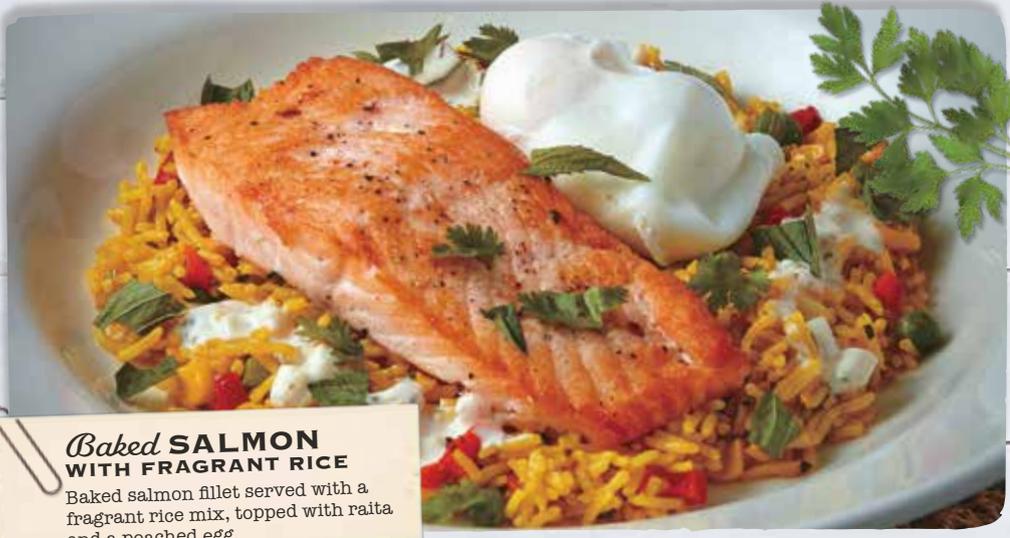


## Why Salmon is always A SMART CHOICE

Omega-3. It sounds like an expensive watch brand, however it's actually an essential fatty acid that your body and brain need to function. As your body can't make Omega-3, you need to get it through your diet – oily fish like salmon are a great source.

If that's not reason enough to order the salmon, all fish are an excellent source of protein, vitamins and minerals.

Oh, did we forget to mention that it's also delicious?



### Baked SALMON WITH FRAGRANT RICE

Baked salmon fillet served with a fragrant rice mix, topped with raita and a poached egg.

## Sweet COMFORT

We love winter. We love log fires and ugg boots, rainy days with a good book, and warming up with our favourite comfort food. This gently warmed Pear & Blueberry Tart is cosiness in a cake – satisfyingly dense without being overly sweet. And just when you think it doesn't get better than this, we give you the option to add vanilla custard!

### Warm Pear & Blueberry TART

It may be cold outside, but our tart will have you feeling deliciously warm inside. Served with a dollop of cream. Want more? Add a side of custard.

### Super SMOOTHIES

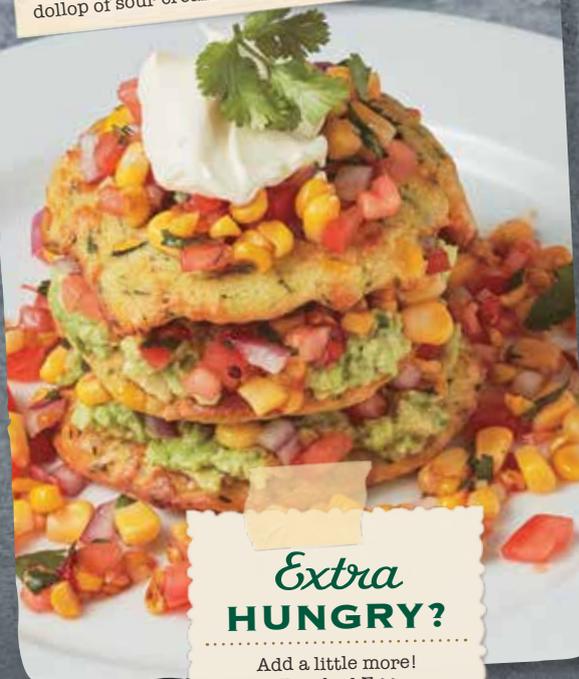
**EVERGREEN** - Kiwi fruit, kale, mango, pineapple and coconut water.

**AMAZONIAN** - Açai, banana, blueberries, raspberries and almond milk.



### Fritter STACK

Three golden corn & zucchini fritters stacked with smashed avocado and chargrilled corn salsa, topped with a dollop of sour cream.



### Extra HUNGRY?

Add a little more!  
Poached Egg  
Crispy Bacon  
Smoked Salmon

### Potato & Leek SOUP

Made the classic way with diced potato and a dollop of cream, topped with crispy bacon bits. Served with a side of toasted bread. Potato & Leek Soup with Bacon. Potato & Leek Soup.

### TURN THE flavour up

Upgrade your toasted bread to a slice of golden garlic bread for a little extra.

### Made for EACH OTHER

If vegetables had soul mates, potato and leek would be a match made in heaven. These two bring out the very best in each other, the yin to each other's yang. Comforting creamy potato lifted to greatness by the subtle sweetness of leek. This perfect pairing is delightful just as it is, but made even better with the addition of crispy bacon.



## Espreski

### How does your COOKIE CRUMBLE?

Are you a dunker, twister or big biter? According to research, the way you eat a cookie gives an insight into your personality. Dunker? Chances are you're also energetic, adventurous and social. Twisting is for the sensitive, creative types. Biters are confident and optimistic. But what does it mean if you drink them blitzed into an Espreski? We'll leave you to conduct your own research.



### Cookies & Cream ESPRESKI

Chocolate cookie crumb blended with a shot of coffee, milk and ice cream, topped with whipped cream and cookies. Junior Espreski made without coffee.

### Haloumi BURGER

Grilled haloumi, maple roasted pumpkin, rocket, red capsicum, beetroot relish and aioli in a golden potato bun. Served with sweet potato wedges.



### All buns BLAZING

Brrr it's cold out there! To fight the freeze, we've come out with all buns blazing. Both burgers are full of flavour and sandwiched between a light and fluffy golden potato bun. The Haloumi Burger is the perfect mix of sweet and salty with its maple roasted pumpkin and salty grilled haloumi; while the Beef Brisket Burger is rich and refreshing with its melt-in-your-mouth American-style brisket, coleslaw and pickle.

### Beef Brisket BURGER

American-style beef brisket, sliced dill pickle, cheddar cheese and crunchy coleslaw in a golden potato bun. Served with a side of onion rings.

