

Breakfast

| Recipe Name | Recipe Description | Energy (kJ) per 100g | Energy (kcal) per 100g | Fat (g) per 100g | Saturated Fat (g) per 100g | Carbohydrate (g) per 100g | Sugars (g) per 100g | Fibre (g) per 100g | Protein (g) per 100g | Salt (g) per 100g | Energy (kJ) per serving | Energy (kcal) per serving | Fat (g) per serving | Saturated Fat (g) per serving | Carbohydrate (g) per serving | Sugars (g) per serving | Fibre (g) per serving | Protein (g) per serving | Salt (g) per serving |
|---|--|----------------------|------------------------|------------------|----------------------------|---------------------------|---------------------|--------------------|----------------------|-------------------|-------------------------|---------------------------|---------------------|-------------------------------|------------------------------|------------------------|-----------------------|-------------------------|----------------------|
| Apple Pie Jaffle | Raisin toast jaffle filled with stewed apples and served with house-made butterscotch sauce (V) | 1052 | 251 | 11 | 6.9 | 34 | 22 | | 3.5 | 0.28 | 3649 | 870 | 39 | 24 | 117 | 77 | | 12 | 0.96 |
| Bacon & Egg Roll | Bacon & egg roll with tomato sauce | 965 | 231 | 12 | 4.1 | 21 | 3.5 | | 9.9 | 1.5 | 2344 | 560 | 29 | 10 | 50 | 8.4 | | 24 | 3.6 |
| Banana Acai Bowl | With toasted muesli, fresh strawberries & blueberries (V) (VF) | 320 | 76 | 2.3 | 0.5 | 13 | 8.8 | 0.5 | 1 | 0.04 | 1553 | 369 | 11 | 2.5 | 62 | 42 | 1.4 | 4.8 | 0.2 |
| Banana Berry Smoothie Bowl | Fresh banana, raspberries and strawberries blended with coconut milk. Served with fresh strawberries, chia seeds and | 492 | 117 | 3.3 | 1.9 | 20 | 7.3 | | 1.9 | 0.06 | 3053 | 724 | 21 | 12 | 123 | 45 | | 12 | 0.37 |
| Big Halloumi Brekky Bowl | Grilled halloumi, dukkah & black sesame avocado, wilted kale, roasted cherry tomatoes, roasted pumpkin, hummus, | 918 | 221 | 15 | 3.7 | 8.5 | 1.4 | 0.8 | 12 | 0.91 | 5362 | 1289 | 90 | 21 | 49 | 7.9 | 4.9 | 68 | 5.3 |
| Breakfast Crepe with Bacon | Bacon, scrambled eggs, roasted tomato, spinach & parmesan cheese (GF) | 849 | 204 | 16 | 6.1 | 6.9 | 2.1 | | 8.9 | 1.3 | 2800 | 674 | 52 | 20 | 23 | 7.1 | | 29 | 4.2 |
| Breakfast Crepe with Salmon | Smoked salmon, scrambled eggs, spinach, parmesan & hollandaise (GF) | 882 | 212 | 16 | 4.2 | 7 | 1.5 | | 9.5 | 0.78 | 2293 | 552 | 42 | 11 | 18 | 4 | | 25 | 2 |
| Brekky Burger | Bacon, fried egg, tomato, lettuce, hickory bbq sauce & aioli on a toasted bun | 961 | 231 | 16 | 5 | 14 | 3.3 | | 8.9 | 1.3 | 3583 | 860 | 58 | 19 | 51 | 12 | | 33 | 5 |
| Canadian French Toast | With bacon, cinnamon ricotta, caramelised maple banana & toasted walnuts | 976 | 233 | 12 | 3.2 | 25 | 10 | 0.5 | 7.3 | 0.72 | 4315 | 1031 | 51 | 14 | 110 | 45 | 2.3 | 32 | 3.2 |
| Chimichurri Smashed Avo | With smoky peppers, coriander chimichurri, spiced pepitas, 2 poached eggs & toasted sourdough (V) (VO) | 805 | 193 | 12 | 2.9 | 13 | 1.1 | 0.5 | 7.5 | 0.44 | 2813 | 675 | 43 | 10 | 44 | 3.9 | 1.6 | 26 | 1.5 |
| Classic Bacon & Eggs | Bacon with eggs your way (fried, poached or scrambled) on toasted sourdough | 969 | 232 | 13 | 5.1 | 18 | 1.5 | | 11 | 1.4 | 4178 | 999 | 55 | 22 | 79 | 6.4 | | 47 | 5.9 |
| Classic Breakfast Wrap | Bacon, fried eggs, spinach, tomato, mozzarella, hash brown & tomato sauce | 826 | 198 | 12 | 4.6 | 12 | 1.6 | | 9.4 | 1 | 3205 | 768 | 48 | 18 | 47 | 6 | | 37 | 3.9 |
| Corn Fritters With Avo Smash | Two house-made fritters with smashed avocado, fresh rocket & lemon (V) | 538 | 128 | 5.7 | 2.4 | 14 | 2.9 | 0.5 | 4.7 | 0.37 | 1573 | 375 | 17 | 7.2 | 42 | 8.5 | 0.9 | 14 | 1.1 |
| Corn Fritters with Chorizo | Two house-made fritters with fresh rocket, a poached egg, grilled chorizo and tomato relish | 654 | 156 | 8.5 | 3.6 | 13 | 3.8 | 0 | 7.3 | 0.94 | 2377 | 568 | 31 | 13 | 46 | 14 | 0.5 | 26 | 3.4 |
| Crumbed Mushroom & Poached Egg | With beetroot hummus, dukkah, sliced avocado, pomegranate salsa & a poached egg (V) (VO) | 630 | 150 | 7.5 | 1.8 | 12 | 2.4 | 0.5 | 8 | 0.46 | 2872 | 686 | 34 | 8.4 | 57 | 11 | 1.2 | 36 | 2.1 |
| Eggs Benedict | Poached eggs, wilted spinach & hollandaise on toasted sourdough (V) | 900 | 216 | 15 | 4 | 13 | 0.9 | | 7.7 | 0.67 | 2755 | 662 | 45 | 12 | 40 | 2.9 | | 24 | 2.1 |
| Eggs Your Way | (Fried, Poached or Scrambled) on toasted sourdough (V) | 870 | 207 | 6.8 | 2.4 | 26 | 1.2 | | 10 | 0.83 | 2445 | 581 | 19 | 6.9 | 74 | 3.4 | | 28 | 2.3 |
| Halloumi Brekky Burger | Grilled halloumi, rocket, sliced avocado, poached egg and paprika aioli on a toasted bun (V) | 1126 | 270 | 18 | 3.8 | 17 | 1 | 0.5 | 9.5 | 1.7 | 2849 | 684 | 46 | 9.7 | 43 | 2.4 | 1 | 24 | 4.2 |
