

Open Melts

1 SLICE
2 SLICES

M	NM
9	12
16	19

Ham, cheese
Ham, pineapple, cheese
Chicken, avocado, cheese
Pesto chicken, pineapple, cheese
Spinach, avocado, cheese
Spinach, mushrooms, grilled onion, cheese
Smoked salmon, red onion, spinach & cheese

Gluten free Turkish bread available upon request add \$2

Snacks

AVAILABLE 11AM TO LATE

HOT CHIPS *GF + DF*

8 11

GARLIC BREAD

8 11

Add cheese 9 | 12

Add cheese & bacon 10 | 13

SEASONED WEDGES

11 14

With sweet chilli and sour cream

BRUSCHETTA (V)

13 16

Roma tomato, red onion, basil, balsamic, olive oil

HOUSE SPICED CHICKEN TENDERS

14 17

Fried, seasoned, kaffir lime aioli

POTATO SCALLOPS (4)

10 13

Crispy golden scallops, with chicken salt & garlic aioli

From the Cabinet

View our cabinet for an assortment of cakes, sandwiches & savoury items

Please inform our staff of any dietary requirements when ordering.

Burgers

AVAILABLE 11AM TO LATE

M

NM

HELENSVALE PHILLY CHEESE STEAK

21

26

Thinly sliced smoky BBQ beef, grilled onions, cheese, rocket, capsicum, aioli on sourdough bread & chips

BEEF & BACON BURGER

16

19

Beef patty, bacon, caramelised onion, cheese, BBQ sauce, mayonnaise & chips

CHICKEN BURGER

15

18

Crispy chicken fillet, shredded lettuce, mayonnaise, tasty cheese & chips

FISH BURGER

15

18

Shredded lettuce, pepper mayo, gherkins, cheese, battered flake & chips

Something light

AUSSIE BLT

15

18

Bacon, lettuce, tomato, beetroot, BBQ sauce, aioli, toasted sourdough, & chips

VEGO QUESADILLA

15

18

Sweet potato, roasted red capsicum, spinach, Mexican salsa, cheese, with sliced jalapenos & sour cream

LAMB NACHOS (GF)

16

19

Slow-cooked lamb, garlic & feta sauce, guacamole, coriander salad

CALAMARI SALAD

22

27

Fried calamari strips, mesclun, dill, cucumber, red onion, tomato, herb dressing

Pizzas

AVAILABLE 11AM TO LATE

M **NM**

20 **25**

HAWAIIAN

Napoli, three cheese blend, ham, pineapple

MEAT LOVERS

BBQ sauce, three cheese blend, pepperoni, ham, chorizo, ground beef, roast capsicum

SUPREME

Napoli base, pepperoni, ham, red capsicum, pineapple, spinach, red onion, olives, cherry tomatoes

VEGETARIAN SUPREME

Napoli, three cheese blend, roasted mushroom, olives, spinach, pineapple, roast capsicum, onion

MARGHERITA

Napoli base, three cheese blend, basil

REEF & BEEF

Tomato sauce base, seasoned beef, sumac prawns, red onion, spinach, cherry tomato, bearnaise sauce. *Add \$7*

CREAMY CHICKEN & BACON

Bechamel base, chicken, bacon, shallots, parmesan, black pepper

PEPPERONI

Napoli, three cheese blend, pepperoni, chilli, rocket

STEAK & BACON

BBQ sauce base, grilled onion, cherry tomatoes, spinach, cheese, aioli drizzle. *Add \$7*

GLUTEN FREE BASES AVAILABLE FOR \$3 EXTRA

**Pizzas can be ordered from the Blu Bistro during service hours*

Smoothies

	M	NM
ENERGISE	8	10

Apple, pineapple
strawberry, dates

REBOOT

Mango, pineapple, banana,
seedless passionfruit

AÇAÍ

Blueberry, banana,
Açaí puree, dates

VITALITY

Strawberry, mango, raspberry, goji

Hot Drinks

	M	NM
BARISTA COFFEE	5	6

Cappuccino
Latte
Flat White
Mocha
Long Black
Short Black
Vienna
Macchiato

EXTRAS	1	1
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Alternative Milk: Almond, soy,
lactose-free milk

Syrups: Vanilla, hazelnut or caramel

CHAI OR DIRTY CHAI LATTE	4.5	5.5
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POT OF TEA	4.5	5.5
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Frappes

	M	NM
CHOCOLATE COFFEE	8	10

Ice Cream

	M	NM
ICE CREAM CUP	3.5	4.5

ICE CREAM SUNDAE	7	9
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Chocolate, strawberry
or caramel topping,
with whipped cream &
nuts

Cold Drinks

	M	NM
MILKSHAKES	6.5	8.5

Chocolate, vanilla,
strawberry or caramel

THICKSHAKES	7.5	9.5
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Chocolate, vanilla,
strawberry or caramel

ICED COFFEE	6.5	8.5
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ICED CHOCOLATE	6.5	8.5
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