



Toasted sourdough with butter and preserves K8

Toasted fruit loaf with butter K8

Eggs any style on toast K15

Bacon and egg roll with aioli K18

Bacon, eggs, tomato, garlic mushrooms and toasted sourdough K30

Eggs benedict with crispy potatoes and your choice of bacon or salmon K30

Pancakes with maple syrup, caramelised banana and whipped cream K28

Natural Muesli with fresh fruit and yoghurt K18

Ham & Potato Hash on baby spinach with poached egg & hollandaise sauce K28

Mince on toast with a poached egg K20

French Fries with roast garlic aioli K10

Sweet corn fritter stack with bacon, tomato salsa & sour cream K30

Cold Roast beef open sandwich with sugar cured onions, semi dried tomatoes and seeded mustard  
mayonnaise K25

Smoked chicken, cranberry and brie toasted Panini with fries & aioli K29

Traditional Caesar salad K35

MC Nash salad of mixed greens, tomato, cucumber, red onion and smoked salmon  
with poached egg K38

Beer battered fish and chips K39

Steak burger with salad, egg, roast garlic aioli and fries K34

Grilled chicken burger with bacon, roast peppers and sweet chilli mayo with fries K30

Smoked salmon open sandwich with capers, red onion & cream cheese K29

BLT, crispy bacon, tomato, lettuce & aioli in sourdough bread with chips and relish K25

Beef Lasagne with fresh Salad & tomato relish K30

Quiche of the day with salad & tomato relish K30

## **Iced Drinks**

**Iced Chocolate K12**

**Iced Coffee K12**

**Milkshakes:** chocolate, strawberry, caramel & vanilla K8.50

## **Juices K12.00**

**Cranberry Fat Buster:** pear, cranberry, cucumber, lemon & ginger

**Green Apple Energy Cocktail:** apple, cucumber, celery \* lemon

**Watermelon & kiwi fruit:** with fresh mint

**Orange & Carrot wake up Juice**

**Pineapple & Watermelon:** with mint & a hint of ginger

**Watermelon & Paw paw:** with apple

**Berry Blast:** mixed berries, apple, cucumber & lemon

## **Smoothies K14.00**

**Coconut Smoothie:** pineapple, banana, coconut milk & mint

**Tropical:** paw paw, pineapple & orange

**Banana:** milk, banana, yoghurt, honey & cinnamon

**Berry:** mixed berries, ice cream, yoghurt & apple juice

**Pineapple:** pineapple, yoghurt & ginger

**K6.00**

**Add two scoops of protein powder to your favourite smoothie or shake**

**For an after gym protein hit**