



REGULAR MENU

BREAKFAST

Continental Breakfast

Yoghurt and fruit
Seasonal fruit platter
A selection of breakfast cereals
Toast with preserves and spreads

Wholegrain Bagel

with cream cheese, salmon, capers & tomato

Flapjack Stack or French Toast

Served with a choice of:
– Bacon and maple syrup
– Pan fried bananas and maple syrup
– Fresh fruit and yoghurt

Cooked Breakfast of the Day

Scrambled or poached eggs served with toast and your choice of:
– Bacon
– Grilled tomato
– Field mushrooms
– Salmon
– Breakfast sausage and sauté potato

MORNING and AFTERNOON TEA

One of the following will be available daily with your morning and afternoon tea.

Freshly Baked Cheese or Date Scones

Served with butter and jam.

Muffin of the Day

Freshly prepared with a variety of flavours like chocolate, berries or vanilla.

Home Made Biscuits

Choices like chocolate chip, afghan or shortbread.

LUNCH and DINNER

your choice of half, regular or large servings

High Tea Sandwiches

Club sandwich – ham, seeded mustard, cheese and salad
Chicken sandwich – with mango chutney and salad
Egg salad sandwich – with cress and mayonnaise

Mediterranean Vegetable Wrap

Layered with roasted peppers, julienne carrots, snow pea shoots, a sprinkle of feta cheese and pumpkin seeds and humus.

Poached Chicken Salad

Sliced poached chicken tossed with seasonal salad vegetables. Accompanied by a french vinaigrette.

Toasted Panini

Bacon and cheese with hot house tomatoes.
Vegetarian option also available.

Classic Omelette

Traditional 3 egg omelette with tomato salsa and cheese.

Traditional Beef Cottage Pie

Lamb Rack

Seared and served with mashed potato, gravy and seasonal vegetables.

Skinless Chicken Breast

Rubbed in seeded mustard and glazed with honey, ginger and garlic, pan fried and finished in the oven. Served with steamed basmati rice. Accompanied by a light thai curry coconut sauce.

Pan Fried Gurnard

Served with dauphinoise potatoes (layered with cheese), sliced green beans, roasted red capsicum and a lemon aioli.

Vegetarian Lasagne

Wafer thin pasta sheets interleaved with slow roasted seasonal vegetables topped with béchamel sauce and cheese.



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SOUPS

Clear Chicken Broth

An infusion of chicken and root vegetables simmered gently to a clear broth.

Hearty Lentil Soup

Pureed lentils flavoured with thyme, nutmeg and bacon.

Pumpkin Soup

Pumpkin cooked in a vegetable stock, seasoned with ginger and served with croutons.

SIDE ORDERS

Side Salad

Mixed leaf and garden vegetable salad with French vinaigrette on the side.

Steamed Seasonal Vegetables

Dinner Roll

High fibre or wholemeal served with butter or margarine.

DESSERTS

Sticky Date Pudding

Served with butterscotch sauce (optional).

Crème Brulee

Served with fruit in a filo basket.

Selection of Cheese and Biscuits

Scoops of Vanilla Ice Cream

With a shortbread biscuit.

Jelly

Seasonal Fruit Platter