| Halloumi Vego Breakfast | Poached egg, mushroom, halloumi, blistered roma tomatoes, spinach & basil whipped feta on toasted sourdough (V) | 656 | 157 | 7.9 | 3.7 | 13 | 1.6 | | 8.7 | 1.7 | 2241 | 535 | 27 | 13 | 43 | 5.6 | | 30 | 5.8 |
| Keto Breakfast | Field mushroom roasted with parmesan, asparagus spears, roasted tomato, rocket, bacon & a poached egg | 646 | 156 | 13 | 4 | 3.1 | 1.7 | 0 | 7 | 0.64 | 2165 | 522 | 43 | 13 | 10 | 5.5 | 0.8 | 24 | 2.1 |
| Lemon & Coconut Bircher | Strawberry compote, coconut yoghurt, lemon curd, green apple & pistachios served with our house-made coconut, g | 719 | 171 | 5.5 | 2.8 | 27 | 12 | | 3.6 | 0.05 | 3019 | 717 | 23 | 12 | 113 | 52 | | 15 | 0.22 |
| Mushroom & Halloumi With Pesto | Grilled field mushroom, grilled halloumi, poached egg & basil pesto on toasted sourdough (V) | 813 | 194 | 8.6 | 3.8 | 19 | 1.8 | | 10 | 2.2 | 3602 | 859 | 38 | 17 | 83 | 8.1 | | 46 | 9.9 |
| Omelette - Ham Cheese & Tomato | Served with toasted sourdough | 729 | 175 | 11 | 3 | 9.3 | 1.3 | | 9.6 | 0.96 | 3609 | 865 | 55 | 15 | 46 | 6.3 | | 48 | 4.7 |
| Pancakes - Bacon & Eggs | Bacon, scrambled eggs & maple syrup | 976 | 233 | 9.9 | 2.6 | 29 | 12 | | 7.1 | 1 | 4930 | 1175 | 50 | 13 | 146 | 59 | | 36 | 5.1 |
| Pancakes - Maple Syrup & Ice cream | With ice cream & maple syrup (V) | 940 | 223 | 4.7 | 1.3 | 41 | 18 | | 4.4 | 0.81 | 3666 | 868 | 18 | 4.9 | 159 | 70 | | 17 | 3.2 |
| Pea & Halloumi Fritters | Served with bacon and a side of warmed hollandaise sauce | 748 | 180 | 14 | 5.5 | 6.4 | 1.6 | 0 | 8.1 | 1.6 | 3537 | 851 | 64 | 26 | 30 | 7.6 | 0 | 38 | 7.6 |
| Pork Belly & Egg Roll | Grilled pork belly and a fried egg with hickory smoked BBQ sauce | 942 | 225 | 10 | 2.9 | 23 | 4.8 | | 11 | 0.9 | 2148 | 512 | 23 | 6.5 | 53 | 11 | | 24 | 2 |
| Ricotta Blueberry Hotcake | House-made hotcake with blueberries, strawberries, mascarpone, pepitas, maple syrup and house-made blueberry c | 832 | 199 | 10 | 4.5 | 21 | 8.7 | 0.5 | 5.8 | 0.23 | 3571 | 853 | 43 | 19 | 90 | 37 | 2 | 25 | 0.98 |
| Ricotta Pea & Chive Fritter | Served with poached eggs, roasted asparagus, blistered cherry tomatoes, tzatziki, fresh mint & herb salad (V) | 665 | 158 | 4.8 | 2.8 | 9.9 | 3.3 | 0 | 19 | 0.49 | 1869 | 444 | 13 | 7.8 | 28 | 9.3 | 0.5 | 53 | 1.4 |
| Savoury Mince Jaffle | House-made wagyu savoury mince with parmesan in a toasted jaffle | 774 | 184 | 8 | 3.1 | 20 | 2 | 0 | 8 | 0.58 | 1739 | 414 | 18 | 7 | 45 | 4.6 | 0.5 | 18 | 1.3 |
| Slow Cooked Brisket Ragù | Served on crusty sourdough with poached eggs, blistered cherry tomatoes & salsa verde | 752 | 179 | 8.4 | 2.1 | 12 | 2.1 | 0 | 14 | 0.59 | 2995 | 714 | 33 | 8.3 | 48 | 8.4 | 0 | 56 | 2.3 |
| Smashed Avocado On Pumpkin & Pepita Sourdough | With dukkah, crumbled feta and tomatoes marinated in parsley salsa (V) | 912 | 220 | 19 | 3.7 | 9.8 | 1.7 | 0.9 | 3.1 | 0.64 | 2261 | 546 | 46 | 9.1 | 24 | 4.3 | 2.1 | 7.7 | 1.6 |
| Smoked Salmon Light Breakfast | With danish feta, roasted pepitas, smashed avocado and a poached egg on toasted sourdough | 786 | 188 | 9.1 | 2.7 | 16 | 1.5 | 0 | 11 | 1.2 | 2028 | 484 | 23 | 7 | 41 | 3.9 | 0.5 | 28 | 3 |
| Sriracha Fried Chicken Waffle | Served with bacon, spiced maple syrup and a poached egg | 1012 | 241 | 10 | 4.5 | 29 | 13 | 0 | 8.2 | 0.95 | 4837 | 1153 | 49 | 21 | 138 | 60 | 0 | 39 | 4.5 |
| Stella Big Brekky Plate | 2 eggs your way, bacon, chorizo, tomato, mushroom, wilted spinach, hash brown, tomato relish & toasted sourdough | 766 | 184 | 12 | 4.5 | 11 | 2.2 | | 8 | 1.2 | 4727 | 1134 | 74 | 28 | 67 | 13 | | 49 | 7.5 |
| Stella Fruit Bowl | Almond milk soaked chia, coconut yoghurt, dried cranberries, coconut flakes, pepitas and fresh fruits (V) (VF) (GF) | 408 | 98 | 5.4 | 3.5 | 10 | 7.4 | 0.5 | 1.9 | 0.07 | 1673 | 400 | 22 | 14 | 42 | 30 | 1.9 | 7.7 | 0.28 |
| The One-Pan | Tomato, onion, mushroom, bacon, chorizo, eggs and mozzarella cheese, served with a hash brown | 652 | 157 | 11 | 4.2 | 5.2 | 1.6 | | 8.7 | 0.85 | 3014 | 724 | 52 | 20 | 24 | 7.4 | | 40 | 3.9 |
| Vego Breakfast | Poached eggs, avocado, blistered cherry tomatoes & spinach on toasted sourdough (V) | 832 | 198 | 5.9 | 1.6 | 19 | 1.2 | 0 | 17 | 0.56 | 3544 | 841 | 25 | 6.7 | 79 | 5 | 0.6 | 74 | 2.4 |
| Wagyu Savoury Mince Breakfast | House-made wagyu savoury mince with two poached eggs on toasted sourdough | 570 | 136 | 7.2 | 1.9 | 11 | 1.8 | 0 | 7 | 0.39 | 2468 | 590 | 31 | 8.2 | 47 | 7.8 | 0.5 | 30 | 1.7 |

