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## **cycle & swim breakfast**

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### **eggs benedict (gf)**

perfectly poached free range eggs, baby spinach, homemade hollandaise with your choice of bacon or salmon served on ciabatta

### **smashed avocado stack with poached egg (gf)**

cherry tomatoes, avocado, poached egg, baby spinach, piled high on two herb rostis, topped with dukkah & chilli oil

### **pancakes**

triple stack pancakes, topped with bacon, banana, maple syrup and whipped cream

### **porridge**

creamy porridge, grilled peaches, a sprinkle of toasted nuts & seeds, served with a side of maple syrup

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## **dip & dine lunch**

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### **smashed avocado stack with poached egg (gf)**

cherry tomatoes, avocado, poached egg, baby spinach, piled high on two herb rostis, topped with dukkah & chilli oil

### **bowl of goodness (gf)**

A mix of whole grains including quinoa, wild rice, and farro, with either tofu, chicken, or salmon. Fresh salad, finished with nuts and our house-made dressing

### **chicken croquettes**

House made chicken & mozzarella croquettes with smoky manuka chili chipotle sauce, served alongside a fresh green salad drizzled with zesty lemon vinaigrette

### **beef burger (gf)**

angus beef patty, lettuce, sliced tomato, smoked cheddar, pickles, red onion on a brioche bun served with fries (gf available)