

DESIGN YOUR OWN

control what you eat & design your own health conscious meal

example:

200g scotch fillet \$12.00

+ 200g roast potato \$5.00

+ 200g green beans \$5.00

= \$22.00 total

	energy (kj)	protein (g)	fat (g)	carbs (g)
protein 200gm - \$12.00 per item				
chicken breast	1564.0	55.8	16.6	0.0
scotch fillet	1726.0	60.6	18.8	0.0
atlantic salmon	1810.0	54.2	24.0	0.0
carbohydrates 200gm - \$5.00 per item				
jasmin rice	1342.0	5.4	0.2	36.0
roast potato	842.0	7.0	0.4	38.8
mashed potato	1361.0	5.5	29.3	26.2
vegetables 200gm - \$5.00 per item				
green beans	180.0	3.0	0.3	4.4
broccolini	232.0	9.2	0.6	0.8
carrot	296.0	1.8	0.2	10.6
snow peas	373.5	6.2	0.4	9.6

saucers available add \$2.50 peppercorn sauce, red wine jus, seeded mustard, dijon mustard, mushroom sauce.

*the above nutrition advice should be used as a guide only.

**nutrition advice is based on per serving.

NEXT GENERATION RYDE MENU

BREAKFAST

eggs benedict \$12.50

soft poached eggs served on toasted turkish, accompanied with smoked ham, wilted spinach topped with a hollandaise sauce.

three egg omelette \$12.50 (egg white only also available)

fluffy whipped eggs with a dash of cream and your choice of filling: spanish onion, tomato, cheese, mushrooms, capsicum, chilli, shallots, spinach, ham, bacon or chicken. (gf)

club breakfast \$14.50

two eggs cooked fried, poached or scrambled accompanied with grilled bacon, hash brown, sautéed mushrooms, chorizo, avocado, and grilled tomato served on toasted sourdough.

extras can be added to any breakfast dish \$2.50
hash brown, grilled tomato, cheese, chorizo, bacon, egg, avocado, ham, smoked salmon, and sautéed mushrooms.

blt \$8.50

grilled bacon, rocket and tomato served on a toasted turkish roll with a light mayonnaise.

toasted muesli and yoghurt \$7.50

perfectly toasted flakes of muesli, accompanied with dried fruits, topped with strawberry yoghurt 99% fat free.

fruit plate \$8.00

freshly sliced watermelon, honeydew melon, rockmelon, pineapple, topped with strawberries and grapes.

toast \$4.00

served with butter and a choice of condiments.

LIGHT MEALS

traditional caesar salad \$13.00

crispy cos lettuce tossed in a caesar dressing, topped with bacon, croutons, shaved parmesan and a poached egg.

add chicken \$2.00

add smoked salmon \$3.00

salt & pepper squid \$14.50

lightly coated squid in a salt and pepper flour served on a bed of rocket, topped with a tomato salsa and a drizzle of aioli.

club sandwich \$12.50

grilled bacon, tomato, rocket, aioli, a fried egg and cheese served on toasted turkish accompanied with a side salad.

grilled chicken salad \$15.50

freshly tossed rocket in a balsamic dressing, served with spanish onion, parmesan, and pear topped with a pan seared chicken breast. (gf)

garden salad \$12.50

fresh mesclun lettuce tossed in our home made dressing, topped with avocado, cherry tomatoes, spanish onion, roast capsicum, cucumber and julienne of carrot. (gf) (v)

club wrap \$9.50

pan seared chicken, tomato, cheese, mayonnaise, rocket and bacon wrapped in tortilla bread.

antipasto platter \$17.00

a selection of stuffed olive, feta, grilled eggplant, sun-dried tomatoes, dukka, olive oil & balsamic, cheddar, basil pesto accompanied with grilled turkish bread.

MAINS

250g scotch fillet steak \$21.00

grilled msa scotch served with rosemary kipfler potatoes, broccolini, red wine jus topped with a café de paris butter. (gf)

linguini prawns \$16.50

arrabiatta linguini cooked al dente, tossed in a napolitana sauce with garlic, chilli and tiger prawns.

roast pumpkin risotto \$13.50

lightly roasted pumpkin, folded in arborio rice finished with toasted pine nuts, rocket and grano padano.

beef burger \$14.00

pan fried wagyu mince meat, beetroot, cheese, grilled bacon, lettuce, tomato served on toasted turkish roll.
accompanied with a side salad.

add fries for \$2

chicken burger \$14.50

pan fried chicken, avocado, rocket, tomato, semi dried tomato, grilled chorizo, aioli on a toasted ciabatta roll accompanied with a side salad.

add fries for \$2

SIDE ORDERS

garlic bread \$6.00

bruschetta \$6.50

steak house fries served with aioli \$6.50

wedges served with sweet chilli and sour cream \$7.00

KIDS MENU

kids ice cream with choice of topping \$6.00

chicken nuggets and fries \$9.00

spaghetti bolognese \$9.00

fish bites with fries \$9.00

DESSERTS

trio of ice-cream & sorbet \$8.00

your choice of any three flavours available served with fresh cream and a strawberry. (v)

orange & vanilla panna cotta \$9.00

an italian creamy indulgence dessert served with fresh orange segments.

cheese plate \$12.00

a selection of three cheeses, served with dried fruits, nuts and crackers.

freshly made sandwiches and wraps with an array of fillings are available from the café, as well as fruit salad, delicious gourmet low fat and low calorie muffins, cookies, and pastries.