

**sandwiches/
wraps**

Design your own:

Choose 1-5:

1. Protein: \$7.50 each
Either: Ham, Turkey, Chicken, Chicken Mix, Chicken Schnitzel, Tuna, Egg or Smoked Salmon
2. Add Salad: \$0.50 each
Lettuce, Tomato, Cucumber, Carrot, Onion, Beetroot, Spinach
3. Add Vegies: \$1.50 each
Coleslaw, Avocado, Mushroom, Capers, Marinated Vegies
4. Add Cheese: \$1.00 each
Tasty, Swiss, Feta, Cream
5. Add variety of spreads: \$0.50 each
Mayonnaise, Fruit Chutney, Cranberry, Pickled Mustard, French Mustard, Hot English Mustard

Gluten-free available.

sweets

- Cakes *Refer to cake display* \$5.95
Cream or ice-cream: \$1.50 extra
- Apple Strudel *Cream or ice-cream: \$1.50 extra* ... \$5.95
- Vanilla Slice \$4.95
- Slices *Apple, Hedgehog, Caramel,* Reg \$4.50
Lemon, Muesli Yogurt Slice, Apple & Blueberry
- Gluten Free Bars *Pistachio & Coconut, Fig,* \$4.95
Nut & Grain (FNG), Chocolate Fudge Macadamia Brownie
- Muffins *Refer to cake display* \$4.50
- Biscuits *Gluten-free options available* from \$2.50
- Banana Bread *Fresh or toasted, 1 thick slice* \$4.50
- Protein Balls *Hazelnut, Peanut Butter* \$3.50

drinks

hot drinks

- Cappuccino, Flat White, Café Latte *Reg:* \$4.00
Large Mug: \$5.00
- Extra shot of coffee* *Extra:* \$0.50
Bon Soy, Milk Lab Lactose free, Milk Lab Almond *Extra:* \$1.00
- Piccolo Latte \$3.90
- Long Black & Long Macchiato \$4.00
- Short Black & Short Macchiato \$3.50
- Double Espresso \$4.00
- Chai Latte *Spice or Vanilla* \$4.50
- Mocha Latte / Mocha Cappuccino \$4.50
- Mug Hot Chocolate with Marshmallows \$5.00
- Affogato *Double Espresso with scoop of Ice-cream*... \$5.00
- Flavoured Coffee *Vanilla, Hazelnut, Irish Cream, Caramel* \$5.00
- Pot Tea *Lipton, English Breakfast, Irish Breakfast, Earl Grey, Green, Chai, Peppermint, Camomile* \$4.00
- Tea Drop Caffeine-Free Herbal Tea *Peppermint, Lemongrass & Ginger, Honey Dew Green* \$4.50
- Take Away *Small: \$4.00 Medium: \$4.50 Large: \$5.50*

cold drinks

- Milk Shake *Small:* \$5.50 *Reg:* \$6.50
- Thick Shake *Small:* \$5.95 *Reg:* \$7.50
Flavours: Chocolate, Strawberry, Caramel, Vanilla, Blue Heaven, Banana, Lime
- Spider Coke, Lime, Raspberry, Lemonade \$5.50
- Iced Coffee / Iced Chocolate \$6.50
with cream & ice-cream
- Iced Latte / Iced long black \$4.00
- Iced Tea *Lemon; Peach & Green Tea* \$4.50
- Iced chai *Spice or vanilla* \$4.50
- Soft Drinks *Coke, No Sugar Coke, Sprite, Lift, Fanta, Mount Franklin Sparkling* \$3.95
- Mt Franklin Water \$3.50
- San Pellegrino *Chinotto, Limonata, Rossa & Natural Mineral* \$4.50
- Kombucha *Fermented tea, lightly effervescent*.... \$5.00

juice bar

- Smoothies.....*Small:* \$6.95 *Reg:* \$7.95
- Freshly Squeezed Juices....*Small:* \$6.95 *Reg:* \$7.95
- Protein Shakes*Small:* \$7.50 *Reg:* \$8.50
Extra protein: \$1.50

Freshly Squeezed Juices

Create your own Juice!

Choose up to 4 varieties:

Apple, Banana, Blueberry, Carrot, Celery, Cucumber, Ginger, Lemon, Mango, Mint, Orange, Pineapple, Raspberry, Spinach, Strawberry, Watermelon

Super Smoothies (dairy)

- Revitaliser Smoothie *Banana, mango, raspberries, 100% tropical juice, low-fat mango frozen yoghurt & ice*
- Invigorator Smoothie *Mango, banana, 100% tropical juice, low-fat mango frozen yoghurt & ice*
- Breakfast Blaster Smoothie *Banana, strawberries, toasted muesli, honey, low-fat milk or soy, low-fat vanilla frozen yoghurt & ice*
- Espresso Smoothie *Espresso coffee, low-fat vanilla ice-cream, low-fat milk & ice*
- Mocha Smoothie *Espresso coffee, rich chocolate, low-fat vanilla ice-cream, low-fat milk & ice*
- Fruit Smoothies (dairy)**
- Mixed Berry *Strawberries, blueberries, raspberries, 100% apple juice, low-fat strawberry frozen yoghurt & ice*
- Banana *Banana, honey, low-fat milk or soy, low-fat vanilla frozen yoghurt & ice*
- Strawberry *Strawberries, banana, 100% apple juice, low-fat strawberry frozen yoghurt & ice*
- Mango Bango *Mango, banana, 100% apple juice, low-fat mango frozen yoghurt & ice*

juice bar (continued)

