

BREAKFAST

TIL 11:30AM

FRENCH TOAST / 19.7

caramelised brioche toast, strawberry & rhubarb compote, vanilla mascarpone & nutty crumble.

MAQUI BERRY BOWL (VEGAN) / 21.9 GFO

ice cool super antioxidant berry bowl, topped with berries, banana, passionfruit & paleo granola.

Add Peanut Butter, Nutella or Biscoff / 3

PORRIDGE OF THE WEEK / 19.9

seasonal weekly flavours. see specials board...

BREAKFAST BURRITO / 18.9 (ALL DAY)

toasted spinach wrap loaded with spiced beef, smoky five bean mix, fresh spinach, melted cheese, smashed avo & a soft fried egg.

BACON & EGG ROLL / 15.5 GFO (ALL DAY)

served on a toasted potato bun with BBQ sauce.

Add avocado / 2 Add cheese / 1

(also available as a wrap)

BREAKFAST BURGER / 21.8 GFO

juicy beef sausage patty, crispy bacon, vege frittata slice, cheese, spinach & smoky tomato relish on a toasted potato bun.

COOL DRINKS



ICED COFFEE / 9.4 ICED CHOCOLATE / 9.4

served with cream & ice-cream.

COLD BREW / 6

COCO COLD BREW / 6.6

half coconut water, half cold brew over ice.

Add vanilla foam topper / 1

ICED LATTE / 6.6

made with ice, milk & espresso.

ICED BISCOFF LATTE / 9.4

with vanilla cold foam and biscoff crumb.

ICED LONG BLACK / 6

ice, filtered water & espresso.

ICED MATCHA / 7

with ice, milk, matcha & earl grey syrup or plain.

MILKSHAKES / 9.4 KIDS MILKSHAKES / 5

THICKSHAKES / 13

Chocolate, Strawberry, Vanilla, Caramel, Espresso.

Add Malt / 50c

MANGO OR BANANA SMOOTHIE / 12.5

with fruit, ice-cream, honey & milk

ICY FRUIT TROPICAL FRAPPE (dairy free) / 12.5

SHAKSHUKA STYLE BAKED EGGS / 24.7 GFO

Oven-baked eggs in a rich Mediterranean tomato & five bean stew, roasted vegetables, fragrant herbs, warming spices & cheese. Served with toasted sourdough.

Add chunky chorizo jam / 6

BREAKFAST BENNY * / 20.8 GFO

2 poached eggs, baby spinach, creamy hollandaise & a dust of paprika on an English muffin, with your choice of...

with bacon / 25.4

with smoked salmon (l) / 28.5

BULLRING BREAKFAST COMBO / 20.8 GFO

2 rashers of bacon, 2 free range poached eggs & a hashbrown on toasted artisan sourdough.

(for scrambled eggs add \$3)

Add beef sausage / 5.5

Add avocado / 4

Add smoked salmon (l) / 8

Add grilled tomato / 5.5

Add hollandaise sauce / 2

Add mushrooms / 5.5

Add hashbrown / 2.5

SMASHED AVO PITA / 19.9 GFO

smashed avocado, whipped beetroot feta, rocket, sliced radish, cherry tomatoes, balsamic glaze & savoury nut crumble. Served on pita bread.

CHILLI PRAWN SCRAMBLED EGGS / 28.9 GFO

with herbed feta, radish, fresh herbs & chilli on sourdough toast. (l)

HOT DRINKS



FLAT WHITE, CAPPUCINO, LATTE / 6 / 6.5

MOCHA / 6 / 6.5

LONG BLACK / 5 / 5.5

LONG MACCHIATO, SHORT MACCHIATO / 4.5

ESPRESSO / 4

DECAF 100% SWISS WATER PROCESSED / \$1

HOT CHOCOLATE / 5.5 / 6

CHAI LATTE (BOTH GF & DAIRY FREE):

POWDER CHAI / 5.5 / 6

CHAMELLIA 9 SPICE 'STICKY' FRESH CHAI

blended black tea, spices & raw honey / 6 / 6.5

TURMERIC SOY, HONEY LATTE / 6 / 6.5

BABYCINO / 2.5

Extra Espresso Shot +50c

Bonsoy, Almond, Oat or Lactose Free (MilkLab) +\$1

Add Coffee Syrup (vanilla, caramel, hazelnut) +\$1

LONDON FOG / 6.5 (served in a mug)

Earl grey tea & honey, brewed & steamed with oat milk.

