

JUICE FROM BOTTLE

APPLE	\$4.0	TOMATO	\$4.0
ORANGE	\$4.0	PINEAPPLE	\$4.0
Junior Juice (\$2.8)		Large (+\$1.20)	

JUICE FRESH SQUEEZED

ORANGE JUICE	\$7.0
GRANNY SMITH APPLES	\$7.0
DETOXIFIER	\$9.0
Beetroot, carrot, lemon, ginger & apple	

SMOOTHIES

SUMMER SWEET	\$7.0
Pineapple, mango, lime, raw coconut water, mint, passionfruit & honey	
GREEN MACHINE	\$7.0
Pineapple, banana, kale, spinach, lime, raw coconut water, mint & passionfruit	
BANANA-RAMA	\$7.0
Banana, berries, vanilla yoghurt, cinnamon & almond milk	
ADD Protein Powder (+60c)	

ICE CREAM

SINGLE SCOOP	\$4.0
DOUBLE SCOOP	\$6.0

Available flavours change constantly!
Check our Cabinet to see whats available!

COFFEE

LATTÉ	\$3.7	CHAI LATTÉ	\$3.7
FLAT WHITE	\$3.7	MACCHIATO	\$3.7
LONG BLACK	\$3.7	PICCOLO	\$3.7
CAPPUCCINO	\$3.7	HOT CHOC	\$3.7
MOCHA	\$3.7		
Your choice of milk (+60c)		Mug (+\$1)	Extra Shot (+60c)

COLD DRINKS

WITH YOUR CHOICE OF MILK:

Full Cream	Soy (+60c)	Almond (+60c)
Skim	Lactose Free (+60c)	

ICED COFFEE	\$6.8	ICED MOCHA	\$6.8
ICED CHAI	\$6.8	ICED LATTE	\$6.8
ICED CHOC	\$6.8		
Flavoured Shot (+60c)		Extra Shot (+60c)	



OUR COFFEE CARDS HAVE GONE DIGITAL!
Simply swipe your members card whenever you purchase a coffee & after your 5th coffee purchase, redeem your 6th for free
Coffee credits are earned off all coffee and iced coffee purchases. Free coffee is to the value of a cup of coffee

TEA SMALL POT

EARL GREY	\$4.0	CHAMOMILE	\$4.0
ENGLISH BREAKFAST	\$4.0	PEPPERMINT	\$4.0
		SENCHA	\$4.0

Your choice of milk (+60c) Large Pot (+\$1.1)

MILK SHAKES

CHOCOLATE	\$6.2	BANANA	\$6.2
VANILLA	\$6.2	CARAMEL	\$6.2
STRAWBERRY	\$6.2	LIME	\$6.2
BLUE HEAVEN	\$6.2		

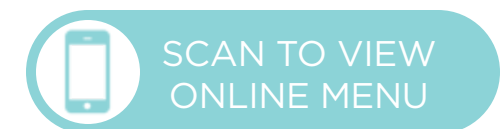
Junior Shake (\$4.2) Extras (+60c) Thickshake (+\$1)

FEEL LIKE TREATING YOURSELF?
Check out our Ice Cream Cabinet for your daily dose of 'Dairy-Delight'!
1 Scoop for \$2.70 OR Double Scoop for \$4.20



SPORTIES BREAKFAST

Available 7AM to 11AM Weekdays
& 7AM to 2PM Weekends



@sportiesbarooga

MAIN BREAKFAST

EGGS ON TOAST GF DF 2 eggs & grilled tomato on pasta dura	\$14.0
LIGHT BREAKFAST GF DF 2 eggs, bacon & grilled tomato on pasta dura	\$18.0
GOLFERS BIG BREAKFAST GF DF 2 eggs, bacon, mushrooms, sausages, a hash brown & tomato on pasta dura	\$24.0
VEGETARIAN BIG BREAKFAST V DF 2 stuffed mushrooms grilled in balsamic with baby spinach, semi dried tomatoes & crumbed feta on pasta dura drizzled with Rich Glen olive oil	\$20.5
EGGS BENEDICT GF 2 poached eggs & smoked ham on pasta dura topped with housemade hollandaise	\$18.0
EGGS FLORENTINE GF 2 poached eggs & baby spinach on pasta dura topped with housemade hollandaise	\$15.0
EGGS FROM THE OCEAN GF 2 poached eggs & smoked salmon on pasta dura topped with housemade hollandaise	\$18.0
OMELETTE GF 2 eggs, chicken, pesto & brie on pasta dura	\$17.9
PANCAKE STACK 3 Pancakes with topping of your choice	
• Mixed berry compote & cream NF	\$16.5
• Bacon & maple syrup NF	\$18.5
• Banana & maple syrup NF	\$18.5
• Nutella & pouring cream	\$16.0
• Passionfruit & cream NF	\$15.5
AVOCADO SMASH GF Avocado & feta with 2 poached eggs & rocket leaves on pasta dura with dukkha & bacon	\$22.0
FRENCH OMELETTE GF A fluffy french style omelette filled with shaved leg ham, tomato & swiss cheese on pasta dura	\$17.9
FRUIT TOAST 2 slices of toasted fruit bread with butter & strawberry jam	\$8.0
CBGC CONTINENTAL Special K with peaches, 1 piece of toast with spread and a tea or coffee	\$17.0
TOAST GF 2 slices of pasta dura with butter and a spread of your choice	\$6.0

EXTRAS

GF BREAD (2) OR PASTA DURA	\$3.0
EGG OR GRILLED TOMATO	\$4.0
HASH BROWN, MUSHROOM, BAKED BEANS, SPINACH, FETA OR ROCKET	\$5.0
BACON (2), AVOCADO OR SAUSAGES	\$6.0
SALMON	\$7.0

ADD
SOMETHING
EXTRA

NUTRITION KEY

V VEGAN	V VEGAN AVAILABLE
GF GLUTEN FREE	GF GLUTEN FREE AVAILABLE
DF DAIRY FREE	DF DAIRY FREE AVAILABLE
NF NUT FREE	NF NUT FREE AVAILABLE

ALLERGIES? PLEASE LET US KNOW
AT THE TIME OF ORDERING

KIDS BREAKFAST

FOR CHILDREN 12 & UNDER

EGGS ON TOAST GF DF Poached or fried	\$7.0
PANCAKE With topping of your choice	
Mixed berry NF	
Maple syrup NF	
Nutella & pouring cream	\$9.5
TOAST WITH SPREADS	\$5.0
1 Slice of toast with spreads	
BAKED BEANS ON TOAST NF	\$8.0



ALL KIDS BREAKFAST MEALS COME
WITH A COMPLIMENTARY JUNIOR JUICE

SUPERFOOD BREAKFAST

AÇAÍ BOWL GF V DF NF Brazilian Acai blended with banana and topped with blueberry, strawberry, coconut & granola	\$15.0
WAKE UP OATS V DF NF Hot oats made to order with milk topped with blueberry, banana, strawberry & honey	\$13.9
AVO NICE DAY GF Avocado & feta with rocket leaves on pasta dura with dukkha	\$18.0
BREAKFAST BRUSCHETTA V DF NF Sautéed mushrooms, cherry tomatoes & red onion finished with pesto & spinach on pasta dura	\$17.0

CHECK OUT
OUR FRESHLY
SQUEEZED
JUICES AND
SMOOTHIES FOR THE
PERFECT SUPERFOOD
BREAKFAST PAIRING