









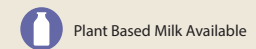














Nutritional & Allergen statement Cafe Menu

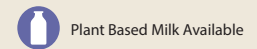
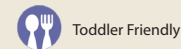
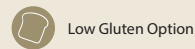
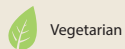
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Breakfast Menu	Serve Size	kJ Per Serve	Protein (g)	Fat (total) (g)	Fat (Saturated)	Carbohydrate (g)	Sugars (g)	Sodium (mg)	Contains these Allergens	May contain these Allergens	Allergen or Dietary Claims
Bacon & Eggs	236g	2238kJ	27	31.7	12	35	1	1159	Cereals Containing Gluten, Wheat, Rye, Barley, Oats, Egg, Milk, Soybeans	Sesame Seeds	 
Brekkie Burger	309g	3455kJ	25	48	17	72	15	1727	Cereals Containing Gluten, Wheat, Rye, Barley, Oats, Spelt, Egg, Milk, Sesame Seeds, Soybeans	Crustacean, Fish, Peanuts	
Pancakes w/ Fresh Strawberries	315g	2880kJ	10	14	5	126	86	723	Cereals Containing Gluten, Wheat, Rye, Egg, Milk	NIL	
Toasted Sourdough w/ Butter	80g	1033kJ	6.5	10	5.5	32	0.2	551	Cereals Containing Gluten, Wheat, Rye, Milk	Egg, Barley, Oat, Soybeans, Sesame Seeds	
Fruit Toast	140g	1873kJ	11.6	13.6	6	67	29	407	Cereals Containing Gluten, Wheat, Rye, Milk, Soybeans	Sesame Seeds	
Croissant	95g	1964kJ	7	29.5	18.8	42	6.6	417.6	Cereals Containing Gluten, Wheat, Milk, Soybeans	Almond, Egg, Peanuts, Sesame Seeds, Sulphites, Lupin	
Smashed Avo on Sourdough	276g	2271kJ	11.7	36.7	6.7	36	2.8	1170	Cereals Containing Gluten, Wheat, Rye, Barley, Oats, Milk, Hazelnut, Sesame Seeds, Soybeans	NIL	
Granola w/ Fresh Fruit & Greek Yogurt	376g	2691kJ	14	18.8	7.8	97.5	56	76.6	Almond, Cereals Containing Gluten, Wheat, Rye, Barley, Oats, Spelt, Milk, Sesame Seeds	Peanuts, Soybeans	
The Big Breakfast	667g	6455kJ	46	199	45	64.3	14.3	3316	Cereals Containing Gluten, Wheat, Barley, Egg, Milk, Soybeans	Crustacean, Fish, Oat, Rye, Peanuts, Sesame Seeds, Sulphites, Lupin	



Breakfast Menu	Serve Size	kJ Per Serve	Protein (g)	Fat (total) (g)	Fat (Saturated)	Carbohydrate (g)	Sugars (g)	Sodium (mg)	Contains these Allergens	May contain these Allergens	Allergen or Dietary Claims
The Veggie Big Breakfast	612g	5371kJ	42	93	36	65	12	3117	Cereals Containing Gluten, Wheat, Rye, Egg, Milk, Soybean	Crustacean, Fish, Peanuts, Sesame Seeds	
Famous Eggs Benny Bacon	418g	3969kJ	35	80.6	31	38	6	1869	Cereals Containing Gluten, Wheat, Barley, Egg, Milk, Soybeans	Crustacean, Fish, Peanuts, Sesame Seeds	
Famous Eggs Benny Ham	388g	2844kJ	29	55	21	37	6.3	1636	Cereals Containing Gluten, Wheat, Barley, Egg, Milk, Soybeans	Crustacean, Fish, Peanuts, Sesame Seeds	
Famous Eggs Benny Haloumi	388g	3368kJ	33.6	68	29	35	5	1533	Cereals Containing Gluten, Wheat, Barley, Egg, Milk, Soybeans	Crustacean, Fish, Peanuts, Sesame Seeds	
Famous Eggs Benny Smoked Salmon	388g	3140kJ	31	63	21	21.6	35	1494	Cereals Containing Gluten, Wheat, Barley, Egg, Fish, Milk, Soybeans	Crustacean, Peanuts, Sesame Seeds	
Famous Eggs Benny BLAT	528g	3614kJ	29	72	26	39	8	1400	Cereals Containing Gluten, Wheat, Barley, Egg, Milk, Soybeans	Crustacean, Fish, Peanuts, Sesame Seeds	
Smoked Salmon & Avo Brekkie	344g	2911kJ	27	55	21	20.2	5	1427	Egg, Fish, Milk, Soybean	Cereals Containing Gluten, Wheat	

