

## Parade Grounds Café Menu

### BREAKFAST

layered muesli, cranberries, almonds, apricots with berries & ricotta	\$7.00
sonoma organic walnut raisin toast	\$5.00
vegetable frittata, wild rocket, field mushroom	\$7.40
breakfast tart with egg, roma tomato, spinach	\$7.50
fruit salad	\$6.50
toast & preserves	\$3.50

### SALAD

caesar salad	\$8.00
chicken caesar salad	\$10.50
pasta, pesto sundried tomato & parmesan salad	\$9.50
thai beef salad, vermicelli noodles, chilli lime dressing	\$12.50
marinated chicken, asparagus & watercress salad, lemon vinaigrette	\$12.50

### PIES

lamb & rosemary or spinach, pumpkin, feta & greens	\$8.00
take away pie only	\$6.00

### SANDWICHES

vegemite	\$4.50
ham & cheese	\$5.00
ham, gruyere cheese, tomato & basil, toasted	\$6.00
vegetable wrap, roast sweet potato, capsicum, baby spinach & pesto	\$7.00
tuna, radish, celery & rocket	\$8.50
poached chicken, baby cos & avocado baguette	\$8.00

### LUNCH

leek & gruyere tart, greens	\$9.50
three dip plate, flat bread, tomato salad, roasted olives	\$10.50
steak sandwich, olive oil panini, bacon, spinach & aioli	\$15.00
vegetable lasagne, roast tomato & basil sauce	\$14.50
soup of the day, bread roll	\$7.50

### KIDS PACK

multi grain / wholemeal sandwich, piece of fruit, sultanas, juice drink	\$8.50
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### TREATS

magnum	\$3.50
cornetto	\$3.20
chocolate paddle pop	\$2.00
calippo	\$2.00

## BAKERY

raspberry & chocolate slice	\$4.00
blueberry butter cake	\$6.00
flourless chocolate cake	\$6.00
carrot & orange cake	\$6.00
pecan & nut loaf or banana loaf	\$4.00
cup cake	\$3.50
lemon, lime & pistachio cake	\$4.50
lemon polenta cake	\$3.75
spotted cow cookie	\$3.50
gingerbread man	\$3.00

## DRINKS

organic coffee	
espresso, flat white, latte, cappuccino	\$3.00
mocha, decaf	\$3.50
hot chocolate, chai latte	\$3.00
tea	\$3.00
sv mineral water 250ml sparkling	\$3.50
sv mineral water 250ml still	\$3.50
chinotto, aranciata rosso, limonata	\$3.50
iced tea- regular & green	\$3.50
nudie juices	\$3.80
tiro	\$3.50
passionfruit	
grapefruit	
popart	\$3.50
lemon, lime & bitters	
cloudy lemonade	
just squeezed juice	\$3.50
bottled water 600ml still	\$3.00
nutrient water	\$3.80
green tea- antioxidant	
passionfruit- energy	
dragonfruit- energy	

**hot food available until 3:30pm**

10% surcharge sundays & public holidays