



# KITCHEN MENU

## MENU SERVED DAILY 6:30AM TO 2PM

### BAKEHOUSE TOAST

Our fresh Bakehouse bread cut nice and thick served with butter and your choice spread Vegemite, Peanut Butter, Honey, or Jam

### TOASTED CROISSANT

A fresh bakehouse croissant with your choice of filling.  
HAM | CHEESE | TOMATO | SPINACH | AVOCADO  
JAM | CREAM

### BAKEHOUSE WAFFLES

Our house-made waffles served with either Vanilla Ice Cream & Maple Syrup **OR** Fresh Cream & Berry Compote **OR** Crispy Bacon & Maple Syrup.

### BAKEHOUSE SWEET BREADS

A slice of a famous sweet breads served toasted with butter:

- Banana
- Pear and Raspberry
- Banana, Apple, and Walnut (VGF)

### TOASTIE

Your choice of fresh Bakehouse Bread with up to 3 fillings toasted until perfectly golden and hot.

AVOCADO | CHEESE | CHICKEN | HAM | ONION |  
PINEAPPLE | ROAST BEEF | TOMATO

### EGG & BACON ROLL

Old fashion bacon, egg, and sauce on a fresh bakery roll

### EGGS YOUR WAY (VEG)

Fresh Bakehouse Toast served with lashings of butter and eggs either fried, scrambled or poached.

### BREKKY WRAP

Bacon, Fried Eggs, Cheese, and Sauce wrapped in a freshly toasted tortilla.

### VEGO BREKKY WRAP (VEG)

Fried Eggs, Mushroom, Spinach and Haloumi Cheese

### BREKKY TORTILLA BOWL (VEG)

Our own house-made Spiced Bean Mix, Poached Egg served with your choice of Chorizo or Avocado

### LOADED BACON AND EGG ROLL

Bacon, Hashbrown, Caramelised Onion, Fried Egg, Cheese, and your choice of sauce served on a Brioche roll (we recommend BBQ Sauce and Aioli together)  
*+Try it on a Freshly Toasted Tortilla with an extra Egg.*

### SMASHED AVO (VEG)

White Sourdough Bruschetta with our house made Smashed Avo Mix

### ADDITIONAL EXTRAS

ADDITIONAL PATTY | AVOCADO | BACON | CHEESE | COLESLAW | EGG | FRESH-TOMATO  
FRIED-TOMATO | HALOUMI | HASHBROWN | MUSHROOM | PINEAPPLE | SPINACH

## KIDS ZONE

**KIDS SANDWICH:** A simple sandwich made just the way they like it and cut into triangles.

**JAFFLE:** Old fashion toasted Jaffle filled with either Baked Beans or Ham and Cheese Or Tomato and Cheese

**PARTY VARIETIES:** Miniature versions of our popular Mince, Chicken and Vegetable Pies, Sausage or Spinach and Fetta Rolls.

**HASHBROWN** Crispy golden hashbrowns.

**BAKEHOUSE SWEET BREADS:** Banana, Pear and Raspberry or Apple Walnut Banana Bread toasted with butter.



CHECK-OUT OUR WEBSITE

# DON'T FORGET TO CHECK OUT OUR SPECIALS BOARDS OR ASK ONE OF OUR FRIENDLY CREW

## CHECK OUT OUR DISPLAY CABINETS FOR

BREKKY PIE

POTSET YOGHURT

FRESH SANDWICHES

TOASTED SOURDOUGH

TOASTED PANINI

TOASTED WRAP

FRESH SALAD WRAP

SALAD OF THE DAY

### GRILLED CHICKEN BURGER

Our marinated chicken breast served with lettuce, house-made slaw, Bacon, Tomato and Aioli.

### STEAK SANGA

Toasted Bakehouse Bread, Steak, Lettuce, Tomato, Beetroot, Caramelised Onion, Cheese, and your choice of sauce.

### VEGGIE BURGER (VEG)

Hummus, Baby Spinach, Veggie Patty, and Chilli Aioli

### BAKEHOUSE QUICHE

A generous portion of our Quiche Lorraine or Grilled Veggie Quiche best served with a side salad.

