



COLD DRINKS

SMOOTHIES LRG \$9.00  
*Tropical Sunrise - Banana, mango, passionfruit, pineapple, Greek yoghurt, honey & w' Your choice of milk*  
*Strawberry Bling - Strawberries, mango & w' Your choice of milk*  
*Mixed Berry - Blueberries, strawberries, raspberries, Greek yoghurt & Your choice of milk*

FRAPPES LRG \$9.00  
*Crushed ice, flavour of choice, ice-cream & cream on top*

	D	MT	LT
THICKSHAKES <span>\$7.00</span>	<span>\$7.50</span>	<span>\$9.00</span>	
<i>Chocolate   Vanilla   Strawberry   Caramel   Coffee</i>			
MILKSHAKES <span>\$6.00</span>	<span>\$6.50</span>	<span>\$7.00</span>	
<i>Chocolate   Vanilla   Strawberry   Caramel   Coffee</i>			
ICED DRINKS <span>\$6.00</span>	<span>\$6.50</span>	<span>\$7.00</span>	
<i>Flavour of choice w' ice-cream &amp; cream</i>			
<i>Chocolate   Vanilla   Strawberry   Caramel</i>			
ICED COFFEE <span>\$6.50</span>	<span>\$7.00</span>	<span>\$8.00</span>	
ICED LATTE <span>\$6.00</span>	<span>\$6.50</span>	<span>\$7.00</span>	
ICED LONG BLACK <span>\$5.00</span>	<span>\$5.50</span>	<span>\$6.00</span>	

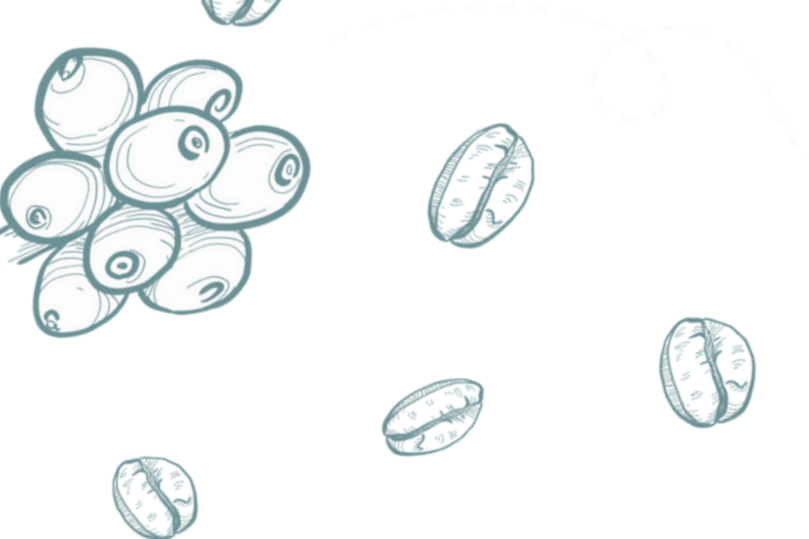
D - DINE IN | MT - MEDIUM TAKEAWAY | LT - LARGE TAKEAWAY

HOT DRINKS

TEA POT <span>\$5.00</span>	
<i>English Breakfast   Earl Grey   Peppermint   Chamomile   Green   Bushells</i>	
ESPRESSO/LONG BLACK <span>\$5.00</span>	
FLAT WHITE <span>\$5.50</span>	
CAPPUCCINO <span>\$5.50</span>	
MUGACCINO <span>\$6.50</span>	
BABYCHINO <span>\$2.00</span>	
LATTE <span>\$5.50</span>	
MOCHA <span>\$6.50</span>	
HOT CHOCOLATE <span>\$5.50</span>	
CHAI LATTE <span>\$5.50</span>	
DIRTY CHAI <span>\$6.50</span>	