Starters

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|--------------------------------------|--|----------------------|------------------------|------------------|----------------------------|---------------------------|---------------------|--------------------|----------------------|-------------------|-------------------------|---------------------------|---------------------|-------------------------------|------------------------------|------------------------|-----------------------|-------------------------|----------------------|
| Bowl Chips & Aioli | Perfect for sharing, served with aioli (V) (VF) | 868 | 209 | 15 | 2.1 | 17 | 1 | | 2.3 | 0.12 | 2865 | 689 | 49 | 7 | 55 | 3.3 | | 7.5 | 0.39 |
| Charcuterie Board for 2 | A selection of quality cured meats, roasted pumpkin, basil pesto, antipasto, pickled red cabbage, hummus, bread sticks | 967 | 232 | 16 | 5 | 13 | 4.4 | 0 | 8.9 | 2 | 5986 | 1438 | 99 | 31 | 82 | 27 | 1.3 | 55 | 12.5 |
| Classic Bruschetta | Fresh cubed tomato, red onion, danish feta and balsamic glaze on toasted sourdough (V) | 737 | 175 | 6.6 | 2.1 | 24 | 4.7 | | 5 | 1.1 | 2762 | 657 | 25 | 7.9 | 90 | 17 | | 19 | 4.1 |
| Halloumi Chips | Served with a cheek of lemon | 1077 | 256 | 9.8 | 6.2 | 30 | 0 | 0 | 12 | 4.2 | 2877 | 685 | 26 | 17 | 80 | 0.5 | 0 | 32 | 11.2 |
| Pizza - Garlic Mozerella | Hand-stretched with sea salt (v) | 1169 | 279 | 12 | 3.7 | 32 | 0.5 | 0 | 11 | 1.2 | 3236 | 771 | 33 | 10 | 90 | 0.8 | 0 | 30 | 3.2 |
| Pork Belly Bites | With Chilli Jam | 892 | 213 | 11 | 4 | 18 | 4 | 0 | 10 | 0.66 | 1792 | 428 | 23 | 8 | 36 | 8 | 0.5 | 21 | 1.3 |
| Pumpkin & Cumin Sweet Potato Soup | House-made, served with toasted sourdough and butter | 423 | 101 | 5.2 | 2 | 11 | 3.5 | 0.5 | 2.6 | 0.34 | 1515 | 362 | 19 | 7.3 | 38 | 12 | 1.7 | 9.4 | 1.2 |
| Roasted Tomato & Garlic Soup | House-made, served with toasted sourdough and butter | 357 | 85 | 3.3 | 1 | 12 | 1.8 | 0 | 2.1 | 0.26 | 1401 | 334 | 13 | 4 | 46 | 7 | 0.5 | 8.3 | 1 |
| Smoked Salmon Bruschetta | Fresh cubed tomato, red onion, danish feta, sliced smoked salmon & fresh rocket | 604 | 144 | 5.3 | 1.2 | 17 | 1.6 | 0 | 7.1 | 0.98 | 1480 | 352 | 13 | 2.9 | 41 | 4 | 0 | 17 | 2.4 |
| Smokey Bacon & Cheese Arancini balls | With warm blue cheese sauce | 835 | 203 | 21 | 3.1 | 0.6 | 0.6 | 0 | 2.3 | 4.6 | 1879 | 456 | 48 | 6.9 | 1.5 | 1.4 | 0 | 5.1 | 10.3 |

