



LITE BITES SERVED WITH SIDE SALAD | GF = NO ADDED GLUTEN

GREEK SPANAKOPITA	14.95	ITALIAN HAM & CHEESE CROISSANT	10.95
100% BEEF SAUSAGE ROLL	11.95	CHEESE & TOMATO CROISSANT	9.95
CHICKEN LEEK PIE	13.95	CLASSIC ITALIAN H.C.T	14.95
CLASSIC AUSSIE BEEF PIE	13.95		
PUMPKIN FRITTATA (GF)	14.95		
CHICKEN & MUSHROOM FILO	14.95		
SPINACH CHEESE FILO	14.95		

VEGAN CORNER

VEGAN SANGA OR WRAP	15.90
VEGAN BANANA BREAD & Nuttelex Butter	7.95
RASPBERRY CROISSANT	6.95
VEGAN PIE WITH MUSHROOM & LENTIL	14.95
VEGAN SAUSAGE ROLL	14.95



SWEETS

PANCAKES W/ NUTELLA Strawberries + Cream	15.95
OUR FAMOUS CAKE SLICES (Please See Display)	10.90
BANANA WAFFLES Served with Caramel Sauce, Maple Syrup and Ice-cream	15.95

BEER & WINE

AUSSIE BEER	9.55
HEINEKEN ZERO	8.45
AUSSIE MINI PICCOLO WINE BOTTLES	
SPARKLING / BUBBLY	11.90
RED (CABERNET SAUVIGNON)	10.90
WHITE (SAUVIGNON BLANC)	10.90



PRICES INCLUDE GST / OFFICE CATERING AVAILABLE
ARE YOU A REGULAR? ASK FOR OUR LOYALTY CARD & GET REWARDED!
10% SURCHARGE ON SUNDAYS / 15% PUBLIC HOLIDAY SURCHARGE

BREAKFAST

GLUTEN-FREE BREAD AVAILABLE

OUR SIGNATURE FRESHLY from 5.95
BAKED PASTRIES
(Please See Display)

POWER PORRIDGE 11.90
Rolled Oats & Whey Protein
Served With Choice Of Milk,
Banana & Peanut Butter

MUESLI BY SONOMA 13.90
WITH YOGURT & FRUIT

BREKKY TOASTIES 11.95
Served With Side of Slaw
Egg, Bacon & Hollandaise OR
Prosciutto & Provolone OR
Haloumi & Tomato

LOADED CROISSANT 12.95
WITH EGG, CHEESE AND CHORIZO
Served With Side of Slaw

TOASTED BREAD 6.95
Rustic White/Brown, Fruit Loaf,
Soy & Linseed OR Wholewheat
Served With Lurpak Butter
[Add Ricotta OR
Cream Cheese +1.50]

TOASTED BANANA OR 6.95
PEAR & RASPBERRY BREAD
Toasted With A Side Of
Ricotta & Lurpak Butter

BREKKY WRAP 12.95
Egg, Spinach, Tomato
Served With Side Of Slaw

CORN FRITTERS 16.95
Haloumi Cheese & Tomato Salsa
[Add Egg +3.50 | add Bacon +5.90]
[Add Smashed Avo +4.90]

VICTORIA'S FRENCH TOAST 16.90
Egg Soaked Toast With Banana, Ricotta,
Strawberries & drizzled in Maple Syrup.

METRO BREKKY BURGER 13.90
Egg, Haloumi, Chorizo & Chilli
Mayo on Sesame Seeded Bun

EGGS BENEDICT
Poached Eggs On Toast With
Hollandaise Sauce
Bacon OR Mushroom & Spinach
OR Smoked Salmon 22.90

PANCAKES
Bacon & Maple 15.95
Yoghurt & Mixed Berries 15.95
Plain with Maple & Strawberries 14.95

POACHED EGGS 14.95
2 Poached Eggs With Toast
SIDES
Smoked Salmon +5.90
Pancake +4.90
Corn Fritter +5.90
Bacon +5.90
Fetta +4.90
Haloumi +4.90
Mushroom +4.90
Smashed Avo +4.90

TOASTED SANDWICHES • WRAPS • PANINIS

HANDMADE ON-SITE DAILY &
SERVED WITH SIDE SALAD
PLEASE SEE DISPLAY FOR AVAILABILITY

PULLED-PORK ROLL 15.90
Slow Cooked Pork With Crunchy Coleslaw
Deluxe & Asian Lime Dressing

NEPTUNE PANINI 15.90
Tuna, Spanish Onion, Celery,
Roasted Tomato, Whole Egg Mayo

CLUB METRO PANINI 15.90
Free Range Chicken, Lettuce, Prosciutto,
Avo & Parmesan With Caesar Dressing

