

BREAKFAST

TOAST (3 PIECES) SOURDOUGH WITH AN ASSORTMENT OF SPREADS	6.9
RAISIN TOAST (3 PIECES) SERVED WITH BUTTER	7.9
BANANA BREAD (1) SERVED FRESH OR TOASTED WITH BUTTER	6.9
CROISSANT TOASTED WITH HAM & CHEESE OR BUTTER & JAM	9.1
MUESLI TOASTED NUTS, SEEDS & FRUIT IN HONEY & CINNAMON SERVED WITH A SIDE OF GREEK YOGHURT & BERRIES (GF)	12.5
PANCAKES (2) FLUFFY PANCAKES SERVED WITH VANILLA ICE CREAM & YOUR CHOICE OF: MAPLE SYRUP MIXED BERRIES NUTELLA PINA COLADA MIX OF CANDIED PINEAPPLE & TOASTED COCONUT	13.9
WAFFLES (2) TOASTED WAFFLES SERVED WITH VANILLA ICE CREAM & YOUR CHOICE OF: MAPLE SYRUP MIXED BERRIES NUTELLA PINA COLADA MIX OF CANDIED PINEAPPLE & TOASTED COCONUT	13.9
BLT FOCACCIA BACON, LETTUCE, TOMATO WITH HOUSE MADE AIOLI	12.9
BREKKY BURGER BACON, EGG, CHEESE & A HASHBROWN WITH BBQ SAUCE	15.9
BACON & EGGS (2) EGGS & BACON RASHERS & SOURDOUGH TOAST	15.9
EGGS BENEDICT (2) POACHED EGGS WITH HOLLANDAISE SAUCE ON SOURDOUGH TOAST WITH YOUR CHOICE OF: SPINACH HAM BACON (+1) SMOKED SALMON (+3)	17.9
BIG WESTIE BREAKFAST EGGS, BACON, CHEESE KRANSKY, TOMATO, MUSHROOMS & A HASHBROWN WITH SOURDOUGH TOAST	24.9
WESTIES AVO & EGGS (2) POACHED EGGS WITH FRESH AVOCADO ON SOURDOUGH TOAST, TOPPED WITH CRUMBLLED FETA, DUKKAH & STICKY BALSAMIC WITH A HASHBROWN (V)	20.9
VEGO BREKKY BURGER HALOUMI, EGG, LETTUCE, TOMATO & HASHBROWN WITH GUACAMOLE (V)	15.9
VEGO BREKKY (2) EGGS, GRILLED HALOUMI, TOMATO, MUSHROOM, BABY SPINACH, ASPARAGUS & A HASHBROWN WITH SOURDOUGH TOAST (V)	20.9
VEGAN BREAKFAST FALAFEL SPINACH, GRILLED ASPARAGUS, TOMATO, MUSHROOM, HASHBROWN & SOURDOUGH TOAST (V)	20.9
MORNING SIESTA CORN & CHICKPEA FRITTERS TOPPED WITH (2) POACHED EGGS, MEXICAN SALSA, GUACAMOLE & CORN CHIPS (V) (VOA)	20.9

EXTRAS AVAILABLE

BACON CHEESE KRANSKY SMOKED SALMON FALAFEL	4
HALOUMI AVOCADO GRILLED ASPARGUS CHICKPEA FRITTERS	4
EXTRA SIDE OF SCRAMBLED EGGS	5.5
EXTRA EGG	3
CHANGE TO SCRAMBLED	1.5
TOMATO MUSHROOM HASHBROWN HOLLANDAISE	2.5
CHANGE TO GLUTEN FREE BREAD	2

