BREAKFAST MENU ALL DAY

toast – served buttered

2 slices - sourdough white or wholemeal, block white or wholemeal, or turkish - $4.5

jam, vegemite, honey, peanut butter or cinnamon sugar - +$0.5

gf bread (2)- $5.5

turkish raisin (2) toast - $5.5

banana bread (gf) - $5.5 add whipped mascarpone w/ honey +$2.5

granola muesli home made with yoghurt & our own berry compote - $12.5

spanish eggs two poached range eggs in a warm spanish tomato salsa topped w/ parmesan cheese with toasted sourdough - $12.5 w/ chorizo - $14.5

bacon & eggs (poached / scrambled or fried) on s/dough toast & side of relish - $13.5

bacon & egg sandwich turkish bread lightly toasted with (2) bacon, fried egg & your choice of house relish / hollandaise / tom or bbq sauce - $9.0

lifestyle breakfast wholemeal sourdough topped with wilted baby spinach, asparagus, mushrooms, two poached eggs w/ grilled tomato & fresh avocado - $17.5

eggs benedict toasted sourdough w baby spinach, poached eggs & hollandaise sauce $12.5 / w mush $16.5 / w leg ham - $16.5 / w bacon - $16.5 / w salmon - $18.5

the big anchor breakfast toasted sourdough, bacon, eggs (poached, scrambled or fried), chorizo, tomato, mushrooms, baby spinach, hash brown w/ house relish - $19.5

french toast brioche bread soaked in a creamy cinnamon mix, fried & served with maple syrup, vanilla ice-cream & a side of our berry compote - $15.5

pancakes two stack of pancakes, topped w maple syrup & ice cream - $12.5

add grilled banana +$2.0

breakfast wrap bacon, fried egg, spinach, cheese topped with house made relish - $13.5

croissants - ham, cheese & tomato - $8.5 / or ham, cheese & avocado - $9.5

**EXTRA’S / SIDES**

$4 ea bacon (2) - egg (2) - chorizo - salmon - mushrooms

$2 ea grilled tomato - baby spinach (wilted) - avocado - hash brown

**Most items can be made gluten free \*** (+$1.0)

chorizo (gf) bacon (gf) ham (gf) relish (gf) hash browns (gf)

**Vegans - we are more than happy to make something to suit you**

LUNCH MENU

MON TO FRI 7.30am / **S A T & S U N from 11.30am**

wraps lightly toasted & served w/ beer battered chips

chicken w/ bacon, mixed lettuce, tasty cheese & your choice of sauce $15.5

(sweet chilli & sour cream / caesar / aioli / ranch dressing)

anchor mixed lettuce, sundried tomato, grilled bacon, crumbed chicken, tasty cheese & aioli $16.5

vegie wrap grilled mushrooms, capsicum, onion, tomato, fetta, spinach and a balsamic glaze - $15.50

lentil wrap our own lentil patty w/ lettuce, tomato, avocado, cheese, mango chutney & sour cream - $15.5

chicken fajita seasoned chicken w/ capsicum, onion, our guacamole, cheese & salsa served w a side of sour cream - $16.5

beef burrito seasoned pulled beef, brown rice, black beans, lettuce, cheese, guacamole, spicy salsa & sour cream - $16.5

burgers made on fresh toasted turkish bread & served w/ beer battered chips

b.l.a.t bacon, mixed lettuce, avocado & fresh tomato, aioli - $14.5

lentil burger our own lentil patty, cheese, tomato, avocado, lettuce, mango chutney & sour cream - $15.5

schnitzel burger house made schnitzel, grilled bacon, lettuce, tasty cheese w/ your choice of sweet chilli & sour cream / caesar dressing / aioli / ranch - $18.0

american burger 150g house made patty w/ cheese, tomato, lettuce, pickles, tomato ketchup, mustard & mayo - 16.5

