

SOMETHING LIGHT

Gluten Free Banana Bread

w/ dates and walnuts

\$7

Bircher Muesli

w/ green apple, coconut and rhubarb

\$14

Toasted Granola

w/ yoghurt and seasonal fruit

\$12

Sourdough Toast

w/ Oomite spread, peanut butter or fruit conserve

\$6

ADD A SIDE

Free range bacon, avocado \$6

Vine ripened tomato, kimchi,
miso mushrooms \$5

Boiled or fried egg \$4

Slice of toast \$3

HEARTY & HEALTHY

PRC Toast Plate

w/ tomato, avocado, boiled egg and marinated feta

\$14

Egyptian Beans & Flatbread

broad bean and chickpea stew, marinated feta,
tomato, cucumber and a hard boiled egg

\$16

Croque Monsieur

ham and béchamel toastie

\$12

(add a fried egg and make it a Madame + \$4)

Rec Club Scramble

free range eggs, sourdough, tomato relish

\$12

Avo on Toast

smashed avo and chopped egg on sourdough,
togarashi chilli, sesame seeds

\$12



No substitutions. Some dishes may contain traces of nuts.
1% surcharge for card payments

COFFEE

by Coffee Supreme

Regular \$4

Large \$5

+ Extra shot .50c

+ Almond, oat or soy milk .50c

Filter Hot or Cold \$4.50

FRESH JUICE

Liquid Sunshine

orange juice, mango, peppermint, berries, lime

\$12

Clean & Green

spinach, cucumber, green apple, fennel, ginger, linseed oil

\$12

Rise & Shine

young coconut juice, coconut cream, banana, espresso,
vegan chocolate protein

\$12

K I O K S

STEP 1: CHOOSE YOUR SALAD

See the board for today's
fresh, seasonal salads and
add your choice of proteins.

Regular - \$10 (2 choices)
Large - \$14 (3 choices)

ALL DAY BREAKFAST

Croque Monsieur

ham and béchamel toastie

\$12

(add a fried egg and make it a Madame + \$4)

Rec Club Scramble

free range eggs, sourdough, tomato relish

\$12

Avo on Toast

smashed avo and chopped egg on sourdough,
togarashi chilli, sesame seeds

\$12

STEP 2: ADD A PROTEIN

Grilled Chicken Thigh

w/ chermoula crust

\$6

Grilled Wagyu Minute Steak

w/ harissa marinade

\$12

Grilled Kingfish Skewer

w/ preserved lemon and capers

\$12

Poached Chicken Breast

w/ green olive, cherry tomato and fennel

\$8

Falafel

w/ homemade green tahini

\$8



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