Lunch Menu	Serve Size	kJ Per Serve	Protein (g)	Fat (total) (g)	Fat (Saturated)	Carbohydrate (g)	Sugars (g)	Sodium (mg)	Contains these Allergens	May contain these Allergens	Allergen or Dietary Claims
Chicken, Sweet Potato & Pesto Flat Grill	332g	2053kJ	20	25	7	44	8	813	Cereals Containing Gluten, Wheat, Cashew, Soybeans, Milk	Crustacean, Peanuts, Sesame Seeds	
Fish & Chips	491g	5342kJ	28	96	13	73	7.6	2190.6	Cereals Containing Gluten, Wheat, Egg, Fish, Soybeans, Milk	Peanuts	
Mushroom, Tomato & Pesto Flat Grill	312g	1722kJ	8.8	23.8	4	37	8	1645.7	Cereals Containing Gluten, Wheat, Cashew, Soybeans	Crustacean, Egg, Fish, Milk, Peanuts, Sesame Seeds	
Ham, Cheese Tomato Toastie w/ Chips	428g	4357kJ	35	50	17	110	5	2953	Cereals Containing Gluten, Wheat, Milk, Soybeans	Barley, Crustacean, Egg, Fish, Oat, Peanut, Rye, Sesame Seeds	
Chicken, Cheese Avo Toastie w/ Chips	428g	4586kJ	36	55	18	110	3	2539	Cereals Containing Gluten, Wheat, Milk, Soybeans	Crustacean, Egg, Fish, Peanuts, Sesame Seeds	
Camembert, Chicken & Bacon Flat Grill	329g	3841kJ	35	50	19	42	7	1485	Cereals Containing Gluten, Wheat, Egg, Milk, Soybeans	Fish, Peanuts, Sesame Seeds	
Cheeseburger w/ chips	520g	5698kJ	40	97	24	101	14	2799	Cereals Containing Gluten, Wheat, Barley, Egg, Milk, Soybeans, Sesame Seeds	Cashew, Crustacean, Egg, Fish, Oat, Peanuts, Rye, Sesame Seeds, Sulphites, Lupins	
Crispy Chicken Fillet Burger w/ chips	473g	5911kJ	44	82	15	199	7	2665	Cereals Containing Gluten, Wheat, Barley, Egg, Milk, Soybeans, Sesame Seeds	Almonds, Crustacean, Fish, Oat, Peanuts, Pine Nuts, Rye, Sesame Seeds	



Lunch Menu	Serve Size	kJ Per Serve	Protein (g)	Fat (total) (g)	Fat (Saturated)	Carbohydrate (g)	Sugars (g)	Sodium (mg)	Contains these Allergens	May contain these Allergens	Allergen or Dietary Claims
Cauliflower & Haloumi Salad	413g	2309kJ	25.6	37	13.4	25	12	1813.6	Hazelnuts, Milk, Sesame Seeds, Soybean	NIL	 
Chicken Pesto Feta Salad	363g	1680kJ	22	29	5	8	7	1147	Cashews, Egg, Milk, Soybeans	Peanuts	 
Steak Sandwich w/ chips	643g	5456kJ	61	60	8	120	14	2498	Cereals Containing Gluten, Wheat, Rye, Barley, Egg, Soybeans	Crustacean, Fish, Peanuts, Milk, Sesame Seeds, Oats	
Calamari & Chips	569g	5786kJ	55	76.6	12.2	103	10	2538	Cereals Containing Gluten, Wheat, Egg, Soybeans, Crustacean, Sulphites	Fish, Peanuts, Sesame Seeds	
Caesar Salad w/ Chicken	427g	2385kJ	49	33	8	18	8	2428	Cereals Containing Gluten, Wheat, Egg, Fish, Milk, Soybeans	Barley, Crustacean, Peanuts, Sesame Seeds, Rye	 
Caesar Salad w/ Calamari	583g	4770kJ	79	53	16	53	12	3271	Crustacean, Cereals Containing Gluten, Wheat, Egg, Fish, Milk, Soybeans	Barley, Rye, Peanuts, Sesame Seeds	

Shared & Kids Menu	Serve Size	kJ Per Serve	Protein (g)	Fat (total) (g)	Fat (Saturated)	Carbohydrate (g)	Sugars (g)	Sodium (mg)	Contains these Allergens	May contain these Allergens	Allergen or Dietary Claims
Seasoned Chips	350g	4985kJ	11	92	12.3	86	5	2293	Soybeans	Cereals Containing Gluten, Wheat, Crustacean, Fish, Peanuts, Sesame Seeds	
Sweet Potato Wedges	285g	4409kJ	6	60	10	117	35	1307	Soybeans	Cereals Containing Gluten, Milk	
Babycino	118ml	367kJ	4.6	2.7	2	11.5	10.5	51	Milk, Soybeans	NIL	
Kids Juice	250ml	468kJ	1	1	0	26	25	20	NIL	NIL	
Kids Egg on Toast	241g	2695kJ	17	41	17	50	3	948	Cereals Containing Gluten, Wheat, Rye, Egg, Milk, Soybeans	Barley, Oat, Crustacean, Fish, Peanut, Sesame Seeds	  
Kids Ice Cream w/ Sprinkles	95g	930kJ	1.8	8.6	5.7	34	28	25.7	Milk	NIL	 
Kids Rainbow Pancakes	188g	1941kJ	6.3	15.4	7	73.6	50	383	Cereals Containing Gluten, Wheat, Egg, Milk	Soybeans	 
Kids Cheesy Ham Flat Grill	177g	1633kJ	20	18	6	37	4	1222	Cereals Containing Gluten, Wheat, Milk, Soybeans	NIL	
Kids Chicken Nuggets w/ Chips	341g	3010kJ	18	40.8	6.7	66	15.4	1749	Cereals Containing Gluten, Wheat, Rye, Barley, Oats, Egg, Milk, Soybeans	Crustacean, Fish, Peanut, Sesame Seeds	 
Kids Cheeseburger w/ Chips	417g	4631kJ	35	62	19	98	11	2567	Cereals Containing Gluten, Wheat, Barley, Milk, Soybeans, Sesame Seeds	Cashew, Crustacean, Egg, Fish, Peanut, Rye, Oat, Sesame Seeds, Lupins	

