

JUICE FRESH SQUEEZED

ORANGE JUICE	\$7.0
GRANNY SMITH APPLES	\$7.0
YOU'VE GOT KALE Cucumber, Kale & Carrot	\$9.0
DETOXIFIER Beetroot, Carrot, Lemon, Ginger & Apple	\$9.0
THE VISION Carrot, Orange & Ginger	\$9.0
SWEET CARROT Apple, Carrot & Parsley	\$9.0
DRINK YOUR GREENS Spinach, Cucumber, Celery, Lemon, Ginger & Apple	\$9.0
LOOKIN' PINE Pineapple, Mint & Lime	\$9.0

SMOOTHIES

SUMMER SWEET Pineapple, Mango, Lime, Raw Coconut Water, Mint, Passionfruit & Honey	\$12.0
GREEN MACHINE Pineapple, Banana, Kale, Spinach, Lime, Raw Coconut Water, Mint & Passionfruit	\$12.0
BANANA-RAMA Banana, Berries, Vanilla Yoghurt, Cinnamon & Almond Milk	\$12.0
WHAT A MELON Watermelon, Strawberries, Basil, Lime & Greek Yoghurt	\$12.0
THE NAKED NUT Berries, Peanut Butter, Banana, Milk & Honey	\$12.0
ROAR-BERRIES Strawberry Yoghurt, Strawberries, Raw Oats, Ice & Freshly Juiced Watermelon	\$12.0

ADD Protein Powder (+60c)

COFFEE

LATTÉ	\$3.6	CHAI LATTÉ	\$3.6
FLAT WHITE	\$3.6	MACCHIATO	\$3.6
LONG BLACK	\$3.6	PICCOLO	\$3.6
CAPPUCCINO	\$3.6	HOT CHOC	\$3.6
MOCHA	\$3.6		

Your choice of milk (+60c) Mug (+\$1) Extra Shot (+60c)



GOT ONE OF OUR KEEP CUPS?
Save 60c off your Juice, every time

BUY ONE TODAY
Buy your Keep Cup for only \$10

COLD DRINKS

WITH YOUR CHOICE OF MILK:

Full Cream Soy (+60c) Almond (+60c)
Skim Lactose Free (+60c)

ICED COFFEE	\$6.7	ICED MOCHA	\$6.7
ICED CHAI	\$6.7	ICED LATTE	\$6.7
ICED CHOC	\$6.7		

Flavoured Shot (+60c) Extra Shot (+60c)

TEA SMALL POT

EARL GREY	\$4.0	CHAMOMILE	\$4.0
ENGLISH BREAKFAST	\$4.0	PEPPERMINT	\$4.0
		SENCHA	\$4.0

Your choice of milk (+60c) Large Pot (+\$1.1)

MILK SHAKES

CHOCOLATE	\$6.2	BANANA	\$6.2
VANILLA	\$6.2	CARAMEL	\$6.2
STRAWBERRY	\$6.2		

Junior Shake (\$4.2) Extras (+60c)

JUICE FROM BOTTLE

APPLE	\$4.0	TOMATO	\$4.0
ORANGE	\$4.0	PINEAPPLE	\$4.0

Junior Juice (\$2.8) Large (+\$1.20)


Sporties

Breakfast

Available 7AM to 11AM Weekdays
& 7AM to 12PM Weekends



 SCAN TO VIEW
ONLINE MENU

 @sportiesbarooga  @sportiesbarooga

MAIN BREAKFAST

EGGS ON TOAST AVAILABLE \$14.0
2 Eggs & Grilled Tomato on Pasta Dura

LIGHT BREAKFAST AVAILABLE \$18.0
2 Eggs, Bacon & Grilled Tomato on Pasta Dura

GOLFERS BIG BREAKFAST AVAILABLE \$24.0
2 Eggs, Bacon, Mushrooms, Sausages, a Hash Brown & Tomato on Pasta Dura

VEGETARIAN BIG BREAKFAST AVAILABLE \$20.5
2 Stuffed Mushrooms grilled in Balsamic with Baby Spinach, Semi Dried Tomatoes & Crumbed Feta on Pasta Dura drizzled with Rich Glen Olive Oil

