

ALL-DAY MENU HEYDAYS



OPENING HOURS

Sunday - Thursday
7:00am - 4:00pm (Kitchen closes at 3:00pm)

Friday - Saturday
7:00am - 8:00pm (Kitchen closes at 7:30pm)

GRAB AND GO

Available 7am - 3pm

	Sandhurst Member	Non Member
Cookies - Selection varies daily	\$4.5	\$5
Muffin - Selection varies daily	\$5.4	\$6
Toasted Banana Bread - Butter	\$7.2	\$8
Ham & Cheese Croissant	\$9.9	\$11
Sandwiches - Selection varies daily	\$9	\$10
Toasted Soughdough Ham & Cheese - Deluxe smoked ham, egmont cheddar cheese, pimento pickle	\$10.8	\$12

RISE AND SHINE

Available 9am - 3pm

	Sandhurst Member	Non Member
Sourdough Toast - Choice of jam, vegemite, honey	\$8.1	\$9
Toasted Egg & Bacon Roll - Tomato relish	\$12.6	\$14
Eggs Your Way - Poached/fried/scrambled, sourdough toast (v, gfo)	\$12.6	\$14
Croissant Eggs Benedict - Poached eggs, smoked ham, hollandaise	\$23.4	\$26
John Daly - Poached eggs, sourdough toast, bacon, potato hash, pork & fennel sausage, mushrooms, grilled tomato	\$26.1	\$29
Vegetarian Big Breakfast - Avocado, spinach, beetroot falafel, potato hash, mushrooms, tomato, sourdough toast, evoo (v, gfo)	\$23.4	\$26
Smashed Avo - Persian feta, smoked salmon sampari tomato salsa, poached eggs, sourdough toast (gfo)	\$24.3	\$27
Custard Waffle - Apple & apricot compote, butterscotch sauce, vanilla bean ice cream	\$21.6	\$24
Extras - Egg	\$3.6	\$4
Tomato, Potato Hash, Avocado	\$4.5	\$5
Mushrooms, Bacon	\$5.4	\$6
Smoked Salmon	\$6.3	\$7



KIDS MEALS (UNDER 12)

Available from 11:30am

	Sandhurst Member	Non Member
Pizza - Hawaiian / Margherita	\$15.3	\$17
Cheeseburger & Chips - Tomato sauce	\$15.3	\$17
Battered Fish & Chips - Tomato sauce	\$15.3	\$17
Spaghetti - Napoli	\$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

ALL THE CLASSICS

Available from 11:30am

	Sandhurst Member	Non Member
Cheesy Garlic Bread (v)	\$11.7	\$13
Soup Of The Day - Garlic & herb sourdough	\$15.3	\$17
Salt & Pepper Squid - Sriracha mayonnaise, cherry tomato & rocket salad, lemon	\$23.4	\$26
Chicken Caesar Salad - Cos lettuce, bacon, parmesan, poached egg, sourdough croutons, caesar dressing	\$27	\$30
Artichoke & Olive Salsa (3) - Artichoke salsa, grated pecorino, truffle aioli (v)	\$21.6	\$24
Steamed Prawn & Ginger Dumplings (5) - Spring onion, crispy shallots, soy & ginger dipping sauce	\$21.6	\$24
Clubhouse Sandwich - Toasted sourdough, bacon, poached chicken, egg, cheese, tomato, lettuce, garlic aioli, chips (gfo)	\$22.5	\$25
Grilled Mediterranean Lamb Salad - Persian feta, manuka honey, balsamic dressing (gf)	\$27.9	\$31
Jumbo Gnocchi Arrabiata - Semi-dried tomato, chili, parmesan, evoo (v)	\$26.1	\$29
Chicken Parmigiana - Rich napoli sauce, parma ham, basil, mozzarella, green leaf salad, chips	\$27	\$30
Spaghetti Carbonara - Smoked bacon, cream, pepper, evoo	\$26.1	\$29
Fish & Chips - Beer battered flathead, tartare, lemon, green leaf salad, chips	\$26.1	\$29
Anglo-Indian Chicken Curry - Basmati rice pilaf, mango chutney, vegetable samosa	\$27	\$30
Panko Crumbed Pork Schnitzel - Bavarian potato salad, seasonal greens, mushroom sauce	\$28.8	\$32
Nasi Goreng - Queensland tiger prawns, calamari, chilli garlic sambal, fried egg, prawn crackers (gfo)	\$28.8	\$32
Back Nine Burger - Angus patty, bacon, cheddar cheese, lettuce, tomato, special sauce, chips (gfo)	\$24.3	\$27
<i>Gluten friendly buns/bread available</i>	+\$4.5	+\$5

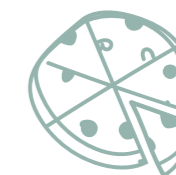
SOMETHING SWEET

Available from 11:30am

	Sandhurst Member	Non Member
Sticky Date Pudding - Butterscotch sauce, vanilla bean ice cream	\$15.3	\$17
Bramley Apple Tarte Tartan - Cinnamon sugar, milk ice cream	\$15.3	\$17
Mini Banana Fritters - Salted chocolate fudge, vanilla ice cream	\$15.3	\$17
Chocolate Tartufo - Mixed berry coulis, strawberries	\$15.3	\$17