Burgers, Sandwiches & Wraps

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|--|---|----------------------|------------------------|------------------|----------------------------|---------------------------|---------------------|--------------------|----------------------|-------------------|-------------------------|---------------------------|---------------------|-------------------------------|------------------------------|------------------------|-----------------------|-------------------------|----------------------|
| Beef Brisket Burger w Chips | BBQ beef brisket with dry slaw & pickled red onion | 687 | 164 | 6.8 | 1.5 | 19 | 2.6 | 0 | 6.7 | 0.35 | 2689 | 641 | 27 | 6 | 74 | 10 | 0.8 | 26 | 1.4 |
| BLT on sourdough w chips | Toasted, with bacon, lettuce, tomato and aioli | 920 | 220 | 13 | 4.4 | 19 | 1.4 | | 6.4 | 1 | 5197 | 1245 | 75 | 25 | 107 | 7.8 | | 36 | 5.8 |
| Chicken & Bacon Sandwich w Chips | Toasted, with lettuce, tomato & honey mustard dressing | 770 | 183 | 7.7 | 2.3 | 19 | 1.9 | | 9.4 | 1.1 | 4503 | 1073 | 45 | 13 | 111 | 11 | | 55 | 6.3 |
| Chicken Burger w Chips | Sliced chicken, avocado, tomato, baby cos lettuce, sliced cheese & aioli | 798 | 191 | 10 | 1.9 | 16 | 1.2 | 0 | 9.2 | 0.74 | 3473 | 830 | 44 | 8.2 | 69 | 5.2 | 0 | 40 | 3.2 |
| Chicken Caesar Burger w Chips | Bacon, baby cos lettuce, grilled chicken, fried egg, parmesan cheese and caesar dressing | 934 | 224 | 13 | 3.3 | 17 | 1.4 | | 10 | 1.1 | 4110 | 984 | 57 | 15 | 74 | 6.2 | | 45 | 4.7 |
| Chicken Schnitzel BLAT w Chips | Chicken schnitzel with bacon, smashed avocado, tomato, baby cos lettuce & honey mustard sauce | 788 | 188 | 8.9 | 2.4 | 20 | 3.3 | 0 | 7.4 | 0.9 | 4256 | 1016 | 48 | 13 | 106 | 18 | 0.5 | 40 | 4.9 |
| Club Sandwich with Chips | With sliced chicken, tomato, ham, bacon, smashed avocado, baby cos lettuce and seeded mustard mayo | 929 | 223 | 13 | 5 | 17 | 1.3 | 0 | 8.6 | 1.1 | 4641 | 1111 | 66 | 25 | 86 | 6.5 | 0.5 | 43 | 5.5 |
| Cornflake Crumbed Chicken Burger w Chips | With slaw, bacon and chipotle mayo | 996 | 237 | 11 | 2.2 | 27 | 2.2 | 0 | 8.9 | 0.69 | 6222 | 1484 | 66 | 13 | 167 | 14 | 0.8 | 55 | 4.3 |
| Fish Burger w Chips | Crispy battered fish with lettuce & creamy tartare sauce | 928 | 222 | 13 | 1.5 | 21 | 1 | | 5.5 | 0.6 | 3294 | 788 | 45 | 5.3 | 75 | 3.7 | | 20 | 2.1 |
| House Wagyu Burger w Chips | With smoky bacon & onion jam, baby cos lettuce, fresh tomato, cheese & aioli | 1025 | 246 | 16 | 3.4 | 18 | 2.6 | | 7.2 | 0.51 | 5368 | 1288 | 85 | 18 | 94 | 13 | | 38 | 2.7 |
| Lamb Pita w Chips | With grilled halloumi, tomato, onion, spinach & honey mustard dressing | 652 | 156 | 7.1 | 1.7 | 16 | 2.4 | | 6.5 | 1.1 | 2674 | 638 | 29 | 6.8 | 68 | 9.7 | | 26 | 4.3 |
| Panko Crumbed Mushroom Burger w Chips | With beetroot relish, tomato, baby cos lettuce, smashed avocado & basil pesto mayo (V) (VO) | 721 | 172 | 7.5 | 1.7 | 22 | 2.9 | 0 | 4.3 | 0.42 | 3614 | 862 | 38 | 8.8 | 109 | 15 | 0.5 | 22 | 2.1 |
| Pesto Chicken Sandwich w Chips | Toasted, with sliced chicken, tomato, lettuce, cheese & basil pesto mayo | 690 | 164 | 5.7 | 1.6 | 20 | 1.3 | | 7.8 | 0.77 | 3674 | 873 | 30 | 8.3 | 109 | 6.7 | | 42 | 4.1 |
| Pork Belly Burger w Chips | Crispy pork belly strips with purple slaw, pickles, garlic aioli & chilli caramel sauce on a lightly toasted milk bun | 950 | 227 | 12 | 2.4 | 23 | 4.1 | 0 | 5.7 | 0.58 | 4564 | 1091 | 59 | 11 | 112 | 20 | 1 | 27 | 2.8 |
| Pulled Pork Burger w chips | With dry slaw mix, sliced cheese & a chipotle hollandaise sauce | 772 | 184 | 9 | 2.1 | 20 | 4 | 0 | 5.5 | 0.71 | 3221 | 769 | 38 | 8.8 | 84 | 17 | 0.8 | 23 | 3 |
| Quinoa & Sweet Potato Vegan Burger w chips | With smashed avocado, red onion, tomato, baby cos lettuce and vegan aioli (VF) (V) | 724 | 173 | 7.9 | 1.1 | 22 | 2.8 | 0 | 3.5 | 0.3 | 3512 | 838 | 38 | 5.4 | 106 | 14 | 0 | 17 | 1.5 |
| Sriracha Fried Chicken Burger w chips | With bacon, smashed avocado, tomato, baby cos lettuce & aioli | 774 | 185 | 9.3 | 2.4 | 19 | 1.5 | 0 | 6.4 | 0.67 | 4414 | 1054 | 53 | 14 | 107 | 8.6 | 0.5 | 37 | 3.8 |
| Steak Sandwich w Chips | With cheese, tomato, lettuce, balsamic beetroot relish & hickory smoked bbq sauce | 681 | 162 | 4.8 | 1.3 | 23 | 6.4 | | 6.9 | 0.57 | 3509 | 833 | 25 | 6.5 | 117 | 33 | | 36 | 3 |
| Wagyu Cheeseburger w Chips | House-made wagyu patty, cheese, pickles, mustard & tomato sauce | 878 | 210 | 11 | 3.1 | 19 | 2 | | 7.7 | 0.52 | 4101 | 980 | 53 | 14 | 90 | 9.4 | | 36 | 2.4 |