Ice Crush Sorbets (fat free)

- Tropicana Crush *Banana, mango, strawberries, 100% tropical juice, fat-free sorbet & ice*
- Wild Melon Crush *Water melon, 100% tropical juice, fat-free sorbet & ice*
- Strawberry Crush *Strawberries, banana, 100% apple juice, fat-free sorbet & ice*
- Berry Crush *Raspberries, blueberries, strawberries, 100% apple juice, fat-free sorbet & ice*

Juice Cocktails (fat free)

- Health Juice *Freshly squeezed carrot, apple, celery & ice*
- Energy Juice *Freshly squeezed pineapple, orange, strawberries, banana, lemon & ice*
- Berry Juice *Freshly squeezed apple, pineapple, blueberries, strawberries, raspberries & ice*
- Tropical Booster Juice *Freshly squeezed watermelon, orange, pineapple, strawberries & ice*
- Lean & Green *Freshly squeezed celery, cucumber, carrot, orange, spinach & ice*
- Mint Mania *Freshly squeezed celery, apple, cucumber, spinach, mint & ice*

Workout Shakes*

All containing 30 grams of Protein

- Berry Lean *Strawberries, blueberries, raspberries, apple juice & ice*
- Mass Chocolate *Rich chocolate, low-fat skinny milk or soy, low-fat vanilla frozen yoghurt*
- Banana Berry *Bananas, strawberries, low-fat skinny milk or soy, low-fat strawberry frozen yoghurt*
- Muscle Blaster *2 shots of espresso coffee, low-fat skinny milk, low-fat vanilla frozen yoghurt & ice*

* **Extra Protein \$1.50 per scoop**

strudels

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For all catering enquiries, ask in-store, or visit the website.



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breakfast

Served until 3pm

Strudels Works:

2 Eggs any way you like on Sourdough Toast... \$16.95

Side bacon, avocado, mushrooms & hash brown

Strudels Veggie Works:

Vegetarian \$16.95

2 eggs any way you like, on sourdough toast, spinach, mushrooms, avocado, hash brown

Salmon Breaky:

2 Poached Eggs on Sourdough Toast \$16.95

with salmon, asparagus & truffle oil

Eggs Benedict:

2 Poached Eggs on English Muffin \$15.95

with virginian ham & hollandaise sauce

Pocket Rocket:

2 Poached Eggs on Sourdough Toast \$15.95

with smashed avocado, fresh rocket & balsamic

strudels omelettes

3-egg Omelettes on Sourdough Toast.... All \$16.95

(White Egg Omelette: Extra \$2.00)

- Original: *Filled with cheese, mushrooms, tomato, onion & bacon*
- Veggie: *Avocado, cheese, tomato, onion, & spinach*
- Salmon: *Salmon, tasty cheese, spinach & red onion*
- Spanish: *Potatoes, tomatoes, spanish onion, cheese & parsley*
- Green: *Avocado, spinach, zucchini, mushroom & feta cheese*

Eggs on Sourdough Toast \$9.95

2 fried, poached or scrambled

*Side Extras \$3.95

Bacon, mushrooms, spinach, smashed avocado, tomato, hash browns, baked beans, hollandaise sauce

Bacon & Egg Toasted Focaccia

or Sandwich \$10.95

2 fried eggs & bacon. (Extras optional.)

Scrambled Egg & Ham Wrap..... \$10.95

Scrambled egg, virginian ham, baby spinach & melted cheese

Egg & Bacon Muffin..... \$6.95

BLAT..... \$9.95

Bacon, lettuce, avocado & tomato toasted sandwich

Apricot Fruit Toast (sugar & fat free) \$6.50

2 thick slices served with butter & jam

Sourdough Cobb Toast served

with Spreads..... \$5.95

(Gluten-free toast available) 2 slices with condiments

Banana Bread \$4.95

Fresh or toasted, thick slice

Toasted Muesli \$9.95

Served with honey & cinnamon

(Sliced Banana: \$1.00 extra)

Original Porridge \$10.50

Served with honey & cinnamon

(Sliced banana: \$1.00 extra; Berries: \$3.00 extra)

lunch

open grills \$9.50

Served with chips or salad: \$3.95 extra

Hawaiian Ham Open Grill

Ham, tomato, pineapple & melted cheese

(Turkish bread toasted)

Hawaiian Chicken Open Grill

Chicken, tomato, pineapple & melted cheese

(Turkish bread toasted)

