FOOD MENU BY:

GROUNDED

BREAKFAST

TOAST \$5.50

Sourdough, soy linseed, turkish w/ strawberry jam, honey, peanut butter or Vegemite

TURKISH RAISIN OR RAISIN TOAST \$5.50

w/ butter

BACON & EGG ROLL \$10

w/ your choice of sauce & hashbown

EGG BREAKFAST \$11.90

w/ poached, scrambled or fried, servedw/ grilled tomato & sourdough toast

BACON EGG ON TOAST \$14.90

w/ poached, scrambled or fried. served w/ grilled tomato & sourdough toast

OMELETTE \$15.90

Ham, cheese, tomato & mushroom w/sourdough

BACON, EGG, HASHBROWN & CHEESE WRAP \$12

w/ choice of sauce

BREKKY BRUSCHETTA \$15.90

Capsicum, onion, tomato, mushroom, spinach, cooked in balsamic glaze w/poached egg & sourdough toast

EGGS BENEDICT \$17.90

Poached egg & sauteed spinach w/ hollandaise sauce on English muffin, w/ choice of bacon, ham or smoked salmon

AVOCADO HASH STACK \$15.90

Poached egg & sauteed spinach w/hollandaise sauce on hash brown

BIG BREKKY \$18

Eggs, bacon, hash brown, sausages, mushroom w/ grilled tomato & sourdough

LUNCH

MEALS SERVED W/ CHIPS

GRILLED CHICKEN BURGER \$15.90

w/ bacon, avocado, lettuce, tomato, cheese & mayo

BEEF BURGER \$15.90

w/ bacon, lettuce, tomato, caramelised onions, cheese

CLUB SANDWICH \$15.90

w/ bacon, lettuce, tomato, caramelised onions. cheese

STEAK SANDWICH \$16.90

w/ Grilled fillet steak, lettuce, tomato, caramelised onion on Turkish bread

CHICKEN SANDWICH \$12.00

w/ lettuce, tomato, avocado, cheese & grilled chicken on Turkish bread served w/ mayo or aioli

BLAT \$12.00

w/ lettuce, tomato, avocado & bacon on Turkish bread

CHICKEN SCHNITZEL ROLL \$10.00

w/ lettuce, cheese & mayo

CHICKEN SCHNITZEL \$17.90

w/ chips & salad

HAM, CHEESE & TOMATO SANDVVICH \$10.00

GRILLED MELTS

(Sourdough or Turkish)
Cheese
Cheese, Bacon & Avocado
Ham, Cheese & Tomato
Chicken, Cheese & Avocado

SIDES

Wedges
w/ Sour Cream & Chilli Sauce

Bowl of Chips

SALADS \$16.90

Caesar Salad w/ Grilled chicken breast, egg cheddar cheese, crouton & caesar dressing

Thai Beef or Chicken w/ Cucumber, tomato, onion, cashews & homemade dressing

DRINKS

COFFEE R \$4.20 | L \$4.80

Cappucino, Flat White, Mocha, Long Black, Macchiato, Piccolo, Espresso

HOT CHOCOLATE R \$4.20 | L \$4.80

CHAI LATTE R \$4.20 | L \$4.80

FLAVOUR OR EXTRA SHOT \$0.50

TEA \$4

English Breakfast, Lipton, Camomile, Peppermint, Earl Grey, Green Tea

ICED LATTE \$5

Cold coffee, milk & ice
ICED COFFEE \$6.90

w/ shot of vanilla, milk & ice cream

ICED MOCHA \$7.50

Coffee & Chocolate w/ milk & icecream SMOOTHIES \$7.90
Banana, Mango, Mix Berry

MILK SHAKES \$6

Chocolate, Vanilla, Caramel, Strawberry, Banana

FRESH JUICE R \$7 | L \$7.50

Choice of 4 fruits



ACAI

ORIGINAL ACAI \$17

Acai topped with strawberries, kiwi, granola, shredded coconut, chia seeds, almond flakes & optional honey.

NUTELLA BOWL \$17

Acai topped with granola, strawberries, banana, Nutella, vanilla crumb & optional honey

BISCOFF BOWL \$17

Acai topped with granola, strawberries, banana, Biscoff sauce, Biscoff crumb, biscuit & optional honey

EXTRA TOPPINGS +\$2 EACH:

peanut butter, protein scoop, strawberry, banana, kiwi, almond flakes, chia seeds, coconut, granola

PISTACHIO BOWL \$17

Acai topped with granola, strawberries, banana, pistachio sauce, pistachio crumb & optional honey

CHOC PEANUT BOWL \$20

Acai topped with granola, strawberries, banana, almond flakes, peanut butter, choc chips & optional honey

SAUCES +\$3 EACH:

Biscoff, pistachio, Nutella

BUILD YOUR OWN ACAI

ORIGINAL ACAI \$17

Acai with granola, strawberries, banana

ACAI CONE \$7

Acai in a waffle cone

EXTRA TOPPINGS

+\$2 EACH:

peanut butter, protein scoop, strawberry, banana, kiwi, almond flakes, chia seeds, coconut, granola

CRUMB +\$1 EACH:

Biscoff, pistachio, vanilla, oreo

SAUCES +\$3 EACH:

Nutella, Biscoff, pistachio, Belgian chocolate, dark chocolate, white chocolate

CAR WASH MENU

QUICK WASH \$30 W/ PRE-WASH

Soak, High Pressure Wash, Wheel Wash, Body Wash, Rinse, Blow Dry

ULTRA WASH (OUTSIDE WASH & DRY)

\$39 HATCHBACKS / SEDANS

\$49 4WD'S / 7 SEATERS / VANS / SUV'S / STATION WAGONS

Hand Prewash, Hand Wheel Wash, Soak, High Pressure Wash, Body Wash, Rinse Dry, Outside Windows Cleaned, Tyre Shine

SUPER PREMIUM WASH

\$53 HATCHBACKS / SEDANS

\$63 4WD'S / 7 SEATERS / VANS / SUV'S / STATION WAGONS

Hand Prewash, Hand Wheel Wash, Soak, High Pressure Wash, Body Wash, Rinse Dry, Windows Cleaned, Tyre Shine, Boot, Vacuum, Door Frames, High Pressure Air Clean, Door Trims Wiped, Seats Wiped, Dash Wiped, Fragrance

DETAILING

Exterior Vinyl Treatment	\$15
Engine Wash	\$40 (at own risk)
Vinyl Treatment	\$35/\$40
Leather Treatment	\$95/\$105
Polish and Wash	\$140/\$155
Steam Clean from	\$45
Buffing Scratches from	\$85
Clay Wax from	\$420
Full Detail from	\$420/\$510
Full 2 Step Cut & Polish from	\$700
Super Under Body Wash from	\$530

NOTE:

Additional charge for heavily solied/odd sized vehicles. Wash process 100% scratch free. Read terms and conditions upon entry. All additional services require quoting.

