
SEE OUR SPECIALS BOARD

Monday to Friday Athlete meal of the day	8
Tuesday & Thursday Soup with bread	6.5

ALL DAY BREAKFAST

Fruit toast	4.5
Egg & bacon roll	6.5
Yoghurt & muesli (gf & v)	3.5
Ham & cheese toastie	5.5
Ham & cheese croissant	6
Tomato basil bruschetta on brioche (v)	6.5

BAKERY ITEMS

Assorted muffins	4
Cakes - as displayed	5
Banana bread (gf)	5.5
Cookies	4
Slices - as displayed	4.5
Pastries - as displayed	5
Assorted protein balls	2.5

SANDWICHES, WRAPS, ROLLS

Reuben sandwich on viennese	8
Turkey on a 6 seeded roll with Apple and watercress	6.5
Poppy seed bagel with avocado, Dill and cream cheese (v)	7.5
Assorted wedged sandwiches (gf & v)	5
Assorted wraps - as displayed (gf & v)	7.5

COLD SALADS

As displayed (gf & v)	5
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WARM SALADS

Base of cucumber, tomato, red onion & mixed greens

choose from Grilled haloumi (gf & v)	10
or Chicken breast salad (gf)	10

BURGERS

Barramundi fish burger	11
Harissa chicken burger	10
Angus beef burger <i>with rocket, tomato, tasty cheese & garlic aioli</i>	11
Add egg 50c	
Add bacon 50c	
Add cheese 30c	

HOT BITES

Calamari (6 rings)	3
String fries	4
Meat pies (varieties)	6
Sausage rolls	4.5
Sweet potato fries	5
Wedges with cream cheese & sweet chilli	5

We value your feedback!

PLEASE VISIT OUR ONLINE SURVEY: https://www.surveymonkey.com/r/AIS_Customer_Experience_Survey

COLD DRINKS

Juice 300ml	3.5
Sparkling water	3.5
Thank You charity water	3
Trio drinks 330ml	3.5
Coke varieties 600ml	4.5
Lipton ice tea	4.5
Coconut water	3.5
Flavoured milk 300ml	3
Flavoured milk 500ml	4
Flavoured milk 750ml	5.5

HOT BEVERAGES

Coffee small	3.9
Coffee large	4.3
Babyccino	1
T2 Tea	3.5
Hot chocolate	4.1
Coffee syrups (vanilla, hazelnut, caramel)	.40c
Extra coffee shot	.40c

MILKSHAKES

Chocolate, strawberry, caramel, banana, vanilla	5
Add malt	.30c
Smoothies	6.5

BEER / CIDER

Premium Australian beer	7
Premium light beer	5.5
Boutique Australian beer	7.5
Premium cider	7

WINE

	G	B
Sparkling wine	9	38
White wine	7	9
Red wine	7	29

STAFF PRE ORDER SHEETS are available at the counter. Please ask our friendly staff.