Turkey Open Grill

Turkey, avocado, cranberry sauce & melted cheese

(Turkish bread toasted)

toasted focaccia \$9.50

Served with chips or salad: \$3.95 extra

Virginian Ham Focaccia

Ham, tomato, tasty cheese

Chicken Mix Focaccia

Chicken mixed with shallots, mayonnaise, celery,

avocado & tasty cheese

Vegetarian Focaccia *(Marinated vegetables)*

Eggplant, capsicum, mushroom, baby spinach

& tasty cheese

Cajun Chicken Focaccia

Chicken, sun-dried tomato, avocado, caesar dressing

& tasty cheese

Schnitzel Focaccia

Home-made chicken schnitzel, tomato, mayonnaise

& tasty cheese

meals

Served with chips or salad

Quiche *Choice of Lorraine, Spinach & Feta*..... \$10.95

Served with chips or salad

Burgers *Angus beef, Chicken, Lamb or Veggie ...* From \$14.95

Served with chips or salad

Home-made Chicken Parmigiana \$15.95

Served with chips or salad

gourmet wraps \$9.50

Served with chips or salad: \$3.95 extra.

Toasted or not toasted.

Gluten-free available

Cajun Chicken Wrap *Chicken breast,*

salad mix & caesar dressing

Turkey Delight Wrap *Turkey, avocado, sun-dried*

tomato, cheese, spinach & mayonnaise

Chicken Schnitzel Wrap *Chicken strips, cheese,*

tomato & mayonnaise

Mediterranean Wrap *(Marinated vegetables)*

Spinach, eggplant, mushroom, capsicum & feta cheese

Smoked Salmon Wrap *Salmon, spinach, capers,*

sun-dried tomato & cream cheese

burgers 'NEW'

All served with chips or salad

1. Strudels Classic: \$14.95

NZ Angus Beef, lettuce, onion, cheese,

tomato relish sauce

2. Strudels Chicken Schnitzel: \$14.95

Chicken schnitzel, cheese, lettuce, tomato, mayo sauce

3. Strudels Grilled Chicken Burger:..... \$14.95

Chicken breast, cheese, avocado, lettuce,

tomato, mayo sauce

4. Strudels Vegetable: \$14.95

Vegetable pattie, tomato, lettuce, onion, beetroot,

avocado, cheese, mayo sauce

5. Strudels Lamb Caesar:..... \$15.95

Kofta spiced lamb pattie, lettuce, tomato, onion,

caesar dressing sauce

6. Strudels 'Aussie' Deluxe:..... \$16.95

NZ Angus beef, bacon, lettuce, tomato, onion, pineapple,

beetroot, fried egg, cheese, tomato relish sauce

7. Strudels Bare Burgers: from \$14.95

Any of the Strudels burgers without the bun,

wrapped in lettuce

8. Kids Cheese Burger:..... \$9.95

NZ angus beef pattie, cheese and tomato sauce

All served with side of chips or salad

and your favourite sauce of choice.

Add: Angus Beef Pattie (GF) \$5.00

Chicken Schnitzel..... \$5.00

Crispy Fried Chicken..... \$5.00

Bacon \$3.95

Egg \$1.50

Cheese..... \$1.00

Gluten-free Bread..... \$1.50

gourmet pastries

Pies *includes chips or salad*..... \$10.95

Beef; Beef & Mushroom; Pepper Steak; Shepherd's

Vegetarian *includes chips or salad*..... \$9.95

Veggie Pastie; Spinach & Cheese Roll

Sausage Rolls *includes chips or salad* \$9.95

hot spuds \$10.95

All gluten free

Standard: *Melted cheese, coleslaw & sour cream*

Bolognese: *Melted cheese, bolognese sauce*

& sour cream

Hawaiian Ham: *Melted cheese, pineapple,*

ham & sour cream

Vegetarian: *Melted cheese, fried mushroom, tomato,*

spinach & shallots

Smoked Salmon: *Cream cheese, Smoked salmon,*

coleslaw, red onion & sour cream

Chicken Schnitzel: *Melted cheese, Schnitzel strips,*

coleslaw, sweet chilli sauce & Sour cream

Super: *Melted cheese, coleslaw, bacon, mushroom*

& sour cream

soups

Home-made Soups *Daily varieties* Bowl: \$10.95

Includes sough dough toast

– Take-away soups available –

snacks & for the little ones

Chunky Wedges *with sour cream & salsa* \$9.95

Crispy Chips *in a Bowl* \$6.95

Kids Home-made Chicken Strips & Chips \$7.95

Kids Cheese Burger *Angus beef pattie,*

cheese, tomato sauce..... \$7.95

Kids Toasted Jaffle *Add: Ham \$1.00*..... \$4.95

Pancakes *2 hot pancakes served with maple syrup..* \$8.95

(Cream or Ice cream: Extra \$1.50; Berries: \$3.00 extra)

salads \$14.95

All gluten free, all served with dressing

Traditional Greek Salad

Cajun Chicken & Avocado Salad

Tuna Salad *(with boiled egg & sundried tomato)*

Turkey Salad

Smoked Salmon Salad

PLEASE ORDER & PAY AT THE COUNTER.