ITALIANO PANINI 15.90
Prosciutto, Provolone, Artichoke, Roasted
Tomato, Aioli & Touch Of Basil Pesto

ATLANTIS ON SOY & LINSEED 15.90
Smoked Salmon, Spanish Onion, Cream
Cheese, Avocado & Rocket

FRENCH K.I.S.S BAGUETTE 15.90
Serano Ham With Camembert
Cheese & Fresh Tomato

NEW YORK RACHEL 15.90
Pastrami, Pickles, Slaw, Swiss Cheese &
Dressing

ROASTED VEGGIE WRAP 14.90
Roast Zucchini, Eggplant, Roast Capsicum,
Haloumi, Baby Spinach & Olive Tapenade

TURKEY WRAP 14.90
Turkey Breast, Camembert Cheese, Lettuce,
Spinach & Cranberry Sauce

CHICKEN SCHNITTY WRAP 14.90
Crumbed Chicken, Tomato,
Swiss Cheese, Lettuce & Chilli Mayo

SALADS 13.95
V = VEGAN
GF = NO ADDED GLUTEN

ADD PROTEIN!
CHICKEN BREAST OR TUNA
OR SMOKED SALMON
OR HALOUMI \$5.90 EACH

EDAMAME FREEKAH
& KALE (V)
Edamame, Freekah, Kale, Lentils, &
Seeds In A Fragrant Vinegar Dressing

CYPRUS GRAINS (V)
Freekah, Lentils, Seeds, Raisins,
Veggies & Herbs In Citrus Lemon Dressing

KALE & QUINOA (V | GF)
Kale, Quinoa, Capsicum,
Sesame Seeds & Carrot
With A Tahini Dressing

QUINOA TABBOULEH (V | GF)
White & Black Quinoa, Red Onion, Tomato,
Fresh Parsley, Roasted Sunflower Seeds
in Lemon Dressing

GREEK SALAD (GF)
Lettuce, Tomato, Cucumber,
Olive, Fetta & Balsamic Dressing

MIDDLE EASTERN SALAD (V)
Lentils, Cous Cous, Chickpeas,
Crisp Veggies & Herbs In Citrus Dressing

COFFEE
SERVING ORGANIC GRINDERS
100% ARABICA FAIR TRADE
COFFEE BEANS

ESPRESSO 3.90
RISTRETTO
MACCHIATO 4.50
PICCOLO
LATTE Sml 4.90 Reg 5.50 Jumbo 6.40
CAPPUCCINO
FLAT WHITE
LONG BLACK
HOT CHOCOLATE
SPECIALTY Sml 5.50 Reg 6.10 Jumbo 7.00
LATTES

CHAI | MATCHA | GOLDEN TURMERIC
AFFOGATO 9.90
ICED LONG BLACK 6.95
ICED LATTE 6.95
ICED G.O.A.T LATTE
Staff Favourite Oat Milk+Cold Brew
ICED CHOC OR MOCHA- Over Ice 7.95
ICED MATCHA 7.95
ICED CHAI LATTE 7.95
COLD BREW 6.95
ALTERNATE MILKS

Almond | Soy | Macadamia | Oat |
Lactose Free + \$1 Each

TRY OUR NEW
DAILY BATCH BREW
FILTERED COFFEE
ORGANIC METROPOLE COFFEE BEANS:

250g	12.90
1kg	39.90



DRINKS
TEA 5.45
LEMONGRASS & GINGER |
PEPPERMINT | CHAMOMILE |
EARL GREY | ENGLISH BREAKFAST |
MALABAR CHAI TEA |
JASMINE GREEN | SENCHA GREEN

BOTTLED DRINKS 5.45
PEACH OR LEMON ICED TEA |
SPRITE | COKE OR ZERO |
LEMON LIME BITTERS | GINGER BEER

MOUNT FRANKLIN STILL WATER 4.00
MOUNT FRANKLIN SPARKLING 4.50
ORGANIC KOMBUCHA 5.50

TRIPLE F 8.95
FRESH FRUIT FRAPPE
Seasonal Fresh Fruit Blended With Ice

ICED COFFEE | MOCHA 9.95
OR CHOCOLATE IN A JAR
Old School Way With Ice Cream &
Whipped Cream on Top

MILKSHAKES 9.50
TIM TAM THICK SHAKES 10.90
Chocolate | Caramel | Vanilla | Strawberry

COCONUT WATER 5.90
OR CLEAR APPLE

ALLIE'S COLDPRESS JUICES 6.90
Watermelon, Green, Pineapple & Pear,
Apple & Ginger OR Beetroot

FRESHLY SQUEEZED DAILY 5.90
BOTTLED 100% O.J.

SCAN TABLE CODE OR ORDER AT COUNTER