakfast Menu

*served weekdays between 9:00 and 12:00 and weekends/public holidays 8:30-11:00
to help get meals to you & others a little quicker, we cannot make substitutions
we do have gluten free and wholemeal bread, so please ask
please note there is NO separate billing*

Toast choice of raisin or multigrain (2 slices)	4.0
Beans on toast big kids – two bits of toast smothered with beans little kids – one bit of toast smothered with beans	8.0 6.0
The Warden's Breakfast bacon, eggs (poached, fried or scrambled), baked beans, sausage, fried tomato and toast	18.5
Suzie's Special sour dough topped with English spinach, crumbled feta, crispy bacon pieces, poached eggs, hollandaise sauce and chives	18.5
Atlantic Benedict sour dough, topped with English spinach, smoked salmon, feta, poached eggs, hollandaise sauce and chives	18.5
Eggs Florentine poached eggs, English spinach, hollandaise sauce on muffins	15.5
Vego Brekky sour dough topped with poached eggs, English spinach, grilled mushrooms, and feta served with grilled tomato	17.5
Eggs on toast big kids (two poached, fried or scrambled eggs) on sourdough little kids (one poached, fried or scrambled egg) on sourdough	10.5 6.5
Bacon and Egg Roll bacon and a fried egg with tomato sauce	9.5
Potato Rosti (g) crispy rosti, tasty cheese, wilted English spinach, poached egg (2 per serve)	17.5
Potato Rosti with Smoked Salmon (g) (egg free) rosti topped with tasty cheese, wilted English spinach, avocado, and smoked salmon drizzled with caper cream	18.5

Toasted Croissants

jam and butter	6.5
ham and cheese	10.5
smoked salmon, avocado and spinach	12.5
spinach, avocado, grilled eggplant, sun dried tomato and cheese	13.5

Scrambled Egg and Ham Croissant

creamy scrambled eggs with chives and smoked ham stuffed into an oven baked croissant and served with grilled tomato	17.5
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Sweet Potato Frittata with Smoked Salmon

made with parmesan cheese, sweet potato and spring onion this tasty frittata is topped with smoked salmon and dill sour cream and served with sour dough toast	17.5
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Fresh Fruit Salad (not available in winter/autumn)

seasonal fresh fruit with low fat vanilla yogurt	10.5
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Muesli

toasted and topped with fresh fruit, natural yogurt and honey	10.5
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Something on the side

grilled tomato, baked beans button mushrooms avocado (seasonal) hollandaise sauce rosti (1) feta cheese wilted spinach	3.0
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bacon (2) breakfast sausage (1) smoked salmon eggs (2) fried or poached toast (2)	4.0
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Drinks

Soft Drinks	4.0
selection of coke, diet coke, pepsi max, fanta, solo, lemon, lime and bitters ginger beer, lightly sparkling water, soda water	
For the kids	
fire engine – raspberry flavoured soda water	3.0
Juices	4.5
by the glass apple, orange, orange & mango, orange & pineapple, pineapple	
Jugs	
Juices	9.0
Soft drink	7.5
Refreshing	4.5
ice tea: lemon, peach, lemon & green - on ice	
Smoothies (made with low fat milk and yogurt)	6.5
banana, mango, strawberry, mixed berry or tropical	
Milkshakes (ice-cream and milk)	5.5
spearmint, strawberry, vanilla, banana, chocolate or caramel (or make it into a thick shake for and extra \$1.00)	
pint size – for the ankle biters	3.5
Spicy Chai or Coffee Milkshake	6.0
Delicious	6.5
ice coffee, ice spicy chai or ice chocolate; ice cream, low-fat milk and lashings of cream!	
Tea	
English breakfast, earl grey, green, chamomile, green & jasmine. lemon & ginger Peppermint or strawberry, cranberry & raspberry	
cup	3.5
pot 4 one	4.0
pot 4 two	5.5
pot 4 three	7.5
extra pot of hot water	2.0
Espresso yourself with coffee	
espresso, long black, short macchiato	3.5
cappuccino, flat white	3.8
muguccino, flat white mug, affagatto, long macchiato	4.3
mocha, hot chocolate, latte, chai latte	4.6
soy, decaf and extra shots	.5
caramel or hazelnut syrup shots	1.0
Babycino	2.0
Take away (medium 12oz)	4.5
Take away (large 16 oz)	5.5

Lunch Menu

served every day between 12:00 and 3:00

to help get meals to you & others a little quicker, we cannot make substitutions

we do have gluten free bread, so please ask

yes you can bring your own cake – however we do have a standard 10.0 cake fee

byo venue - corkage 2.5/bottle wine only

please note there is NO separate billing

Entrees

Bruschetta with tomato 9.5
toasted garlic bread topped with seasoned tomato, basil and onion oiled
(2 per slices)

Garlic Bread 9.5
4 slices per serve

Tasting Plate (for 2) 32.5
see our specials menu

Calamari Rings 10.5
on dressed salad, lemon slices & tartar

Salt & Pepper Squid or Prawns 11.5
lightly coated and very tender - on dressed salad & tartar

Prawn Cocktail 10.5
drizzled with our own cocktail sauce

Bowl of Chips
large 8.5
small 5.0

Cone of Wedges 9.0
with sweet chilli sauce and sour cream

For the Kids

Oriental Chicken Bites & Chips or Fish Finger & Chips 8.5
served with bread, rabbit food and tomato sauce

Kids Hamburger 9.5
with cheese & tomato sauce -served with chips and rabbit food

Lunch Menu continued...