EXTRAS

UPGRAGE TO MUG <span>\$1.00</span>	
UPGRAGE TO DECAF <span>\$1.50</span>	
EXTRA TEA BAG <span>\$1.00</span>	
EXTRA SHOT <span>\$1.20</span>	
SOY   ALMOND   LACTOSE FREE   <span>\$1.00</span>	
COCONUT   OAT <span>\$1.20</span>	
CARAMEL   HAZELNUT   VANILLA <span>\$1.20</span>	
HONEY <span>\$2.00</span>	
LARGE TAKEAWAY <span>\$1.00</span>	
MEDIUM TAKEAWAY <span>\$1.00</span>	
SMALL TAKEAWAY <span>\$1.00</span>	



# Sail Inn CAFE & BAR

OCEAN VIEWS & GREAT BREWS

OPEN 7 DAYS A WEEK FROM 6AM



## ALL-DAY

TOASTED SANDWICHES	\$8.00
<i>Choice of Ham &amp; Cheese or Chicken &amp; Cheese</i>	
<i>Add Tomato \$2   Add Avocado \$2   GF Option Available Add \$2</i>	
CHICKEN CAESAR WRAP	\$12.00
<i>Choice of Ham &amp; Cheese or Chicken &amp; Cheese</i>	
<i>Chicken, lettuce, bacon, egg, caesar sauce w' parmesan on a wrap</i>	
<i>GF Bread Available Add \$2</i>	
CAESAR SALAD	\$12.00
<i>Lettuce, bacon, egg, caesar sauce w' parmesan</i>	
<i>Add Chicken \$6</i>	
THE RUBEN	\$20.00
<i>Sliced pastrami, sauerkraut, swiss cheese, house-made</i>	
<i>Russian dressing on sourdough rye served w' pickles &amp; potato chips</i>	
CHICKEN PESTO TURKISH	\$15.00
<i>Feta, semi dried tomato &amp; pesto chicken on Turkish</i>	
VEGE FOCACCIA	\$13.00
<i>Roasted eggplant, roasted capsicum, swiss cheese, carrot,</i>	
<i>mushroom, avo &amp; tomato relish</i>	
QUICHE OF THE DAY	\$8.00
<i>Add salad &amp; chips</i>	
BACON & ZUCCHINI SLICE	\$8.00
<i>Add salad &amp; chips</i>	
CLUB CHICKEN SALAD	\$19.00
<i>Grilled chicken breast, avocado, mesculin, cherry tomatoes,</i>	
<i>red onion, toasted pine nuts tossed in a mustard maple dressing</i>	
HAM & CHEESE CROISSANT	\$12.00
<i>Leg ham &amp; cheese</i>	
PANCAKES	\$15.00
<i>Fluffy pancakes (2) served w' choice of ice cream or fresh</i>	
<i>cream &amp; Canadian maple syrup</i>	
RAISIN TOAST	\$6.00
<i>Raisin toast served w' butter</i>	
HASH BROWNS (2)	\$5.00
HOT CHIPS	\$6.00
<i>Served w' choice of sauce</i>	
CHICKEN CHIPS (10)	\$7.00
<i>Served w' choice of sauce</i>	

## BREAKFAST

6AM - 10AM

BACON & EGG MUFFIN	\$10.00
<i>Bacon rasher, fried egg, cheese &amp; choice of sauce</i>	
<i>Add Hash Brown \$3</i>	
BREKKY WRAP	\$15.00
<i>Bacon rashers, fried egg, cheese &amp; choice of sauce</i>	
<i>Add Hash Brown \$3</i>	
BACON EGG TOASTY	\$15.00
<i>Bacon, egg &amp; cheese</i>	
<i>GF Option Available Add \$2</i>	

## SWEETER SIDE

ASSORTED CAKES & SLICES	\$9.00
<i>Please ask staff for today's selection</i>	
BANANA BREAD GF	\$6.00
SCONE	(1) \$4.00
<i>Served w' jam &amp; whipped cream</i>	
ASSORTED MUFFINS	\$7.00
<i>Please ask staff for today's selection</i>	
COOKIES	\$3.50
<i>Please ask staff for today's selection</i>	
ADD CREAM OR ICE CREAM	\$1.00