

spinnerssoups

- soup of the day \$ 48
- four mushroom soup \$ 52
white button, shiitake, chestnut and brown mushrooms finished blended with fresh thyme
- clam chowder \$ 55
with baby clams, tomatoes, bacon and seasonal vegetables

getitstarted

- chicken wings (half dozen) \$ 68
deep fried chicken wings served with blue cheese dressing or barbecued sauce
- grilled beef 🍴 \$ 68
or chicken satays (half dozen) with thai peanut sauce
- vegetable 🌿 \$ 62
or lamb samosas (half dozen) indian pastry stuffed with a spicy savoury fillings; served with a mint yoghurt dip
- vegetable spring rolls (half dozen) 🌿🥜 \$ 48
with sweet chilli sauce
- vietnamese fresh rice paper rolls \$ 68
rice paper rolls filled with avocado, mango, cucumber and bean sprouts with nuoc cham dipping sauce
- smoked salmon naan bread 🍴 \$ 70
naan bread topped with smoked salmon dressed with sour cream, mint pesto, coriander and red onion rings
- tex mex nachos \$ 88
(vegetarian option available) 🌿 slow cooked organic spiced beef brisket, melted cheese, jalapenos, guacamole, sour cream and tomato salsa layered nachos
- tempura of soft shell crab \$ 85
with wasabi sour cream
- crispy fried prawns in potato string \$ 92
with sweet chilli sauce

alldaybreakfast

- classic breakfast \$ 72
two eggs any style served with bacon, sausage, hash brown, tomato and baked beans; toast with butter and preserves
- vegetarian breakfast 🌿 \$ 65
two eggs any style served with sautéed spinach, mushrooms, hash brown, tomato and baked beans; toast with butter and preserves
- gym's breakfast 🍴 \$ 100
grilled organic chicken breast, sautéed spinach, avocado purée and two fried eggs

salads

- rocket salad 🌿🍴 \$ 85
rocket, sliced green apple, asparagus, artichoke, red onions, shaved parmesan and vinaigrette dressing
- spinners prawn salad 🍴 \$ 105
sautéed prawns, strawberries, quenelles of avocado, feta cheese, pistachios tossed in a honey citrus dressing
- salt and pepper squid salad 🌿🍴 \$ 78
flash fried fresh squids, rocket, carrot and cucumber salad drizzled with a mint and thai chilli-lime dressing
- smoked salmon and soba noodle salad \$ 118
with tomatoes, sweet corn, daikon, cucumber, pickled ginger, quails eggs, nori seaweed and a sesame and soy dressing
- avocado and beetroot salad 🌿🍴 \$ 105
spinach leaves, hazelnuts, feta cheese, orange segments, fresh mint, citrus oil and white balsamic
- roast turkey salad 🌿🍴 \$ 90
chinese cabbage, mango, beansprouts, fresh mint and crushed peanuts with a mint and thai chilli-lime dressing
- chef's caesar salad
choice of:
smoked salmon \$ 92
grilled australian organic chicken \$ 108
grilled tasmanian salmon fillet \$ 135

🍴 = gluten free 🌿 = vegetarian 🍴 = nuts
🌿 = mild 🌿🌿 = medium 🌿🌿🌿 = hot

sandwiches

club sandwich

sliced turkey, bacon, lettuce, tomatoes,
fried egg and mayonnaise

triple layer \$ 58
double layer \$ 52

simple sandwich

double layer \$ 48

served with cheese, tomatoes and lettuce
choice of:
ham, turkey or bacon

all the above sandwiches
are served with a choice of 4-seed healthy bread,
white toast or wholewheat toast

grilled halloumi soft tortilla wrap \$ 98

mizuna, red cabbage, green onions,
bell peppers, cherry tomatoes,
guacamole, sour cream and pico de gallo

chicken flour tortilla wrap \$ 52
roasted chicken, tomatoes,
avocado and aioli

steak and egg sandwich \$115
grilled organic beef minute steak with
double egg, served in toasted turkish flat
bread with a barbecue sauce on side

housemadeburgers

chicken "piri piri" burger \$105
sour cream, jalapenos, tomato, lettuce
and guacamole

beef burger \$105
heritage black angus minced ribeye patty
seasoned with thyme and dijon mustard

soft shell crab burger \$110
spiced soft shell crab, avocado, tomato,
lettuce and tartar sauce

vegetable burger  \$ 65
crispy breaded seasonal vegetable patty
with basil mayonnaise

served with toasted burger bun,
crisp salad, homemade relish and coleslaw
optional side portion of:

chips(fat or skinny) \$ 15

club salad \$ 18

for any of the above sandwiches and burgers

extra fillings each \$ 15

fried egg bacon cheddar cheese

mushrooms blue cheese

italianpasta

mushroom and lentil bolognese  \$ 85
puy lentils with portabella mushrooms,
tomato, thyme and grated parmesan

chicken arrabbiata  \$ 90
chicken breast with tomato concasse,
garlic, capers, basil, olives and chilli

bolognese \$ 85
beef ragout with tomatoes,
red wine and fresh herbs

carbonara \$ 85
button mushroom and bacon coated
with a cream, egg and parmesan sauce

prawn and chorizo \$ 110
sautéed with cherry tomatoes coated
with a basil and white wine veloute

all the above have a choice of
spaghetti or penne or
tagliatelle or spinach fettuccine or
gluten free spaghetti or gluten free penne

pizzas

margherita pizza  \$ 68
mozzarella, fresh basil and
a rich tomato sauce

spicy pepperoni pizza  \$92
pepperoni, mozzarella,
jalapenos and cherry tomatoes

tropicana pizza \$ 84
mozzarella, honey cured ham,
pineapple and rich tomato sauce

gluten free base is available upon request
(please note an extra 20 minutes waiting time is required)

