

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	\$8.0
DETOXIFIER	\$10.0
Beetroot, carrot, lemon, ginger & apple	

SMOOTHIES

SUMMER SWEET	\$10.0
Pineapple, mango, lime, raw coconut water, mint, passionfruit & honey	
BANANA-RAMA	\$10.0
Banana, berries, vanilla yoghurt, cinnamon & almond milk	

ICE CREAM

SINGLE SCOOP	\$4.0
DOUBLE SCOOP	\$6.0
Waffle Cone (+50c)	

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

COFFEE

LATTÉ	\$4.5	CHAI LATTÉ	\$4.5
FLAT WHITE	\$4.5	MACCHIATO	\$4.5
LONG BLACK	\$4.5	PICCOLO	\$4.5
CAPPUCCINO	\$4.5	HOT CHOC	\$4.5
MOCHA	\$4.5		
Alt Milk (+\$1) Mug (+\$1) Country Large (+\$2.5) Extra Shot (+60c)			

COLD DRINKS

WITH YOUR CHOICE OF MILK:

Full Cream	Soy (+\$1)	Almond (+\$1)
Skim	Lactose Free (+\$1)	Oat (+\$1)

ICED COFFEE	\$6.8	ICED MOCHA	\$6.8
ICED CHAI	\$6.8	ICED LATTE	\$6.8
ICED CHOC	\$6.8		
Flavoured Shot (+\$1)		Extra Shot (+60c)	



GRAB A COFFEE CARD!
Simply get your card punched 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 (+\$1) Large Pot (+\$1.1)

MILK SHAKES

CHOCOLATE	\$7.0	BANANA	\$7.0
VANILLA	\$7.0	CARAMEL	\$7.0
STRAWBERRY	\$7.0	LIME	\$7.0
BLUE HEAVEN	\$7.0		

Junior Shake (\$5.0) Extras (+60c) Thickshake (+\$1)

FEEL LIKE TREATING YOURSELF?
Check out our Ice Cream Cabinet for your daily dose of 'Dairy-Delight'!
1 Scoop for \$4.00 OR Double Scoop for \$6.00



SPORTIES BREAKFAST

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



@sportiesbarooga

MAIN BREAKFAST

EGGS ON TOAST  	\$17.0
2 eggs & grilled tomato on pasta dura	
LIGHT BREAKFAST  	\$21.0
2 eggs, bacon & grilled tomato on pasta dura	
GOLFERS BIG BREAKFAST  	\$28.0
2 eggs, bacon, mushrooms, sausages, a hash brown & tomato on pasta dura	
VEGETARIAN BIG BREAKFAST  	\$23.0
2 stuffed mushrooms grilled in balsamic with baby spinach, semi dried tomatoes & crumbed feta on pasta dura drizzled with Rich Glen olive oil	
EGGS BENEDICT 	\$21.0
2 poached eggs & smoked ham on pasta dura topped with housemade hollandaise	
EGGS FLORENTINE 	\$21.0
2 poached eggs & baby spinach on pasta dura topped with housemade hollandaise	
EGGS FROM THE OCEAN 	\$21.0
2 poached eggs & smoked salmon on pasta dura topped with housemade hollandaise	
OMELETTE 	\$21.0
2 eggs, chicken, pesto & brie on pasta dura	
PANCAKE STACK	
3 Pancakes with topping of your choice	
• Mixed berry compote & cream 	\$20.0
• Bacon & maple syrup 	\$22.0
• Banana & maple syrup 	\$21.0
• Nutella & pouring cream	\$19.5
• Passionfruit & cream 	\$19.0
AVOCADO SMASH 	\$25.0
Avocado & feta with 2 poached eggs & rocket leaves on pasta dura with dukkha & bacon	

FRENCH OMELETTE 	\$21.0
A fluffy french style omelette filled with shaved leg ham, tomato & swiss cheese on pasta dura	
FRUIT TOAST	\$9.0
2 slices of toasted fruit bread with butter & strawberry jam	
CBGC CONTINENTAL	\$17.0
Special K with peaches, 1 piece of toast with spread and a tea or coffee	
TOAST 	\$8.0
2 slices of pasta dura with butter and a spread of your choice	
AÇAI BOWL    	\$15.0
Brazilian Acai blended with banana and topped with blueberry, strawberry, coconut & granola	
WAKE UP OATS   	\$15.0
Hot oats made to order with milk topped with blueberry, banana, strawberry & honey	
BREAKFAST BRUSCHETTA   	\$17.0
Sautéed mushrooms, cherry tomatoes & red onion finished with pesto & spinach on pasta dura	
BELGIUM WAFFLES	\$22.5
With banana, berries, cream & maple syrup	
ADD Marshmallows	\$4.0
ADD Nutella	\$4.0
ADD Ice Cream	\$4.0
FRENCH TOAST	\$22.5
With with butter, maple syrup & icing sugar	
ADD bacon	\$6.0
ADD Nutella	\$4.0
ADD Ice Cream	\$4.0

KIDS BREAKFAST

FOR CHILDREN 12 & UNDER

EGGS ON TOAST  	\$10.0
Poached or fried	
PANCAKE	\$10.0
With topping of your choice	
Mixed berry 	
Maple syrup 	
Nutella & pouring cream	
TOAST WITH SPREADS	\$7.0
1 Slice of toast with spreads	
BAKED BEANS ON TOAST 	\$10.0



ALL KIDS BREAKFAST MEALS COME WITH A COMPLIMENTARY JUNIOR JUICE

NUTRITION KEY

 VEGAN	 VEGAN AVAILABLE
 GLUTEN FREE	 GLUTEN FREE AVAILABLE
 DAIRY FREE	 DAIRY FREE AVAILABLE
 NUT FREE	 NUT FREE AVAILABLE

ALLERGIES? PLEASE LET US KNOW AT THE TIME OF ORDERING

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