Salads

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|---------------------------------|---|----------------------|------------------------|------------------|----------------------------|---------------------------|---------------------|--------------------|----------------------|-------------------|-------------------------|---------------------------|---------------------|-------------------------------|------------------------------|------------------------|-----------------------|-------------------------|----------------------|
| Beetroot & Pomegranate Salad | With creamy feta, wild rocket, grape tomatoes, house-made blood orange dressing & dukkah (V) (GF) (VO) | 384 | 92 | 4.5 | 1.6 | 9.9 | 9.4 | 0 | 2.7 | 0.97 | 1038 | 248 | 12 | 4.3 | 27 | 25 | 0.5 | 7.4 | 2.6 |
| Caesar Salad | Crunchy cos lettuce, bacon, croutons, parmesan, egg & creamy caesar dressing | 908 | 219 | 18 | 5.5 | 5.3 | 1.5 | | 8.9 | 1.1 | 1635 | 394 | 32 | 9.8 | 9.5 | 2.7 | | 16 | 2 |
| Caprese Salad | With tomatoes, torn bocconcini and basil leaves & balsamic glaze(V) | 514 | 124 | 8.9 | 5.2 | 3 | 1.8 | | 7.9 | 0.12 | 1141 | 274 | 20 | 12 | 6.7 | 4 | | 1.7 | 0.26 |
| Light Fennel & Orange Salad | Fennel, rocket and orange salad with toasted pepitas and a lemony olive oil dressing (V) (VF) (GF) | 501 | 120 | 8.3 | 1.3 | 8.3 | 5.3 | 0.5 | 2.8 | 0.05 | 976 | 235 | 16 | 2.6 | 16 | 10 | 0.7 | 5.5 | 0.1 |
| Maple-Roasted Pear Salad | With crispy bacon, sweet potato curls, cherry tomatoes, red onion, wild rocket, toasted walnuts, shaved parmesan & honey mustard dressing | 756 | 180 | 8.1 | 2.1 | 18 | 10 | 0 | 9.3 | 0.43 | 3471 | 828 | 37 | 9.5 | 80 | 47 | 1 | 43 | 2 |
| Pumpkin Quinoa & Halloumi Salad | With cherry tomatoes, avocado, kale & rocket leaves with a lemon oil dressing (V) | 786 | 188 | 9.6 | 2.9 | 9.8 | 1.5 | 0.7 | 15 | 1.2 | 2948 | 704 | 36 | 11 | 37 | 5.6 | 2.6 | 5.7 | 4.4 |
| Sweet Potato Halloumi Salad | With spinach & rocket leaves, avocado, cherry tomatoes, toasted pepitas, basil leaves & honey mustard dressing | 815 | 195 | 12 | 3.2 | 10 | 5.4 | 0.5 | 12 | 1.5 | 2332 | 559 | 33 | 9.3 | 30 | 15 | 1.5 | 34 | 4.2 |
| Tomato & white bean salad | With creamy feta, fresh herbs, spanish onion and a light lemon dressing (V) | 928 | 220 | 5.9 | 1.8 | 6.5 | 2.2 | | 35 | 0.75 | 3812 | 904 | 24 | 7.3 | 27 | 8.9 | | 145 | 3.1 |

