



## WOODS & GREENS

AVAILABLE TILL 2:30PM DAILY

### LUNCH SPECIALS

	M	NM
<b>H.C.T TOASTIE</b> sonoma sourdough / ham / cheese / sliced tomato / side salad	15	17
<b>SMASHED AVOCADO</b> sonoma sourdough / seasoned avocado / middle eastern spices / baby watercress	15	17
<b>THAI BEEF SALAD (GF)</b> charred beef / oak lettuce / cherry tomato cucumber / onion / coriander / peanuts / soy dressing	17	19
<b>STEAK SANDWICH</b> 150gm char-grilled steak / rocket / caramelised onions / sliced tomato / aioli / chipotle bbq sauce	15	17
<b>SCHNITZEL BURGER</b> 200gm chicken schnitzel / cheese / house-made slaw / aioli / fries	15	17
<b>SALT &amp; PEPPER PRAWNS</b> crispy lightly seasoned prawns / fries / salad / sriracha mayo	15	17

### WRAPS

SERVED WITH SIDE SALAD. ADD FOR FRIES +3

	M	NM
<b>BACON AND EGG WRAP</b> 2 rashers bacon / 2 fried eggs / tomato relish	12	14
<b>CHICKEN WRAP</b> poached chicken / baby spinach / tomato / cucumber / aioli	12	14
<b>BLT WRAP</b> 2 rashers bacon / sliced tomato / oak lettuce / aioli	12	14
<b>MEDITERRANEAN WRAP (V)</b> marinated fetta / cucumber / tomato / olives / spanish onion / hummus / baby spinach	12	14

### LUNCH BOWLS

	M	NM
<b>HALLOUMI &amp; SUN DRIED TOMATO</b> brown rice / baby spinach / halloumi / sun dried tomato / cucumber / hummus	19	21
<b>SMOKED SALMON POKE BOWL</b> brown rice / red cabbage / soy bean / cucumber / coriander / smoked salmon / ginger dressing	19	21
<b>MUSTARD CHICKEN</b> brown rice / poached chicken / rocket / cherry tomato / onion / mustard mayo	19	21

### TEA & COFFEE

	M	NM
<b>ESPRESSO</b>	3	3.5
<b>REGULAR/CUP</b> piccolo, machiatto, long black, cappucino, flat white, latte, mocha, hot chocolate, chai latte	4	4.5
<b>LARGE/MUG</b> cappucino, flat white, latte, mocha, hot chocolate, chai latte, long black	5	5.5
<b>TEA</b> english breakfast, green tea, earl grey, chamomile	4.5	5
<b>SOY, ALMOND, LACTOSE FREE MILK, SYRUPS &amp; EXTRA SHOT - \$1 EXTRA</b>		

### TRADING HOURS

**MON-THURS** 11AM- 2:30PM | 5PM - 8:30PM  
**FRIDAY** 11AM - 2:30PM | 5PM - 9PM  
**SATURDAY** 11AM 2:30PM | 5PM - 9PM  
**SUNDAY** 11AM- 2:30PM | 5PM - 8:30PM

**GET YOUR CLUB MEMBERSHIP TODAY!**  
**FUNCTIONS & EVENTS | ENQUIRE WITH US**

**M** Member Price **NM** Non-Member  
**GF** Gluten Free **V** Vegetarian

