

RISE AND SHINE

Available 9am - 3pm

	Sandhurst Member	Non Member
Sourdough Toast - Choice of jam, vegemite, honey	\$8.1	\$9
Eggs Your Way - Poached, fried or scrambled, sourdough toast (gfo)	\$12.6	\$14
House-Made Granola - Rhubarb & mixed berry compote, greek yoghurt, almond milk	\$16.2	\$18
John Daly - Poached eggs, sourdough toast, bacon, potato hashpork & fennel sausage, mushrooms, grilled tomato	\$24.3	\$27
Vegetarian Big Breakfast - Chickpea falafel, sourdough toast avocado, spinach, potato hash, mushrooms, grilled tomato	\$23.4	\$26
Smoked Salmon Bruschetta - Poached eggs, avocado, baby spinach, potato hash, salsa verde	\$24.3	\$27
Breakfast Burrito - Scrambled eggs, bacon, mozzarella, hash brown, avocado, franks hot sauce (gfo)	\$21.6	\$24
Wild Mushroom & Three Cheese Omelette - Sourdough toast, tomato relish (gfo)	\$23.4	\$26
Extras - Tomato, Potato Hash, Avocado	\$4.5	\$5
Mushrooms, Bacon, Smoked Salmon	\$5.4	\$6



SMALLER BITES

Available from 11:30am

Soup Of The Day	\$13.5	\$15
Focaccia - Garlic & herbs, mozzarella (v)	\$13.5	\$15
Sticky Pork Belly - Shredded vegetable slaw, prawn crackers	\$19.8	\$22
House-Made Falafel - Tzatziki, grilled peppers, marinated olives, garlic pita (v, gf)	\$17.1	\$19
Devil Fried Chicken - Pickled vegetables, ranch dressing (gf)	\$17.1	\$19
Salt & Pepper Squid - Sriracha mayo, rocket, cherry tomatoes, lemon (gf)	\$17.1	\$19
Steamed Prawn & Ginger Dumplings (6) - Chilli, soy & sesame dipping sauce	\$16.2	\$18
Steamed Vegetable Dumplings (6) - Spring onion, crispy shallot, soy & ginger dipping sauce	\$16.2	\$18
Pumpkin Arancini - Cherry tomato & olive fondue, wild rocket (ve)	\$16.2	\$18

PASTA & RISOTTO

Available from 11:30am

Chicken Risotto - Roasted chicken, baby spinach, semi-dried tomato, parmesan (gf, vo)	\$28.8	\$32
Fungi Risotto - Field mushrooms, truffle duxelle, toasted pumpkin seeds, parmesan (gf, v)	\$25.2	\$28
Spaghetti Carbonara - Smoked bacon, cream, pepper, evoo	\$25.2	\$28
Spaghetti Bolognese - Pork and beef ragu, parmesan, evoo (gfo)	\$25.2	\$28
Prawn Linguine - Garlic prawns, cherry tomato, dill, lemon & white wine cream sauce (gfo)	\$32.4	\$36
Baked Gnocchi Sorrentina - Napoli, mozzarella, fresh basil (ve)	\$23.4	\$26
<i>Gluten friendly pasta available</i>	\$4.5	\$5



HANDCRAFTED PIZZAS

Available from 11:30am

	Sandhurst Member	Non Member
Margherita - San Marzano tomato, fior di latte, parmesan, basil, evoo (v, vo)	\$20.7	\$22
Hawaiian - San Marzano tomato, shaved leg ham, pineapple, mozzarella	\$23.4	\$26
Hot & Spicy - San Marzano tomato, mozzarella, pepperoni, olives, oregano	\$24.3	\$27
Meat Lovers - San Marzano tomato, mozzarella, pork sausage, shaved leg ham, salami, bacon, Jack Daniel's BBQ sauce	\$26.1	\$29
Prosciutto - San Marzano tomato, mozzarella, San Daniele prosciutto, rocket, fior di latte	\$26.1	\$29
Tiger - San Marzano tomato, mozzarella, tiger prawns, parsley, chilli flakes, garlic oil	\$27	\$30
Capricciosa - San Marzano tomato, mozzarella, ham, mushroom, artichoke, olives, oregano	\$24.3	\$27
Veggie Delight - Zucchini, roasted eggplant, pumpkin, mozzarella, rocket (veo)	\$22.5	\$25
<i>Gluten friendly base & vegan cheese available</i>	\$4.5	\$5