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asiandelight

yeung chow fried rice (vegetarian option available)  wok fried jasmine rice with shrimps, roasted pork, egg and spring onions	\$ 70
nasi goreng  (vegetarian option available)  indonesian fried rice with minced beef and shrimps; served with chicken satays and topped with a fried egg	\$ 75
thai style fried rice with prawns red curry prawns with asian herbs   and fresh tomato chunks	\$ 95
sweet and sour pork or prawn served with jasmine rice	\$ 98
hainan chicken  served with fragrant jasmine rice and chicken tofu soup	\$105
pork chop rice egg fried rice topped with a baked pork chop and tangy tomato sauce	\$112
thai red organic chicken    and lychee curry (vegetarian option available) served with organic brown rice	\$ 98
vietnamese pepper beef wok fried peppered wagyu beef tenderloin with bell peppers, broccoli and sugar snap peas; served with jasmine rice	\$112

sides

thai style wok fried kai lan  with salty fish and chilli	\$ 45
sautéed broccoli and bean curd  with oyster sauce	\$ 43
stir fried tofu   with basil leaves, chinese mushrooms and chilli	\$ 40
sautéed broccoli or choi sum  with garlic or ginger	\$ 43
poached broccoli or choi sum 	\$ 35
steamed organic brown rice	\$ 15
steamed thai jasmine rice	\$ 12

noodles

lo-hon style vegetarian fried noodles  crispy egg noodles, baby corns, tofu, shiitake mushrooms, chinese cabbage and a duet of black and white fungus	\$ 70
singapore fried noodles  (vegetarian option available)  rice vermicelli sautéed with shrimps, barbecue pork, shredded chicken, egg, scallions, chilli and ground turmeric	\$ 73
shrimp wonton noodles homemade shrimp wontons, barbecue pork, shiitake mushrooms in a fragrant soup	\$ 80
vietnamese beef noodles  thin slices of tender beef sirloin with asian greens served in an aromatic broth	\$ 88
phad thai with chicken or prawns   thai rice noodles with tofu, chives, bean sprouts and chilli	\$ 95
wok fried sliced organic beef or chicken flat rice noodles with bean sprouts, chives, spring onion and soy sauce	\$ 98
wok fried sliced organic beef  crispy egg noodles with bell peppers, garlic, onion, chilli and black bean sauce	\$ 98
seafood laksa  rice noodles in spicy coconut soup with scallops, prawns, mussels, salmon, shredded chicken, tofu and bean sprouts	\$105
prawn laksa  rice noodles in spicy coconut soup with prawns, shredded chicken, tofu and bean sprouts	\$105
hainan chicken laksa  rice noodles in spicy coconut soup with poached fresh chicken, tofu and bean sprouts	\$105

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mains

breaded atlantic cod choice of chips or green salad served with tartar sauce (beer battered available)	\$125
slow cooked pork ribs marinated pork ribs roasted with fat chips, coleslaw and spicy barbecued sauce	\$145
organic chicken tikka fajita green peppers, cherry tomatoes, onions and coriander, floured tortillas, mango chutney, soured cream and mint yoghurt	\$115
piri piri chicken marinated spiced chicken breast accompanied with sweet potato fries, tomato, avocado and jalapeno salad with side of sour cream	\$125
grilled fillet of barramundi salad of artichokes, olives, feta cheese, rocket lettuce and a citrus oil and white balsamic dressing	\$160
chilli con carne 🍴 caramelized minced beef, slow cooked onions, peppers, kidney beans and green chilli; served with jasmine rice, sour cream and guacamole	\$ 98
grilled ocean trout with tikka spices salad of tomato, avocado, red onion, cucumber, rocket and mint yoghurt	\$110
organic lamb sausages with mashed potato, minted peas and jus	\$128
steak and chips stockyard aus long fed black angus ribeye 12oz with chips and side salad choice of black pepper sauce or mushroom suace	\$298

aromasofindia

chicken makhanwala 🍴 GF 🥜 boneless pieces of tandoori chicken in a smooth butter and tomato sauce	\$ 99
chicken tikka masala 🍴 slow roasted organic chicken breast in a rich masala sauce	\$ 99
lamb rogan josh 🍴🍴 GF traditional indian lamb curry cooked with tomatoes and onions	\$ 99
vegetarian balti 🌿🍴 cauliflower, spinach and chickpeas; simmered in a rich curry sauce	\$ 98
palak paneer 🌿 GF a spinach curry served with homemade indian cheese	\$ 88
all curries are served with choice of pilau indian rice or steamed rice or naan bread	

sides	each	\$ 15
pilau indian rice		
naan bread		
pappadom		
garlic naan bread		\$ 18

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