ALL DAY BREAKFAST

Big Breaky -	bacon, eggs - poached or fried, rosemary grilled tomato, mushrooms, hash brown & toast w/choice of tomato or bbq sauce	$11.90
Eggs Benedict -	ham, poached eggs, spinach, turkish & hollandaise	$10.90
	• with smoked salmon option	$11.90
Savoury Mince of Turkish		$8.90
Spiced Avocado on Turkish		$7.90
Raisin or Plain Toast (1 slice) w/ butter & jam		$2.50
Bacon & Egg Muffin		$5.50
Breakfast Wrap		$6.90

FROM THE GRILL

• All served w either roasted vegetable stack or salad and chips

200g Rump Steak w/choice of gravy/mushroom or pepper sauce	$13.90
Chicken crusted w sun dried tomato pesto & fresh basil compote	$13.90
BBQ Pork Riblet drizzled w chipotle sauce	$13.90

BURGERS

• All served w chips or garnish salad
• All burgers come w cheese, beetroot, tomato, caramelised onions & lettuce

Chicken Schnitzel Burger	$10.90
Beef Burger	$10.90
BBQ Pork Riblet Burger	$10.90
Battered Fish Burger	$10.90
The Grind Steak Sandwich	$11.90
The Grind CBLT (chick, bacon, lettuce, tomato, mayo)	$ 9.50

SEAFOOD

• All served w either roasted vege stack or salad & chips. tartare & lemon wedges

Fisherman's Basket (fish, prawns, calamari & scallops)	$13.90
Tempura Alaskan Pollock Fish	$12.90
Crumbed Calamari Rings	$12.90
Crumbed Prawn Cuttlets	$12.90

SALADS

Salt n Pepper Spiced Squid w fresh dill & capers drizzled w Aioli	$ 9.90
Moroccan Grilled Chicken, avocado & feta salad w balsamic glaze	$11.90
Thai Beef Salad w/ fresh coriander, chilli, soy & garlic dressing	$ 9.90
Herb Roasted vegetable stack w/ grilled haloumi	$ 8.90

PASTA

Roasted vegetable, olive & feta penne pasta with napolitan sauce & parmesan cheese	$10.90
Fettuccine Bolognaise w parmesan cheese	$ 9.90

CLASSICS

Beef Nachos with Sour cream & guacamole		$12.90
Vegetarian Nachos with sour cream & guacamole		$11.90
Beer Battering chips w Aioli	S $3.50	L $ 5.50
Potato wedges with sour cream & sweet chilli sauce	S $4.50	L $ 6.50
• Gluten Free bread available		$ 2.00