TRY A  
**FRESH SIDE SALAD**  
WITH YOUR PIE OR MEAL

## DRINKS FROM THE KITCHEN

### PROTEIN SHAKE

WPI90 Protein Powder blended with milk and either chocolate syrup, fresh banana and honey, or mixed berries.

### FRESH JUICE

Choose up-to 3 Fruits or Vegetables Freshly Juiced and served over ice:

- Watermelon
- Apple
- Lemon
- Carrot
- +Add Ginger
- +Add Turmeric

- Orange
- Pineapple
- Lime
- Celery
- +Add Mint

### ICE LATTE OR ICE LONGBLACK

Our signature Jervis Bay Espresso served over ice and milk or water and ice.

### ICED DRINKS

Your choice of Coffee, Mocha, Chai or Syrup served with fresh milk, cream, and iced cream

### MILKSHAKE OR THICKSHAKE

- Chocolate
- Strawberry
- Banana
- Vanilla
- Caramel
- Coffee
- Mocha
- Spiced Chai
- Vanilla Chai
- Malt

### SPYDA

Grab a cold fizzy drink from the fridge and our kitchen will add a big scoop of ice-cream for a frothy delight.

### FRAPPE

Ice Cream, Ice and Milk blended with your choice of flavour

### MILK VARIETIES AVAILABLE

- Full Cream/Whole Milk
- Skim Milk/Low Fat
- Oat
- Almond
- Soy
- Lactose Free

### \*ASK ABOUT VIRTUALLY GLUTEN FREE AND VEGAN OPTIONS\*

Please be aware that although all care is taken, our food may come in-contact with, or contain common allergens such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, seafood, or gluten. Please advise staff if you have dietary needs, concerns or have any questions.



# VIRTUALLY GLUTEN FREE MENU

**MENU SERVED DAILY 6:30AM TO 2PM**

## SAVOURY BITES

### MOROCCAN CHICKPEA PIE

A delicious mix of chickpeas and carrots sauteed in Moroccan spices in a GF pastry shell.

### YOGHURT POT

House-made yoghurt topped with GF granola and fresh fruit.

### BAKEHOUSE WAFFLES

Our house-made waffles served with either Vanilla Ice Cream & Maple Syrup **OR** Fresh Cream & Berry Compote **OR** Crispy Bacon & Maple Syrup.

### EGG & BACON ROLL

Old fashion bacon, egg, and sauce on our fresh GF Bread

### EGGS YOUR WAY

Fresh Bakehouse GF Toast served with lashings of butter and eggs either fried, scrambled or poached.

### BREKKY WRAP

Bacon, Fried Eggs, Cheese, and Sauce wrapped in a freshly toasted GF Wrap.

### VEGO BREKKY WRAP

Fried Eggs, Mushroom, Spinach and Haloumi Cheese, and Sauce wrapped in a freshly toasted GF Wrap.

### LOADED BACON AND EGG ROLL

Bacon, Hashbrown, Caramelised Onion, Fried Egg, Cheese, and your choice of sauce served on a Fresh Bakehouse GF Bread (we recommend BBQ Sauce and Aioli together)

*+Try it on a Freshly Toasted GF Wrap with an extra Egg.*

## ADDITIONAL EXTRAS

ADDITIONAL PATTY | AVOCADO | BACON | CHEESE  
COLESLAW | EGG | FRESH-TOMATO  
FRIED-TOMATO | HALOUMI | HASHBROWN  
MUSHROOM | PINEAPPLE | SPINACH

**OUR COLD DRINKS ARE ALL GLUTEN FREE AS ARE OUR CHAI POWDERS**

### SMASHED AVO

White Sourdough Bruschetta with our house made Smashed Avo Mix

### GRILLED CHICKEN BURGER

Our marinated chicken breast served with lettuce, house-made slaw, Bacon, Tomato and Aioli.

### STEAK SANGA

Toasted Bakehouse GF Bread, Steak, Lettuce, Tomato, Beetroot, Caramelised Onion, Cheese, and your choice of sauce.

### VEGGIE BURGER

Hummus, Baby Spinach, Veggie Patty, and Chilli Aioli served on Toasted Bakehouse GF Bread.

### FRESH SALAD WRAPS AND SANDWICHES

Sandwich or Wrap filled with choice of salad made fresh to order on GF bread or Wrap.