grilled chicken burger char grilled chicken breast, cheese, avocado, tomato, lettuce & your choice of sauce - $16.5 (sweet chilli & sour cream / caesar / aioli / ranch dressing)

house made chicken schnitzels

all schnitzels are prepared freshly in house & served w/ a side salad & beer battered chips

housemade schnitzel w/ your choice of mushroom, pepper or plain gravy - $19.5

chicken & avocado schnitzel topped w/ fresh avocado & cheese grilled - $23.5

parma schnitzel topped w/ our tomato sauce, ham & grilled w/ cheese - $23.5

hawaiian schnitzel topped w/ leg ham, pineapple & tasty cheese - $23.5

Salads

chicken caesar grilled chicken, bacon, mixed lettuce, parmesan cheese, croutons, caesar dressing topped with a poached egg - $17.5

prawn & avocado lettuce, tomato, spanish onion, capsicum, dressed w/ our thousand island dressing & topped w/ grilled prawns & fresh avocado - $18.5

ranch chicken schnitzel, bacon, mixed lettuce, tomato, carrot, capsicum, beetroot, spanish onion, parmesan w/ ranch dressing - $18.5

KIDS SUGGESTIONS

breakfast

egg on toast – poached / scrambled or fried - $5.5

mini bacon & egg on toast - $7.5

single pancake w/ maple syrup and ice cream - $6.0

vegemite & cheese melt - $3.5

mini bene 1pc sourdough toast w spinach, ham, poached egg & hollandaise - $10.5

yoghurt served w our berry compote - $4.5

lunch

nuggets & chips six chicken nuggets w/ a bowl of chips & your choice of sauce - $8.0

ham & pineapple melt - $6.0

nacho’s corn chips topped w/ our salsa, tasty cheese & sour cream - $7.5

babycino - $1.0

kids drink (see in fridge)

kids milkshake - $3.0

sandwiches

fresh $6.0 / toasted $6.5 for 3 fillings

hawaiian leg ham, cheese and pineapple

tropical chicken, cheese and pineapple

hct leg ham, cheese and tomato

DRINKS

Cup $3.5/ Mug $4.5/ XL $5.5

**hot drinks**

espresso $2.5 / long black / cappuccino / latte / mocha +$0.5 / chocolate / choc mint /

choc chilli / white choc / chai / vanilla chai

extras coffee shot / syrup / honey +$0.5 / soy milk (bonsoy) +cup $0.5 / mug $0.7 / xl $1.0

**tea tonic teas – 2 cup pot $4.5**

english breakfast earl grey

well-being tea (spearmint) coconut tea

berry green tea chai tea (made w/ milk)

green tea peppermint

g.l.e.w tea (ginger, lemongrass, echinacea & white tea)

**cold drinks** \*soy extra $2.0

smoothies - $6.5 made with fruit, milk, ice-cream & yoghurt

mango / mixed berries / banana & honey

noah’s juices (bottled) - $4.5

green - apple, peach, kiwi fruit, mango & lime

red - apple, guava, blackcurrant, strawberry & blueberry

orange - orange, apple, guava, banana, pineapple & paw paw

nectarine - apple, nectarine, coconut water, pineapple & lime

apple - clear apple juice

OJ - valencia orange juice

milkshake - $5.5\* / kids $3.0 \*soy extra $2.0

thickshake - $7.0

chocolate / vanilla / banana / strawberry / caramel

frappes your choice of flavour blended w/ milk & ice - $6.0

traditional iced drinks - your choice of flavour/ ice, milk, ice-cream & cream - $6.5\*

(coffee / mocha +0.50 / chocolate / choc mint / choc chilli / white choc / chai / vanilla chai)

cans - $2.5 / make a spider - add $1.5

coke / diet coke / coke zero / lemonade / solo / orange / creaming soda

bundaberg - $3.5

ginger beer / lemon, lime & bitters / pink grapefruit / traditional lemonade / pineapple & coconut