

## Beverages

Cascade Beverages	\$3.50
Soft Drinks	Glass \$3.40
Orange Juice	Glass \$3.40
Milk Shakes - banana, chocolate, strawberry, vanilla, coffee, caramel, lime	\$5.80
Thick Shakes - banana, chocolate, strawberry, vanilla, coffee, caramel, lime	\$6.40
Iced Coffee - served with whipped cream and ice cream	\$6.60
Iced Chocolate - served with whipped cream and ice cream	\$6.60
Hot Chocolate - with marshmallow	Cup \$4.60   Mug \$5.60
Smoothies - banana, mango, strawberry, apricot, peach	\$7.40
Tea	\$4.60
Herbal Tea	\$4.60
Chai Latte	Cup \$4.60   Mug \$5.60
Café Latte	Cup \$4.60   Mug \$5.60
Espresso (Short Black)	Cup \$4.60   Mug \$5.60
Long Black	Cup \$4.60   Mug \$5.60
Cappuccino	Cup \$4.60   Mug \$5.60
Mocha	Cup \$4.60   Mug \$5.60

Coffees are available with the following flavours:  
Irish, hazelnut, caramel and vanilla

Water - 250ml Lightly Sparkling Water	\$3.50
Bottled Soft Drinks - 330ml Fanta, Coke, Diet Coke, Lift, Coke Zero	\$3.50
Bottled Juice - 250ml pineapple, apple, orange & tomato	\$3.50



## Cakes, Biscuits & Slices

### All Items \$4.60 Each

Creme Caramel  
Pavlova  
Cheesecake  
Jelly Terrine  
Profiteroles  
Fruit Salad  
Bee Sting

### Cake of the Day \$4.60 Per Slice

See display for today's selection

### All Items \$2.40 Each

Chocolate Ripple Cake  
Tiramisu  
Vanilla Slice  
Apple Slice  
Lamington  
Melting Moments (Yo Yo's)  
Cookies

### All Items \$4.20 Each

Eclairs  
Coffee Scrolls  
(Cream or Ice Cream + 50c Each)

Banana Split	\$5.20
Ice Cream Sundae with wafers and nuts	\$4.50
Fruit or Plain Scones (2 per serve) served with cream and jam or butter	\$4.20
Muffins	\$2.30
Matchsticks	\$3.30

Please note a selection of this page is available daily  
please check our display for today's selection

10% discount applies to members upon presentation of their membership card



# Reflections Café

8am to 10pm - Sunday, Monday, Tuesday & Wednesday  
8am to 11pm - Thursday - 8am to 1am - Friday & Saturday

All prices include GST

# Sandwiches & Rolls

**Breads** are available in white, brown and multigrain

**Rolls** are available in white, brown, multigrain, cheese & bacon and damper

**Basic salad items include:** Lettuce, cheese, tomato, cucumber, onion, carrot and beetroot

**Basic meats include:** Ham, Chicken, turkey, roast beef, salami and silverside

<b>Salad Sandwich</b>	<b>\$5.30</b>
<b>Meat &amp; Salad Sandwich</b>	<b>\$5.80</b>
<b>Salad Roll</b>	<b>\$5.80</b>
<b>Meat &amp; Salad Roll</b>	<b>\$6.40</b>
<b>Seafood Sandwich</b>	<b>\$7.50</b>
<b>Gourmet Sandwich</b>	<b>\$6.40</b>
(selections - see display)	
<b>Wraps</b>	<b>\$6.50</b>
Salad, Chicken & Salad, Chicken Caesar, Turkey Supreme	
<b>Garlic Prawn Wrap</b>	<b>\$7.40</b>

# Pastries

<b>Sausage Rolls</b>	<b>\$2.10</b>
<b>Chicken Sausage Rolls</b>	<b>\$2.10</b>
<b>Party Pies</b>	<b>\$2.10</b>
<b>Mini Beef Pasties</b>	<b>\$2.10</b>
<b>Pie of the Day</b> (variety of gourmet pies on display)	<b>\$4.60</b>
<b>Quiche</b> - Slice only	<b>\$5.20</b>
<b>Quiche</b> - served with side salad	<b>\$7.40</b>
<b>Vegetable Vol au Vent</b>	<b>\$5.20</b>
<b>Vegetable Vol au Vent</b> - with salad	<b>\$7.40</b>

