

# BREAKFAST MENU

AVAILABLE 7 DAYS A WEEK

MONDAY - FRIDAY 7:30AM - 10:30AM  
SATURDAY & SUNDAY 7AM - 11:00AM

A 15% SURCHARGE  
APPLIES ON  
PUBLIC HOLIDAYS



**RAISIN TOAST** V 6.05 6.70  
Thick cut raisin toast, butter

**BANANA BREAD** V 6.30 7.00  
House baked banana bread  
with cinnamon butter

**CHIA PUDDING** V GF DF 15.50 17.20  
Chia pudding, fresh fruit, toasted  
coconut, goji berries

**WATERMELON** V GF 8.30 9.20  
QLD watermelon, lemongrass  
syrup, ricotta

**EGGS ON TOAST** 10.50 11.65  
3 free range eggs cooked your way,  
2 pieces of sourdough

**CROISSANT BENEDICT** 17.05 18.90  
Free range poached eggs, spinach,  
hollandaise, toasted croissant

with ham 21.55 23.90  
with bacon 22.45 24.90  
smoked salmon 25.95 28.80

**BMD BREKKY BURGER** 18.70 20.80  
Bacon, fried egg, avocado, cheese, lettuce,  
tomato, hash browns, toasted bun

**SMASHED AVO** V 19.80 22.00  
2 poached eggs, avocado, sriracha  
granola, Persian feta, rocket, sourdough

**MUSHROOM & POTATO HASH** 18.90 21.00  
Diced potatoes, 2 fried eggs, mushrooms,  
spinach, roast capsicum, feta

add minced Sicilian sausage 5.40 6.00

**TOWER 32 BIG BREAKFAST** 28.60 31.80  
Thick Italian pork sausage, bacon, 2 eggs  
cooked your way, spinach, mushrooms,  
tomatoes, hash browns, sourdough

**BEACH BREAKFAST** 18.45 20.50  
2 eggs cooked your way, bacon, hash browns,  
cherry tomatoes, sourdough

**OMELETTE** 19.80 22.00  
with ham, cheese and mushroom  
add sourdough toast 1.80 2.00

**TRIPLE DECKER TOASTED CLUB** 19.00 21.10  
Free range ham, cheddar, mozzarella,  
parmesan, French mustard, paprika,  
sourdough, rocket, vine ripened tomatoes

**SAUSAGE & BEANS** GF DF 19.45 21.60  
Thick Italian pork sausage, white bean  
stew, tomatoes, chilli, garlic, gremolata,  
poached eggs

**BELGIAN WAFFLES** 17.35 19.30  
With butterscotch cinnamon apples,  
whipped cream, toasted almonds

add cream 2.70 3.00  
add ice cream 3.00 3.35

**PANCAKES** with maple syrup 14.85 16.50

add cream 2.70 3.00  
add ice cream 3.00 3.35

V vegetarian GF gluten free DF dairy free V vegan

## Food allergies & intolerances:

Please be aware that whilst all care is taken when catering for special requirements, it must be noted that within the premises we handle nuts, seafood, flour, eggs, fungi, dairy products and gluten. Customers' requests will be catered for to the best of our ability but the decision to consume a meal is the responsibility of the diner.



## Brekky Add Ons

Bacon	5.40	6.00
Hash browns	3.60	4.00
Half avocado	4.05	4.50
Eggs (2)	3.60	4.00
Plain Croissant	6.30	7.00
Sourdough Toast	1.80	2.00
Tasmanian smoked salmon	8.90	9.90
Sausage	4.50	5.00

## NIPPERS

STRICTLY FOR UNDER 12'S ONLY MEMBER VISITOR

Scrambled eggs, toast <b>V</b>	7.75	8.60
Bacon, egg, hash brown, toast	9.90	11.00
Watermelon fingers <b>V GF</b>	5.00	5.55
Fruit toast <b>V</b>	6.05	6.70
Ham & cheese croissant	8.55	9.50
Vanilla pancakes <b>V</b>	9.45	10.50
add cream	2.70	3.00
add ice cream	3.00	3.35

## Freshly Squeezed JUICE BAR

### GREEN GOODNESS

Celery, cucumber,  
green apple, pear

### REFRESHER

Watermelon, pineapple,  
mint

### ANTI-AGER

Orange, grapefruit,  
mandarin, mint

### GINGER ZINGER

Green apple, carrot,  
ginger, lemon

### SUBTROPICAL

Apple, pear, pineapple,  
mint

\$8.90 (MEMBER) | \$9.90 (VISITOR)

## DRINKS

FLAT WHITE, CAPPUCCINO, LATTE 4.75 5.30

ESPRESSO, LONG BLACK, PICCOLO, VIENNA, MACCHIATO 3.70 4.10

HOT CHOCOLATE, MOCHA 4.95 5.50

BABYCCINO 1.80 2.00

TEA 4.00 4.45

English breakfast, earl grey,  
green tea, chai, peppermint,  
chamomile

ICED LATTE 5.50 6.10

Double shot of espresso served  
over ice & milk

AFFOGATO 6.00 6.65

Double shot of espresso served  
over a scoop of ice cream

ICED COFFEE/CHOCOLATE 8.80 9.80

Coffee or chocolate mixed with  
milk & ice cream topped with  
whipped cream

MILKSHAKE 7.90 8.75

Chocolate, vanilla, strawberry,  
caramel, lime,  
blue heaven, banana

FRAPPE 7.90 8.75

Chocolate, caramel, vanilla,  
strawberry

### Extras & Alternatives

all 1.00

Milks - Soy, Almond, Oat, Lactose Free  
Mug or Takeaway, Extra shot,  
Flavour shot - caramel, vanilla, hazelnut