EVERYONE'S FAVOURITES

Available from 11:30am

Chicken Parmigiana - Napoli sauce, parma ham, basil, mozzarella, white slaw, chips	\$25.2	\$28
Fish & Chips - Beer battered barramundi, tartare, lemon, chips	\$25.2	\$28
Pulled Pork Burrito - Brown rice, avocado, sweetcorn salsa	\$19.8	\$22
Smoked Brisket Sandwich - Cheddar cheese, mustard, cornichon remoulade sauce, rocket salad, chips	\$19.8	\$22
Ricky Fowler - Toasted sourdough, grilled chicken breast, bacon, tomato, lettuce, mayo, chips (gfo)	\$18.9	\$21
Back Nine Burger - Angus patty, cheddar cheese, lettuce, tomato, pickles, onion rings, special sauce, chips (gfo)	\$23.4	\$26
Roasted Vegetable Wrap - Mediterranean vegetables, avocado baby spinach, basil pesto, vegan cheese, chips (ve, gfo)	\$18	\$20
Grilled Peri-Peri Chicken Burger - Brioche bun, lettuce, avocado, special sauce, chips (gfo)	\$23.4	\$26
Thai Vegetable Curry - Mildly spiced coconut cream, silken tofu, brown rice, roti bread (gfo, v)	\$22.5	\$25
<i>Gluten friendly buns/bread available</i>	\$4.5	\$5

SALADS

Available from 11:30am

	Sandhurst Member	Non Member
Chicken Caesar Salad - Cos lettuce, bacon, poached egg, parmesan, sourdough croutons, Caesar dressing (gfo)	\$24.3	\$27
Quinoa Bowl - Roasted Mediterranean vegetables, avocado, rocket, lemon, evoo (gf, ve)	\$23.4	\$26
Tempura Tiger Prawn Salad - Asian vegetables, nam jim dressing, crispy shallots, fried rice noodles	\$26.1	\$29

SIDE PLATES

Available from 11:30am

Chips - Aioli or tomato sauce (v)	\$9.9	\$11
Wedges - Sweet chilli sauce, sour cream	\$11.7	\$13
Onion Rings - Ranch sauce	\$11.7	\$13
HeyDays Salad - Mixed leafy greens, gourmet tomato, cucumber, olives, feta, house dressing (gf, v)	\$13.5	\$15

SOMETHING SWEET

Available from 11:30am

Choc Top - Vanilla or boysenberry (v)	\$7.2	\$8
Daily Dessert Special - Ask our friendly staff	\$10.8	\$12
Affogato - Vanilla ice cream, espresso, choice of liqueur (v)	\$16.2	\$18

KIDS MEALS

Available from 11:30am

Pizza - Hawaiian / Margherita	\$15.3	\$17
Cheeseburger & Chips	\$15.3	\$17
Spaghetti - Napoli / Bolognese	\$15.3	\$17
Nuggets & Chips - Tomato sauce	\$15.3	\$17

All kids meals come with a choice of post mix drink and ice cream with topping
Choice of coke, coke no sugar, sprite, raspberry sprite, lift, apple & orange juice

HeyDays is not a gluten-free restaurant & cannot ensure cross contamination will not occur. v - vegetarian | vo - vegetarian option | gf - gluten friendly | gfo - gluten friendly option | ve - vegan | veo - vegan option

A surcharge of 15% applies on public holidays. If paying by credit card, a 1.25% surcharge for Visa/Mastercard and a 2.55% surcharge for AMEX will apply

SPARKLING

NV Rothbury Estate Sparkling Cuvée, Pokolbin Hunter Valley NSW	\$9/\$35
T Gallant Prosecco, Main Ridge Mornington VIC	\$13/\$49
NV Balgownie Estate Premium Cuvée, Yarra Valley VIC	\$13/\$49

WHITE WINE

2024 Hartogs Moscato, Forest Grove WA	\$9/\$35
2023 Pewsey Vale Estate Riesling, Eden Valley SA	\$14/\$52
2021 Counterpoint Rosé, Angaston SA	\$10/\$37
2024 Sandhurst Club Sauvignon Blanc, SA	\$9/\$35
2023 Babich Black label Sauvignon Blanc, Marlborough NZ	\$14/\$52
2023 St Huberts Stag Chardonnay, Coldstream Yarra Valley VIC	\$11/\$42
2022 Malvern Park Pinot Grigio, Thornhill Park VIC	\$10/\$39