### TOASTIE

Your choice of fresh Bakehouse Bread with up to 3 fillings toasted until perfectly golden and hot.

AVOCADO | CHEESE | CHICKEN | HAM | ONION |  
PINEAPPLE | ROAST BEEF | TOMATO |

## SWEET TREATS

### RHUBARB BROWNIE

A deliciously moist and chocolatey brownie sweetened with Rhubarb.

### APPLE, WALNUT, & BANANA BREAD

Our own Bakehouse Sweet Bread can come toasted with lashings of butter or buy the whole load to take home.

### CARAMEL PECAN BISCUITS

Our own Bakehouse biscuits made with Caramel Chocolate and Chopped Pecans. Fantastic with a cuppa.

### LEMON & BLUEBERRY SLICE

A delicious slice with the sweetness of Blueberries and the Sharpness of Lemon.

Please be aware that although all care is taken our food may come into contact with, or contain common allergens such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, seafood, or gluten.  
Please advise staff if you have dietary needs, concerns or have any questions.



# VEGAN MENU

**MENU SERVED DAILY 6:30AM TO 2PM**

## SAVOURY BITES

### SPICY LENTIL PIE

A delicious mix of lentils cooked in a Spicy Tomato base.

### INDIAN CURRY PUFF

Our own house made Garam Masala Paste with Potato, Sweet Potato and Rice.

### MOROCCAN CHICKPEA PIE

A delicious mix of chickpeas and carrots sauteed in Moroccan spices in a GF VEGAN pastry shell.

### VEGAN BREKKY WRAP

Mushroom, Spinach and Beans with Sauce wrapped in a freshly toasted Vegan Wrap.

### SMASHED AVO

White Sourdough Bruschetta with our house made Smashed Avo Mix

### BREKKY TORTILLA BOWL

Our own house-made Spiced Bean Mix, served with your choice of Spinach or Avocado.

## SWEET TREATS

### RHUBARB BROWNIE

A deliciously moist and chocolatey brownie sweetened with Rhubarb.

### LEMON & BLUEBERRY SLICE

A delicious slice with the sweetness of Blueberries and the Sharpness of Lemons.

### VEGGIE BURGER

Hummus, Baby Spinach, Veggie Patty, and Vegan Mayo  
*+Add House-Made Slaw*

### FRESH SALAD WRAPS AND SANDWICHES

Fresh Sandwich or Wrap filled with choice of salad made fresh to order.

### TOASTED PANINI, FOCCACIA OR WRAP

Our chef will make you gourmet toasted treat just for you.

### TOASTIE

Your choice of fresh Bakehouse Bread with your choice of 3 fillings toasted until perfectly golden.

AVOCADO | BEETROOT | CARROT | ONION |  
SPINACH | TOMATO

### FRESH SALAD

Our Chef will make you a fresh salad filled with flavour.

### HASHBROWN

Freshly deep fried crispy golden potato hashbrown with your choice of salt or vegan chicken salt

## PLANT-BASED MILK OPTIONS

- Soy (Bonsoy)
- Almond (MilkLab)
- Oat (Alternate Dairy Co)

Please be aware that although all care is taken our food may come into contact with, or contain common allergens such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, seafood, or gluten.  
Please advise staff if you have dietary needs, concerns or have any questions.



# KITCHEN MENU

**SERVED DAILY  
6:30AM TO 2PM**

## BAKEHOUSE TOAST

Our fresh Bakehouse bread cut nice and thick served with butter and your choice spread Vegemite, Peanut Butter, Honey, or Jam

## TOASTED CROISSANT

A fresh bakehouse croissant with your choice of filling.

HAM | CHEESE | TOMATO | SPINACH | AVOCADO  
JAM | CREAM

## BAKEHOUSE WAFFLES

Our house-made waffles served with either Vanilla Ice Cream & Maple Syrup **OR** Fresh Cream & Berry Compote **OR** Crispy Bacon & Maple Syrup.

## BAKEHOUSE SWEET BREADS

A slice of a famous sweet breads served toasted with butter:

- Banana
- Pear and Raspberry
- Banana, Apple, and Walnut

## TOASTIE

Your choice of fresh Bakehouse Bread with your choice of 3 fillings toasted until perfectly golden.