Pizzas

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|------------------------------------|---|----------------------|------------------------|------------------|----------------------------|---------------------------|---------------------|--------------------|----------------------|-------------------|-------------------------|---------------------------|---------------------|-------------------------------|------------------------------|------------------------|-----------------------|-------------------------|----------------------|
| Pizza - BBQ Chicken | With bacon, mushrooms & mozzarella | 931 | 221 | 7.8 | 3.6 | 25 | 5.4 | | 13 | 1.5 | 4422 | 1051 | 37 | 17 | 118 | 26 | | 62 | 7.3 |
| Pizza - Chicken Halloumi & Chorizo | With mozzarella & chipotle hollandaise | 1054 | 251 | 12 | 4.8 | 23 | 0.6 | 0 | 14 | 2 | 4142 | 988 | 45 | 19 | 91 | 2.4 | 0 | 53 | 7.9 |
| Pizza - Chicken Mushroom Brie | with Mozzarella & Napoli | 802 | 190 | 5.8 | 3.1 | 23 | 1.1 | | 12 | 1.1 | 3370 | 800 | 24 | 13 | 95 | 4.6 | | 51 | 4.4 |
| Pizza - Ham & pineapple | With mozzarella & napoli | 699 | 166 | 3.5 | 1.9 | 24 | 2.8 | | 9.5 | 1.2 | 2936 | 695 | 15 | 7.8 | 101 | 12 | | 40 | 5.2 |
| Pizza - Margherita | With fresh basil, mozzarella & napoli (V) | 869 | 206 | 6.1 | 3.3 | 27 | 1.1 | | 11 | 1 | 2990 | 710 | 21 | 11 | 93 | 3.8 | | 37 | 3.5 |
| Pizza - Meat Eater | Pepperoni, chorizo, ham, bacon, mozzarella & napoli | 952 | 227 | 11 | 4.7 | 21 | 1.3 | | 12 | 1.7 | 4333 | 1034 | 49 | 22 | 96 | 5.8 | | 52 | 7.6 |
| Pizza - Mushroom & Spinach (Vego) | With red onion, mozzarella & napoli (V) (VO) | 640 | 152 | 3.3 | 1.7 | 23 | 1.4 | | 7.7 | 0.72 | 2752 | 652 | 14 | 7.5 | 98 | 5.9 | | 33 | 3.1 |
| Pizza - Pepperoni | With mozzarella & napoli | 920 | 219 | 7.4 | 3.4 | 27 | 1.1 | | 11 | 1.3 | 3222 | 766 | 26 | 12 | 93 | 3.9 | | 40 | 4.5 |
| Pizza - Stella Sunrise Brekky | Prosciutto, bacon & onion jam, oven-fried eggs, tomatoes, rocket, mozzarella & napoli | 869 | 206 | 6 | 2.4 | 21 | 3.5 | 0 | 17 | 0.95 | 4569 | 1084 | 31 | 12 | 110 | 18 | 0 | 91 | 5 |
| Pizza - Wagyu Savoury Mince | Our house-made wagyu savoury mince & mozzarella | 800 | 190 | 7 | 3.2 | 22 | 1.3 | 0 | 9.8 | 0.85 | 3479 | 828 | 30 | 14 | 96 | 5.5 | 0.5 | 42 | 3.7 |

Pastas

| Recipe Name | Recipe Description | Energy (kJ) per 100g | Energy (kcal) per 100g | Fat (g) per 100g | Saturated Fat (g) per 100g | Carbohydrate (g) per 100g | Sugars (g) per 100g | Fibre (g) per 100g | Protein (g) per 100g | Salt (g) per 100g | Energy (kJ) per serving | Energy (kcal) per serving | Fat (g) per serving | Saturated Fat (g) per serving | Carbohydrate (g) per serving | Sugars (g) per serving | Fibre (g) per serving | Protein (g) per serving | Salt (g) per serving |
|--|---|----------------------|------------------------|------------------|----------------------------|---------------------------|---------------------|--------------------|----------------------|-------------------|-------------------------|---------------------------|---------------------|-------------------------------|------------------------------|------------------------|-----------------------|-------------------------|----------------------|
| Pasta - Carbonara Fettuccine | Bacon & mushroom with creamy sauce, parmesan & fresh herbs | 1248 | 298 | 16 | 3.6 | 31 | 1.7 | 0 | 8.8 | 0.57 | 4742 | 1133 | 59 | 14 | 116 | 6.3 | 0 | 34 | 2.2 |
| Pasta - Chicken & Mushroom Pappardelle | With a creamy mushroom sauce & fresh herbs | 1218 | 290 | 13 | 4.3 | 32 | 1.8 | 0 | 12 | 0.43 | 4289 | 1022 | 45 | 15 | 112 | 6.2 | 0 | 43 | 1.5 |
| Pasta - Chicken Pesto Fettuccine | With blistered cherry tomatoes & parmesan | 1350 | 322 | 16 | 2.3 | 25 | 2.4 | | 20 | 0.7 | 6681 | 1595 | 79 | 11 | 122 | 12 | | 98 | 3.5 |
| Pasta - Chilli Chorizo | In napoli with olives & parmesan | 962 | 229 | 9.9 | 3.2 | 27 | 2.8 | 0 | 7.7 | 0.77 | 4291 | 1023 | 44 | 14 | 122 | 13 | 0 | 35 | 3.5 |
| Pasta - Garlic Tiger Prawn Linguine | With cherry tomatoes, rocket, parmesan & parsley salsa | 1249 | 297 | 11 | 5 | 36 | 1.6 | 0.5 | 13 | 0.25 | 3873 | 922 | 36 | 15 | 110 | 5 | 1 | 40 | 0.77 |
| Pasta - Meatball Fettuccine | In napoli with olives, rocket & parmesan | 911 | 216 | 5.3 | 1.4 | 32 | 2.9 | 0 | 9.7 | 0.19 | 5991 | 1420 | 35 | 9.1 | 212 | 19 | 0 | 64 | 1.2 |
| Pasta - Mushroom & Asparagus | With bacon, mixed herbs & parmesan | 1425 | 342 | 23 | 3.8 | 27 | 1.4 | 0.5 | 7.1 | 0.36 | 6161 | 1479 | 98 | 16 | 117 | 6.1 | 1.3 | 31 | 1.5 |
| Pasta - Ricotta Cherry Tomato & Basil Fettuccine | Deliciously creamy with roasted garlic (V) | 1461 | 348 | 15 | 6.6 | 34 | 2.2 | | 19 | 0.29 | 4966 | 1184 | 52 | 23 | 114 | 7.6 | | 65 | 1 |
| Pasta - Roast Pumpkin Ravioli | In sage butter with herbed ricotta & candied walnuts (V) | 898 | 215 | 14 | 6.1 | 16 | 2.5 | 0.5 | 6.8 | 0.33 | 2828 | 678 | 43 | 19 | 51 | 7.9 | 0.9 | 21 | 1 |
| Pasta - Roasted Pumpkin & Spinach Fettuccine | With cherry tomatoes, spinach, feta, parmesan & cream (V) | 1186 | 282 | 12 | 2 | 28 | 2.8 | | 16 | 0.33 | 5217 | 1243 | 52 | 8.9 | 122 | 12 | | 72 | 1.5 |
| Pasta - Smoked Salmon | With peas, onions, wild rocket & creamy sauce | 1076 | 256 | 11 | 1.3 | 30 | 1.4 | 0 | 9.5 | 0.47 | 4154 | 990 | 42 | 5.1 | 115 | 5.4 | 0.5 | 37 | 1.8 |
| Pasta - Spaghetti Bolognese | With parmesan & fresh herbs | 720 | 171 | 6.6 | 2.9 | 18 | 1.7 | | 10 | 0.55 | 2867 | 682 | 26 | 11 | 71 | 6.7 | | 40 | 2.2 |
| Pasta- Chilli & Garlic Calamari | With pea pesto, crispy chorizo, peas, salsa verde & shaved parmesan | 1022 | 243 | 9.7 | 2.9 | 29 | 2.2 | 0 | 10 | 0.76 | 4012 | 955 | 38 | 11 | 114 | 8.8 | 0.5 | 39 | 3 |