Burgers & Breads

*all served with chips and salad
gluten free bread available (1.0 extra)*

Chicken Turkish Bread spinach, caesar dressing, chicken, avocado & cheese (sun-dried tomatoes extra 1.0)	17.5
Ham Turkish Bread spinach, ham, cheese, tomato, red onion, mayo & mustard	17.5
Beef Burger lettuce, tomato, cheese & caramelised onion – choose from mayo, BBQ, tomato or mustard sauce with bacon	17.5 19.5
Chicken Deluxe Sandwich chicken breast fillet cooked in lemon pepper and served in a toasted bun with caesar dressing, lettuce, tomato and cheese	18.5
Chicken BLT grilled chicken with bacon, lettuce and tomato served on a toasted bun with garlic aioli and bbq sauce	19.5
BLT Sandwich layers of bacon, lettuce, tomato with barbecue sauce & mayonnaise	17.5
Steak Sandwich scotch steak fillet with English spinach, cheese, onion, egg and tomato sauce with beetroot relish with onion rings	18.5 19.0 22.5
The Atlantis smoked salmon, mixed lettuce, sliced avocado, roasted capsicum and dill dressing on a lightly toasted bun	18.5
Ploughman's Lunch (g - please request rice crackers) a selection of cold meats, cheeses, sun dried tomatoes, olives, pickles and chutney. garnished with salad and fresh fruit and served with bread and crackers	25.5

Lunch Menu continued...

A little more meaty

Country Style Pork Chops	1 chop	19.5
	2 chops	27.5
pan fried with honey and seeded mustard served on a choice of mash or chips with a tossed salad		
Prime T-bone Steak		28.5
cooked to your liking and served on a choice of dill mash or chips with a side of salad and either mushroom or pepper sauce		
Steak & Kidney Pot Pie		22.5
traditional meal served in a bowl with a pastry lid with a side of vegetables & roast potatoes		
Chicken & Mushroom Pot Pie		22.5
chicken, mushroom and broccoli in a wickedly creamy sauce served in a bowl with a pastry lid choose chips & salad or steamed vegetables & roast potatoes		

Something from the Sea

Calamari Rings		17.5
battered on crispy dressed salad & tartar		
Salt & Pepper Squid		19.5
lightly coated and very tender - on dressed salad & tartar		
Fish & Chips		18.5
two lightly battered pieces of NZ hoki served with chips & salad		
Pan Fried Barramundi (this can be gluten free upon request)		28.5
tossed in flour and lightly fried, our delicious barramundi is then rubbed with garlic to be served on a bed of your choice of almond cous cous, mash or fries, accompanied by a dressed salad		
Shark!!!		25.5
tossed in flour and lightly fried with a hint of garlic, this refreshing dish is served with lightly fried onion rings, crispy fries and a fresher lightly dressed salad and tartare sauce		

Lunch Menu continued...

Vegetarian

Eggplant lasagne (g) (v) (please indicate if gluten free bread is required) layers of eggplant with tomato pasta sauce, tasty cheese, parmesan a hint of pesto served with a dressed garden salad & garlic bread	22.5
Roast Vegetable Frittata (g) (v) (please indicate if you require gluten free bread) roast sweet potato, pumpkin, capsicum, zucchini and mushrooms served with salad and toasted sour dough bread	17.5
Sweet Potato Frittata with Smoked Salmon (g) (v) (please indicate if you require gluten free bread) made with parmesan cheese and sweet potato, spring onion and a hint of dill, this tasty frittata is topped with smoked salmon and a sour cream dill sauce and is served with sour dough toast and a fresh garden salad	21.5
Lemon and Parmesan Arancini. tasty balls of lemon and parmesan risotto served on a dressed salad and with garlic aioli	20.5

Salads

Caesar Salads layers of lettuce, bacon, parmesan & creamy caesar dressing with a choice of chicken breast, smoked salmon or prawns, served with crouton wedges yes, we can anchovies (extra 1.0)	22.5
Salmon Salad (g) rosettes of smoked salmon, spinach, tomato, cucumber & parmesan tossed in our dressing	22.5
Rockmelon, Avocado & Prawn Salad (g) (seasonal) the RAP salad is drizzled with a light tangy sour cream dressing & crispy bacon pieces	23.5
Spinach Salad (g) (v) spinach, roast pumpkin, pine nuts, feta, sun dried tomatoes, spanish onion and bacon (optional for vegetarians) with a yogurt and honey mustard dressing with chicken or prawns	18.5 24.5
Pear Salad (g) (v) freshly sliced pears and strawberries, caramelised walnuts, and blue costello cheese	21.5

Dessert Menu

Cakes

check out the cake board or have a look in the display cabinet
all served with cream
with two scoops of ice cream

6.5

Individual Pavlova (g)

topped with cream, fresh strawberries, drizzled with our own strawberry sauce

8.5

5.0

Scones and smaller slices

Try our famous scones – jam & cream included!

3.5

Ice cream Sundae

chai, strawberry, chocolate, vanilla, banana, caramel or spearmint topping

5.5

served all day, every day