HANDCRAFTED PIZZAS

Available from 11:30am



	Sandhurst Member	Non Member
Margherita - San Marzano tomato, fior di latte, mozzarella, parmesan, basil, evoo (v)	\$21.6	\$24
Aussie - San Marzano tomato, shaved leg ham, salami, mozzarella, egg	\$24.3	\$27
Charlise - Mozzarella, confit potato, italian sausage, blue cheese, pecorino, parsley	\$24.3	\$27
Hawaiian - San Marzano tomato, shaved leg ham, pineapple, mozzarella	\$24.3	\$27
Capricciosa - San Marzano tomato, mozzarella, ham, mushroom, artichoke, olives, oregano	\$27	\$30
BBQ Chicken - San Marzano tomato, mozzarella, chicken, bacon, pineapple, clubhouse BBQ sauce	\$26.1	\$29
Adele - San Marzano tomato, mozzarella, hot salami, italian sausage, fior di latte, evoo	\$25.2	\$28
Amalfitana - Mozzarella, cherry tomato, rocket, parmesan, San Daniele prosciutto, fior di latte, evoo	\$25.2	\$28
Tiger - San Marzano tomato, mozzarella, tiger prawns, parsley, chilli flakes, garlic oil	\$28.8	\$32
Zucca - Roasted pumpkin, mozzarella, rocket, fresh basil, feta, balsamic glaze (v)	\$24.3	\$27
<i>Gluten friendly base & vegan cheese available</i>	+\$4.5	+\$5

SIDE PLATES

Available from 11:30am

	Sandhurst Member	Non Member
Chips - Aioli or tomato sauce (v)	\$10.8	\$12
Potato Wedges - Sweet chilli sauce, sour cream (v)	\$13.5	\$15
HeyDays Salad - Mixed leafy greens, gourmet tomato, avocado, cucumber, olives, feta, house dressing (gf, v)	\$12.6	\$14

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

To ensure the highest quality and consistency of our dishes, Heydays maintains a no substitutions policy on our all-day menu

SPARKLING

Brown Brothers Prosecco Piccolo, King Valley VIC	\$13
NV Rothbury Estate Sparkling Cuvée, Pokolbin Hunter Valley NSW	\$9/\$35

WHITE WINE

2025 Hartogs Moscato, Forest Grove WA	\$9/\$35
2023 Counterpoint Rosé, Angaston SA	\$10/\$37
2025 Rothbury Estate Sauvignon Blanc, SA	\$9/\$35
2024 Babich Black label Sauvignon Blanc, Marlborough NZ	\$15/\$54
2023 St Huberts Stag Chardonnay, Coldstream Yarra Valley VIC	\$12/\$44
2023 Malvern Park Pinot Grigio, Thornhill Park VIC	\$10/\$39



RED WINE

2023 Oscars Folly Pinot Noir, Coldstream Yarra Valley VIC	\$13/\$48
2022 Maxwell Silver Hammer Shiraz, McClaren Vale SA	\$15/\$54
2025 Rothbury Estate Shiraz Cab, Pokolbin Hunter Valley NSW	\$9/\$35
2021 Jim Barry The Atherley Cabernet Sauvignon, Clare Valley SA	\$15/\$55
2022 Wynns The Gables Cabernet Sauvignon, Coonawarra SA	\$12/\$44

BEER - BOTTLE/CAN

Heineken 0.0	\$9
Carlton Draught	\$9
Great Northern	\$9
Corona	\$10
Cascade Light	\$8
Pure Blonde	\$8.5
Hahn Superdry GF	\$8.5
Victoria Bitter	\$9

BEER - FROM THE TAP

	Pot	Sch
Carlton Draught	\$7	\$10
Great Northern	\$7	\$10
Stone & Wood	\$8	\$12
Balter Captain Sensible	\$8	\$12

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	\$13.5
Canadian Club & Dry	\$13.5
Monteith's Apple Cider	\$13.5

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	\$5.5
Sparkling Water 1ltr	\$11
Soft Drink (600ml)	
Coca Cola, Coca Cola No Sugar	\$5.5
Powerade	\$6
Soft Drink	
Coke, Coke No Sugar, Sprite, Raspberry Sprite, Lift	
Glass	\$5.5
Jug	\$18



COLD DRINKS

Hand-made Iced Tea - lemon, lime, mint	\$9
Iced Coffee, Iced Mocha, Iced Chocolate, Iced Chai	\$9
Iced Latte	\$8

Milkshakes	Sml	Lge
Chocolate, Strawberry, Blue Heaven, Vanilla	\$6.5	\$8.5

Smoothies	
Tropical - Mango, Greek yoghurt, pineapple juice	\$12
Berry - Mixed berries, Greek yoghurt, cranberry juice	\$12

Freshly Squeezed Juices	
Straight Up - Choice of orange or apple	\$10
Birdie Bliss - Orange, apple, pineapple	\$11
Eagle Elixir - Orange, carrot, pineapple, ginger	\$11
Bogey Buster - Apple, pineapple, lime, ginger	\$11

HOT DRINKS

Coffee Selection	
Latte, Cappuccino, Flat White, Mocha, Long Black, Short Black, Piccolo, Espresso, Hot Chocolate, Chai Latte	
Cup	\$5.5
Mug	\$7.5

Tea Selection	
English Breakfast, Early Grey, Chamomile, Green Tea, Peppermint, Lemongrass & Ginger	
Tea Pot	\$5.5

Add On's	
Cream, Milk (Oat, Almond, Lactose-Free, Soy)	\$1
Syrups (Caramel, Vanilla)	\$1
Honey, Extra Shot	\$1.2