POT OF TEA / 5.5 (Chamellia)

English Breakfast, Earl Grey, Lemon Grass & Ginger,

Peppermint, Chamomile, Gunpowder Green.

OCEAN

FROM 11:30AM

BEACH BUMS FISH & CHIPS / 25.2
beer battered flathead fillets served with crispy chips, garden salad, lemon & tartare sauce. (I)

CALAMARI & CHIPS / 24.5
hand cut, panko crumbed calamari (6) with crispy chips, garden salad, lemon & tartare sauce. (I)

SEAFOOD BASKET / 28.6
2 calamari rings, 2 prawn cutlets, 2 battered flathead fillets & tempura scallop with crispy chips, garden salad, lemon & tartare sauce. (M)

GRILLED FLATHEAD & CHIPS / 28.6 GFO
local Wallis Lake grilled flathead with crispy chips, garden salad, lemon & tartare sauce. (A)

SOUP N SALADS

FROM 11:30AM

BRAISED LAMB SALAD / 30.8 GFO
braised lamb, pumpkin puree, cucumber, radish & pomegranate salad, served with pita bread.

WARM GRAIN SALAD / 26.3 GFO
pearl barley, roasted farm veggies, toasted nuts & seeds & tahini.

Add halloumi / 6.6
Add chicken / 6.6
Add grilled flathead / 13.2

SOUP OF THE DAY / 16.4 GFO
see specials board...

FOR KIDS OPTIONS SEE SEPERATE GROMS MENU

MENU LEGEND

GFO = Gluten free option available, extra charge may apply.

SEAFOOD ORIGINS

(A) = Australian
(I) = Imported
(M) = Mixed origin 

SNACKS

ALL DAY

GOURMET TOASTED SANDWICHES / 16.9

BEEF LASAGNE TOASTIE
beef brisket, spinach, tomato sauce & cheesy bechamel on sourdough.

CHIMMY CHICKEN TOASTIE (GFO)
grilled chicken, chimichurri, cheese, avocado & spinach on sourdough.

FOREST MELT TOASTIE (GFO)
truffle mushrooms, Swiss cheese, spinach & truffle aioli on sourdough.

SALMON SITUATION TOASTED BAGEL
salmon & cream cheese compound, spinach, pickles & dill on a sesame bagel. (I)

HOT CHIPS with sauce
SIDE / 6 **SMALL** / 8.5 **LARGE** / 13.5

POTATO SCALLOP / 3

CHICKEN CAESAR WRAP / 14.5
ROAST VEGETABLE WRAP / 14.5 (vegan)

THE PARIS MELT (CROISSANT) / 12.5
ham, cheesy bechamel & pecorino in a toasted croissant

BURGERS

ALL DAY

BEEF, BURGER / 22.9 GFO
hand pressed 100% beef pattie, lettuce, tomato, cheese, beetroot, onion, burger sauce on a potato bun served with a side of chips.

Add an egg / 2.5
Add bacon / 3.5

SOUTHERN FRIED CHICKEN BURGER / 22.9 GFO
crispy golden southern fried chicken, fresh tomato, lettuce & cheese nestled on a potato bun with buttermilk ranch sauce & a side of chips

BARRAMUNDI BURGER / 23.5
grilled barra pattie with lettuce, tomato, cucumber, caper mayo, on a potato bun & served with chips. (I)

HALLOUMI BURGER / 22.9 GFO
grilled halloumi, crisp lettuce, fresh tomato, house made pickles & sweet-spicy hot honey aioli, on a toasted potato bun. Served with chips.

TO MAINTAIN PROMPT SERVICE, OUR SMALL KITCHEN CAN NOT ACCOMMODATE MENU CHANGES