LITTLE BREKKY BITES

CHEESE ON TOAST (2 PIECES) ON SOURDOUGH TOAST	6
HAM & CHEESE TOASTIE TOASTED SOURDOUGH SANDWICH WITH HAM & CHEESE	7
PANCAKES (1) FLUFFY PANCAKE SERVED WITH VANILLA ICE CREAM & YOUR CHOICE OF: MAPLE SYRUP MIXED BERRIES NUTELLA PINA COLADA MIX OF CANDIED PINEAPPLE & TOASTED COCONUT	8
WAFFLES (1) TOASTED WAFFLES SERVED WITH VANILLA ICE CREAM & YOUR CHOICE OF: MAPLE SYRUP MIXED BERRIES NUTELLA	8
EGG & BACON (1) EGG & BACON RASHER WITH SOURDOUGH TOAST	9

LET'S TALK EGGS

USING ONLY FREE RANGE PASTURED EGGS FROM: RIVERSIDE FARM - BAROSSA VALLEY
UNLIKE CONVENTIONAL "FREE RANGE" FARMS WITH STOCK DENSITIES OF UP TO 10,000 HENS PER HECTARE, RIVERSIDE FARM BIRDS TRULY ROAM FREE!

WITH NO CROWDED SHEDS OR RESTRICTIVE FENCES, THE GIRLS ARE FREE TO ENJOY FRESH PASTURE 24/7 WITH ONLY 60 HENS PER HECTARE.

DELICIOUS, ETHICAL EGGS - GOOD FOR YOU, GOOD FOR THE HENS AND GOOD FOR THE SOUL!

THIRSTY?

LONG BLACK FLAT WHITE CAFÉ LATTE CAPPUCCINO HOT CHOC CHAI LATTE	4.5 / 5
DIRTY CHAI MOCHACCINO	5 / 5.5
MACCHIATO SHORT BLACK	3.4
BABYCINO	1.5
DECAF COFFEE EXTRA SHOT VANILLA SYRUP	0.6
MILKS LACTOSE FREE SOY ALMOND COCONUT OAT	0.6
TEA ENGLISH BREAKFAST EARL GRAY GREEN CHAMOMILE LEMONGRASS & GINGER PEPPERMINT	3.6 / 4.2
ICED COFFEE ICED CHOCOLATE ICED MOCHA	7
MILKSHAKES CHOCOLATE VANILLA CARAMEL STRAWBERRY BANANA LIME	KIDS 7 ADULTS 8
ICE CREAM SPIDERS COKE LEMONADE RASPBERRY FANTA	6
JUICES ORANGE APPLE PINEAPPLE TOMATO	4.5

NOT A MORNING PERSON?

BLOODY MARY SPICED TOMATO JUICE WITH PICKLE INFUSED VODKA	16
MIMOSA JANSZ & ORANGE JUICE	12
ESPRESSO MARTINI DOUBLE SHOT ESPRESSO, KAHLUA & VODKA	18
TEQUILA SUNRISE TEQUILA, ORANGE JUICE & A DASH OF GRENADINE	10
GINGER & JERRY'S DOG (HAIR OF) SPICEY GINGER BEER, SAILOR JERRY'S & LIME	16
VEROCCA BEROCCA & SODA WITH VODKA	12

ORDER BY TAPPING THE
ME&U DISC ON YOUR TABLE
OR AT THE BAR



BREAKFAST AVAILABLE UNTIL 11.30AM THEN
KITCHEN RE-OPENS AT 12 NOON FOR LUNCH



CHECK-IN IS QUICK AND EASY

V - VEGETARIAN : VG - VEGAN : GF - GLUTEN FREE
VOA -OR- GFO - VEGAN OR GF OPTIONS AVAILABLE
PLEASE ADVISE STAFF OF ANY ALLERGIES OR DIETARY REQUIREMENTS

WEST BEACH

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Come and enjoy the last few sunsets at club with the exciting new redevelopment commencing in 2022.

Our sister restaurant “Beachside” is located 100m down the road and is currently open 4 nights a week (Thu-Sun) but as soon as the redevelopment starts we will be open 7 days a week for breakfast, lunch and dinner and fully operating from there whilst the new facility is being built.

Remember all proceeds from both venues help keep our lifesavers patrolling our beaches.

So sit back, grab a bite to eat and a drink and enjoy yourself knowing you are supporting the club that supports the community.