RED WINE

2021 Oscars Folly Pinot Noir, Coldstream Yarra Valley VIC	\$12/\$44
2021 Maxwell Silver Hammer Shiraz, McClaren Vale SA	\$14/\$52
2024 Rothbury Estate Shiraz Cab, Pokolbin Hunter Valley NSW	\$9/\$35
2020 Jim Barry The Atherley Cabernet Sauvignon, Clare Valley SA	\$14/\$52
2022 Wynns The Gables Cabernet Sauvignon, Coonawarra SA	\$12/\$44

BEER - BOTTLE/CAN

Heineken 0.0	\$7.5
Carlton Draught	\$7.5
Great Northern	\$7.5
Corona	\$9
Cascade Light	\$7.5
Pure Blonde	\$8
Hahn Superdry GF	\$8
Victoria Bitter	\$7.5

BEER - FROM THE TAP

	Pot	Sch
Carlton Draught	\$7.5	\$11
Great Northern	\$7	\$10
Stone & Wood	\$7.5	\$11
Jetty Road Lager	\$8.5	\$12.8

All Sandhurst Club Members receive 10% off beverage purchases.

A surcharge of 15% applies on public holidays. If paying by credit card, a 1.25% surcharge for Visa/Mastercard and a 2.55% surcharge for AMEX will apply.

DRINKS MENU

HEYDAYS



SPIRITS (CAN)

Jack Daniels	\$12
Jim Beam	\$12
Canadian Club & Dry	\$12
Bundaberg Rum	\$12
Monteith's Apple Cider	\$12

COCKTAILS

Espresso Martini - Kahlua, espresso, vodka, sugar syrup	\$19
Cosmopolitan - Vodka, triple sec, cranberry juice, lime juice	\$19
Margarita - Tequila, triple sec, lime juice, salted rim	\$19
Aperol Spritz - Aperol, prosecco, soda water, orange wheel	\$19
Fruit Tingle - Blue curacao, vodka, lemonade, raspberry	\$19
Limoncello Spritz - Limoncello, prosecco, soda water, lemon twist	\$19

MOCKTAILS

Tropical Punch - Layered juices with a splash of raspberry	\$13
Cranberry Spritz - Cranberry juice, soda water, fresh mint & lime	\$13

SOFT DRINK/WATER

Bundaberg Ginger Beer	\$6
San Pellegrino	
Sparkling Water 250ml	\$4.5
Sparkling Water 1ltr	\$10
Soft Drink (600ml)	
Coca Cola, Coca Cola No Sugar, Sprite	\$5
Powerade	\$5.5
Soft Drink	
Coke, Coke No Sugar, Sprite, Raspberry Sprite, Lift	
Glass	\$5
Jug	\$18



COLD DRINKS

Hand-made Iced Tea - lemon, lime, mint	\$8
Iced Coffee, Iced Mocha, Iced Chocolate, Iced Chai	\$8
Iced Latte	\$7

Milkshakes

Chocolate, Strawberry, Blue Heaven, Vanilla	\$8
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Smoothies

Tropical - Mango, Greek yoghurt, pineapple juice	\$11
Berry - Mixed berries, Greek yoghurt, cranberry juice	\$11
Green - Avocado, kale, spinach, Greek yoghurt, honey, ginger, almond milk	\$11
Add protein to your smoothie	+\$2

Freshly Squeezed Juices

Straight Up - Choice of orange or apple	\$9
Birdie Bliss - Orange, apple, pineapple	\$10
Eagle Elixir - Orange, carrot, pineapple, ginger	\$10
Bogey Buster - Apple, pineapple, lime, ginger	\$10

HOT DRINKS

Coffee Selection

Latte, Cappuccino, Flat White, Mocha, Long Black, Short Black, Piccolo, Espresso, Hot Chocolate, Chai Latte

Cup	\$4.5
Mug	\$6

Tea Selection

English Breakfast, Early Grey, Chamomile, Green Tea, Peppermint, Lemongrass & Ginger

Tea Pot	\$5
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Add On's

Cream, Milk (Oat, Almond, Lactose-Free, Soy)	\$1
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Syrups (Caramel, Vanilla)	\$1
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Honey, Extra Shot	\$1
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