AVOCADO | CHEESE | CHICKEN | HAM | ONION |  
PINEAPPLE | ROAST BEEF | TOMATO |

## KIDS ZONE

**KIDS SANDWICH:** A simple sandwich made just the way they like it and cut into triangles.

**JAFFLE:** Old fashion toasted Jaffle filled with either Baked Beans or Ham and Cheese Or Tomato and Cheese

**HASHBROWN:** Crispy golden hashbrowns.

**PARTY VARIETIES:** Miniature versions of our popular Mince, Chicken and Vegetable Pies, Sausage or Spinach and Fetta Rolls.

**BAKEHOUSE SWEET BREADS:** Banana, Pear and Raspberry or Apple Walnut Banana Bread toasted with butter.

## EGGS YOUR WAY

Fresh Bakehouse Toast served with lashings of butter and eggs either fried, scrambled or poached.

## EGG & BACON ROLL

Old fashion bacon, egg, and sauce on a bakery roll

## BREKKY WRAP

Bacon, Fried Eggs, Cheese, and Sauce wrapped in a freshly toasted tortilla.

## VEGO BREKKY WRAP

Fried Eggs, Mushroom, Spinach and Haloumi Cheese

## BREKKY TORTILLA BOWL

Our own house-made Spiced Bean Mix, Poached Egg served with your choice of Chorizo or Avocado

## ADDITIONAL EXTRAS

ADDITIONAL PATTY | AVOCADO | BACON | CHEESE  
COLESLAW | EGG | FRESH-TOMATO  
FRIED-TOMATO | HALOUMI | HASHBROWN  
MUSHROOM | PINEAPPLE | SPINACH



CHECK-OUT OUR WEBSITE

**DON'T FORGET TO CHECK OUT OUR  
SPECIALS BOARDS OR ASK ONE OF OUR FRIENDLY CREW**

## CHECK OUR DISPLAY CABINETS FOR

BREKKY PIE  
POTSET YOGHURT  
FRESH SANDWICHES  
TOASTED SOURDOUGH  
TOASTED PANINI  
TOASTED WRAP  
FRESH SALAD WRAP  
SALAD OF THE DAY



## GRILLED CHICKEN BURGER

Our marinated chicken breast served with lettuce, house-made slaw, Bacon, Tomato and Aioli.

## STEAK SANGA

Toasted Bakehouse Bread, Steak, Lettuce, Tomato, Beetroot, Caramelised Onion, Cheese, and your choice of sauce.

## VEGGIE BURGER

Hummus, Baby Spinach, Veggie Patty, and Chilli Aioli

## BAKEHOUSE QUICHE

A generous portion of our Quiche Lorraine **or** Grilled Veggie Quiche best served with a side salad.

## DRINKS FROM THE KITCHEN

### PROTEIN SHAKE

WPI90 Protein Powder blended with milk and either chocolate SYRUP, fresh banana and honey, or mixed berries.

### FRESH JUICE

Choose up-to 3 Fruits or Vegetables Freshly Juiced and served over ice:

- Watermelon
- Apple
- Lemon
- Carrot
- +Add Ginger
- +Add Turmeric
- Orange
- Pineapple
- Lime
- Celery
- +Add Mint

### ICED LATTE OR ICED LONGBLACK

Our signature Jervis Bay Espresso served over ice and milk or water and ice.

### ICED DRINKS

Your choice of Coffee, Mocha, Chai or Syrup served with fresh milk, cream, and Ice-cream.

### MILKSHAKE AND THICKSHAKES

- Chocolate
- Strawberry
- Banana
- Vanilla
- Caramel
- Coffee
- Mocha
- Spiced Chai
- Vanilla Chai
- Malt

### SPYDA

Grab a cold fizzy drink from the fridge and our kitchen will add a big scoop of ice-cream for a frothy delight.

### MILK VARIETIES AVAILABLE

Full Cream/Whole Milk    Skim Milk/Low Fat  
Almond    Oat    Soy

**\*ASK ABOUT VIRTUALLY GLUTEN FREE AND VEGAN OPTIONS\***

Please be aware that although all care is taken our food may come in-contact with, or contain common allergens such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, seafood, or gluten. Please advise staff if you have dietary needs, concerns or have any questions.