**\* Indicates items marked are not available after 9pm**



# Hot Selections

<b>Soup of the Day</b> - Served with a dinner roll	<b>Roll \$0.70   \$6.20</b>
<b>Hot Chips in a Bowl</b>	<b>\$6.10</b>
	<b>1/2 Bowl \$3.10</b>
<b>Toasted Sandwiches</b> - Choice of two fillings	<b>\$4.80</b>
	<b>Extra Fillings \$0.80</b>
<b>Hot Roast Roll</b>	<b>\$7.50</b>
<b>Plain Hot Dog</b> - with tomato sauce	<b>\$4.60*</b>
Add onion, bacon, egg or cheese <b>(60c extra for each topping)</b>	
<b>Spicy Potato Wedges</b> - served with sour cream and sweet chilli sauce	<b>\$7.20</b>
<b>Salmon Patties</b> - served with chips and salad	<b>\$11.00*</b>
<b>Battered Flathead Fillets</b> - served with chips, salad and tartare sauce	<b>\$12.00*</b>
<b>Roast of the day</b> - <b>(Gluten Free upon request)</b>	<b>\$11.00*</b>
served with roasted potato, pumpkin, peas, corn and gravy	
<b>Gourmet Beef Burger</b> - grilled beef pattie, tasty cheese, crispy bacon, caramelised onion, fried egg, sliced beetroot, tomato, lettuce, tomato relish with a side of chips	<b>\$13.00*</b>
<b>Pulled Pork Wrap</b> - pulled pork, hummus, Greek yoghurt, mixed lettuce, tomato, red onion, avocado and cheese wrapped in a warm tortilla, served with a side of chips	<b>\$13.00*</b>
<b>Hawaiian Chicken Burger</b> - crumbed chicken breast, bacon, pineapple and cheese on top mixed lettuce, tomato, garlic aioli on a toasted cheese and bacon roll, served with chips	<b>\$13.00*</b>
<b>Salmon Salad with Chilli Caramel Dressing</b>	<b>\$13.00*</b>
<b>(Gluten Free &amp; Vegetarian)</b>	
warm Atlantic salmon pieces on top of a mixed salad with letuce, carrot, onion and zucchini strips, mini roasted potatoes, drizzled with a chilli caramel dressing	
<b>Slider Trio</b> - warm pulled pork with asian slaw, Hawaiian beef and BBQ chicken with caramelised onion, all served in mini brioche buns, with a side of chips	<b>\$13.00*</b>

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<b>Roast Pumpkin and Goats Cheese Parcels (2 per serve)</b>	<b>\$13.00*</b>
spiced pumpkin, kale, roasted red capsicum bound with toasted almond flakes and goats cheese wrapped in filo pastry, accompanied with a yoghurt and sumac dipping sauce, served with salad	
<b>Steak Sandwich (Gluten Free upon request)</b>	<b>\$13.00*</b>
Scotch fillet, lettuce, tomato, bacon, beetroot, caramelised onion, cheese and tomato relish enclosed in toast with a side of chips	
<b>Bowl of Vegetables (Gluten Free / Vegetarian)</b>	<b>\$7.20*</b>
scallop potato, roast pumpkin, peas and corn	
<b>Children's Chicken Nuggets and Chips</b> - with tomato sauce	<b>\$8.00*</b>
<b>Extra Sour Cream or Chilli Sauce</b>	<b>\$0.80 each</b>
<b>Gluten free bread and crackers available on request.</b>	

**Daily Specials \$11.00**

# Cold Selections

<b>Cheese Platter</b> - a selection of local & imported cheese, served with crisp crackers, fruit & nuts	<b>\$12.00</b>
<b>Prawn Caesar Salad</b> - a traditional favourite with crispy bacon, garlic croutons, creamy dressing, topped with black tiger prawns and parmesan cheese	<b>\$13.00*</b>
<b>Assorted Meat and Salad Plate</b> - ham, turkey and chicken served with lettuce, tomato, cucumber, onion, beetroot, carrot, sliced pineapple and a side of dressing	<b>\$13.00*</b>