Mains

| Recipe Name | Recipe Description | Energy (kJ) per 100g | Energy (kcal) per 100g | Fat (g) per 100g | Saturated Fat (g) per 100g | Carbohydrate (g) per 100g | Sugars (g) per 100g | Fibre (g) per 100g | Protein (g) per 100g | Salt (g) per 100g | Energy (kJ) per serving | Energy (kcal) per serving | Fat (g) per serving | Saturated Fat (g) per serving | Carbohydrate (g) per serving | Sugars (g) per serving | Fibre (g) per serving | Protein (g) per serving | Salt (g) per serving |
|---------------------------|--|----------------------|------------------------|------------------|----------------------------|---------------------------|---------------------|--------------------|----------------------|-------------------|-------------------------|---------------------------|---------------------|-------------------------------|------------------------------|------------------------|-----------------------|-------------------------|----------------------|
| Bangers & Mash | With house-made traditional gravy, peas & creamy mashed potato | 483 | 116 | 8.1 | 4.8 | 5.7 | 1.9 | 0 | 5.2 | 0.33 | 2994 | 719 | 50 | 29 | 35 | 12 | 0 | 32 | 2 |
| Battered Fish & Chips | Battered fish with seasoned chips, salad, tartare & lemon | 935 | 224 | 13 | 2 | 12 | 1.2 | 0 | 15 | 0.36 | 3477 | 833 | 49 | 7.4 | 44 | 4.5 | 0.7 | 55 | 1.3 |
| Crispy Skinned Salmon | Salmon fillet with peas, asparagus & lemon caper sauce | 996 | 241 | 21 | 8.1 | 1.5 | 0.7 | 0.5 | 12 | 0.08 | 3627 | 876 | 75 | 29 | 5.5 | 2.7 | 1.2 | 44 | 0.28 |
| Lemon Pepper Calamari | With chips, salad, aioli & lemon | 805 | 192 | 9.5 | 1.7 | 12 | 1.4 | 0 | 15 | 0.83 | 4213 | 1006 | 50 | 8.8 | 61 | 7.6 | 0.7 | 78 | 4.3 |
| Rump Chips & Slaw | 250g rump with slaw, seasoned chips & house-made mushroom sauce | 480 | 115 | 5.8 | 1.3 | 6 | 1.2 | 0.5 | 9.4 | 0.13 | 2821 | 674 | 34 | 7.7 | 35 | 6.9 | 1.7 | 55 | 0.76 |
| Salt & Pepper Calamari | With chips, salad, aioli & lemon | 765 | 182 | 7.6 | 1.2 | 14 | 1.1 | 0 | 15 | 0.36 | 4057 | 966 | 40 | 6.3 | 74 | 6 | 0.7 | 77 | 1.9 |
| Schnitzel Creamy Mushroom | Panko crumbed butterflied chicken schnitzel with creamy house-made mushroom sauce. Served with chips & salad | 614 | 146 | 4.4 | 1 | 14 | 3.6 | 0 | 13 | 0.54 | 3793 | 901 | 27 | 6 | 86 | 22 | 0.7 | 78 | 3.3 |
| Schnitzel Parmigiana | Panko crumbed butterflied chicken schnitzel topped with melted cheese, napoli & ham. Served with chips & salad | 726 | 173 | 6.1 | 2.1 | 14 | 4 | 0 | 15 | 0.9 | 4666 | 1110 | 39 | 13 | 90 | 26 | 0.7 | 99 | 5.8 |
| Seafood Basket | Crispy battered hoki, lemon pepper calamari, panko crumbed prawns & seasoned chips | 897 | 215 | 12 | 1.7 | 12 | 1.1 | 0 | 14 | 0.66 | 5418 | 1297 | 74 | 11 | 74 | 6.7 | 0.7 | 82 | 4 |