EGGS BENEDICT AVAILABLE \$18.0
2 Poached Eggs & Smoked Ham on Pasta Dura topped with Housemade Hollandaise

EGGS FLORENTINE AVAILABLE \$15.0
2 Poached Eggs & Baby Spinach on Pasta Dura topped with Housemade Hollandaise

EGGS FROM THE OCEAN AVAILABLE \$18.0
2 Poached Eggs & Smoked Salmon on Pasta Dura topped with Housemade Hollandaise

OMELETTE AVAILABLE \$17.9
2 Eggs, Chicken, Pesto, Brie on Pasta Dura

PANCAKE STACK
3 Pancakes with topping of your choice

- Mixed Berry Compote & Cream \$16.5
- Banana or Bacon & Maple Syrup \$18.5
- Nutella & Pouring Cream \$16.0
- Passionfruit & Cream \$15.5

AVOCADO SMASH AVAILABLE \$22.0
Avocado & feta with 2 Poached Eggs & Rocket Leaves on Pasta Dura with Dukkha & Bacon

FRENCH OMELETTE AVAILABLE \$17.9
A fluffy French Style Omelette filled with Shaved Leg Ham, Tomato & Swiss Cheese on Pasta Dura

FRUIT TOAST \$8.0
2 slices of Roasted Fruit Bread with Butter & Strawberry Jam

CBGC CONTINENTAL \$17.0
Special K Cereal with peaches, 1 piece of toast with Spread and a Tea or Coffee

TOAST AVAILABLE \$8.0
2 slices of Pasta Dura with Butter and a Spread of your choice

EXTRAS

BACON (2) \$3.0

EGG \$2.0

AVOCADO \$4.0

GRILLED TOMATO \$2.0

HASH BROWN \$3.0

SAUSAGES (2) \$4.0

MUSHROOM \$3.0

BAKED BEANS \$3.0

SPINACH \$3.0

SALMON \$5.0

FETA \$3.0

ROCKET \$3.0

G/F BREAD (2)

PASTA DURA

G/F BREAD & PASTA DURA
ONLY VEGAN AND DAIRY FREE
WITHOUT BUTTER
PLEASE ADVISE YOUR SERVER

ADD
SOMETHING
EXTRA

NUTRITIONAL KEY

- VEGAN
- GLUTEN FREE
- DAIRY FREE
- NUT FREE

ALLERGIES? PLEASE LET US KNOW
AT THE TIME OF ORDERING

KIDS BREAKFAST

FOR CHILDREN 12 & UNDER

EGGS ON TOAST AVAILABLE \$7.0
Poached or Fried

PANCAKE \$9.5
With topping of your choice
Mixed Berry
Maple Syrup
Nutella & Pouring Cream

TOAST WITH SPREADS \$5.0
1 Slice of toast with spreads

BAKED BEANS ON TOAST \$8.0
 AVAILABLE



ALL KIDS BREAKFAST MEALS
COME WITH A COMPLEMENTARY
JUNIOR JUICE

SUPERFOOD BREAKFAST



AÇAI BOWL \$15.0
Brazilian Acai blended with Banana and topped with blue berry, strawberry, coconut & granola

WAKE UP OATS AVAILABLE AVAILABLE \$13.9
Hot oats made to order, with milk topped with blue berry, banana, strawberry & honey

AVO NICE DAY AVAILABLE \$18.0
Avocado & feta with Rocket Leaves on Pasta Dura with Dukkha

SWEET (& SPICY) POTATO \$13.9
1 Egg with spinach, chives, siracha sauce and pumpkin seeds on a slice of sweet potato toast,

BREAKFAST BRUSCHETTA AVAILABLE \$17.0
Sautéed Mushrooms, Cherry Tomatoes & Red Onion finished with Pesto & Spinach on Pasta Dura



CHECK OUT
OUR FRESHLY
SQUEEZED
JUICES AND
SMOOTHIES FOR THE
PERFECT SUPERFOOD
BREAKFAST PAIRING