Children

| Recipe Name | Recipe Description | Energy (kJ) per 100g | Energy (kcal) per 100g | Fat (g) per 100g | Saturated Fat (g) per 100g | Carbohydrate (g) per 100g | Sugars (g) per 100g | Fibre (g) per 100g | Protein (g) per 100g | Salt (g) per 100g | Energy (kJ) per serving | Energy (kcal) per serving | Fat (g) per serving | Saturated Fat (g) per serving | Carbohydrate (g) per serving | Sugars (g) per serving | Fibre (g) per serving | Protein (g) per serving | Salt (g) per serving |
|-----------------------------|---|----------------------|------------------------|------------------|----------------------------|---------------------------|---------------------|--------------------|----------------------|-------------------|-------------------------|---------------------------|---------------------|-------------------------------|------------------------------|------------------------|-----------------------|-------------------------|----------------------|
| Children's Avo on Toast | Plain avocado on toast (V) (VF) | 408 | 97 | 3.6 | 0.7 | 13 | 4.2 | 0.5 | 2.5 | 0.26 | 1580 | 376 | 14 | 2.6 | 52 | 16 | 1.5 | 9.6 | 1 |
| Children's Classic Brekky | Scrambled egg, bacon, hash brown and toast soldiers | 609 | 146 | 8.6 | 2.5 | 12 | 3.3 | | 5.1 | 0.63 | 3506 | 840 | 50 | 14 | 69 | 19 | | 30 | 3.6 |
| Children's Nuggets & Chips | Chicken nuggets, chips & sauce | 467 | 111 | 5 | 1 | 13 | 4.7 | | 4 | 0.4 | 2474 | 590 | 26 | 5.5 | 67 | 25 | | 21 | 2.1 |
| Children's Pancakes w maple | With Maple Syrup & Ice Cream | 558 | 132 | 2.9 | 0.7 | 24 | 12 | | 2.7 | 0.41 | 2899 | 687 | 15 | 3.8 | 124 | 64 | | 14 | 2.2 |
| Children's Pizza - Cheese | Handstretched cheese pizza (V) | 445 | 106 | 3 | 1.4 | 15 | 4 | | 5 | 0.42 | 1877 | 445 | 13 | 5.7 | 62 | 17 | | 21 | 1.8 |
| Children's Waffle Fingers | Toasted waffle fingers rolled in cinnamon sugar and served with choc hazelnut sauce (V) | 875 | 208 | 8.1 | 5 | 32 | 24 | | 2.3 | 0.26 | 3761 | 895 | 35 | 22 | 135 | 104 | | 9.9 | 1.1 |

Drive Thru

| Recipe Name | Recipe Description | Energy (kJ) per 100g | Energy (kcal) per 100g | Fat (g) per 100g | Saturated Fat (g) per 100g | Carbohydrate (g) per 100g | Sugars (g) per 100g | Fibre (g) per 100g | Protein (g) per 100g | Salt (g) per 100g | Energy (kJ) per serving | Energy (kcal) per serving | Fat (g) per serving | Saturated Fat (g) per serving | Carbohydrate (g) per serving | Sugars (g) per serving | Fibre (g) per serving | Protein (g) per serving | Salt (g) per serving |
|---------------------------------------|--|----------------------|------------------------|------------------|----------------------------|---------------------------|---------------------|--------------------|----------------------|-------------------|-------------------------|---------------------------|---------------------|-------------------------------|------------------------------|------------------------|-----------------------|-------------------------|----------------------|
| Bacon Eggs Bene Wrap | Bacon, scrambled eggs & hollandaise sauce in a toasted tortilla wrap | 1057 | 254 | 19 | 6 | 12 | 1.6 | | 9.2 | 1.1 | 2937 | 706 | 52 | 17 | 34 | 4.4 | | 25 | 3.2 |
| BBQ Bacon & Egg Wrap | With melted mozzarella & hickory bbq sauce in a toasted tortilla wrap | 1071 | 257 | 17 | 6.3 | 14 | 3.3 | | 11 | 1.3 | 2871 | 689 | 46 | 17 | 39 | 8.8 | | 30 | 3.4 |
| BBQ Pulled Pork & Slaw Wrap w chips | Toasted, with a chipotle hollandaise & melted mozzarella. Served with chips | 810 | 194 | 10 | 3.2 | 19 | 4.5 | 0.5 | 6.3 | 0.78 | 3264 | 780 | 41 | 13 | 76 | 18 | 1.3 | 25 | 3.1 |
| Chorizo Brekky Wrap | Diced chorizo, scrambled egg, spinach & chipotle hollandaise | 1099 | 265 | 20 | 6.1 | 13 | 1.5 | | 8.7 | 1.4 | 2836 | 682 | 51 | 16 | 33 | 3.8 | | 22 | 3.5 |
| Eggs Bene & Halloumi Wrap | Grilled halloumi, scrambled eggs, spinach leaves & hollandaise | 999 | 240 | 17 | 5.4 | 13 | 1.2 | | 10 | 1.7 | 2478 | 595 | 41 | 13 | 32 | 3 | | 25 | 4.3 |
| Wrap-Chicken Caesar w chips | Sliced chicken, bacon, baby cos lettuce, parmesan cheese & boiled egg with creamy caesar sauce | 875 | 210 | 13 | 3.9 | 14 | 1.5 | 0 | 8.4 | 0.93 | 3787 | 908 | 57 | 17 | 61 | 6.5 | 0 | 37 | 4 |
| Wrap-ChickenCheeseSalad w chips | Sliced chicken, tomato, mozzarella, baby cos lettuce and mayo | 877 | 210 | 12 | 2.8 | 18 | 1.6 | | 7.8 | 0.7 | 2922 | 699 | 40 | 9.3 | 59 | 5.2 | | 26 | 2.3 |
| Wrap-HamCheeseSalad w chips | Ham, tomato, mozzarella, baby cos lettuce and mayo | 820 | 196 | 11 | 2.6 | 18 | 1.6 | | 6.1 | 0.94 | 2730 | 653 | 37 | 8.5 | 59 | 5.3 | | 20 | 3.1 |
| Wrap-Sweet Chilli Chicken BLT w chips | Sweet chilli chicken tenders, bacon, tomato, mozzarella, spinach and sweet chilli mayo | 882 | 211 | 12 | 4 | 18 | 2.7 | | 7.1 | 0.93 | 3598 | 861 | 50 | 16 | 75 | 11 | | 29 | 3.8 |
| Wrap-TurkeyBrieAvocado w chips | Sliced turkey, creamy brie, red onion, spinach and smashed avocado | 753 | 180 | 9.4 | 3.2 | 17 | 1.2 | 0 | 6.7 | 0.74 | 2657 | 635 | 33 | 11 | 60 | 4.3 | 0.5 | 24 | 2.6 |