

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
Bacon Bap - Traditional bap roll, double smoked bacon	\$9	\$10
<i>Add an egg</i>	+\$3.6	+\$4
Toasted Chibatta Roll - Deluxe smoked ham, provolone	\$10.8	\$12
Sandwiches - Selection varies daily	\$9	\$10
Wraps - Selection varies daily	\$10.8	\$12

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/scrambled, sourdough toast (v, gfo)	\$12.6	\$14
John Daly - Poached eggs, sourdough toast, bacon, potato hash, pork & fennel sausage, mushrooms, grilled tomato	\$26.1	\$29
Vegetarian Big Breakfast - Beetroot falafel, sourdough toast, avocado, spinach, potato hash, mushrooms, grilled tomato (gfo)	\$23.4	\$26
Smashed Avo - Persian fetta, smoked salmon, sampari tomato salsa, poached eggs, sourdough toast (gfo)	\$24.3	\$27
Breaky Waffle - Apple, apricot compote, strawberries, butterscotch custard, vanilla bean ice cream	\$20.7	\$23
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
Salt & Pepper Squid - Sriracha mayonnaise, cherry tomato & rocket salad, lemon	\$19.8	\$22
Chicken Caesar Salad - Cos lettuce, bacon, parmesan, poached egg, sourdough croutons, caesar dressing	\$27	\$30
Calzone Bomba - Mozzarella, pork sausage, bacon, eggs, cracked pepper, pecorinco, rocket salad	\$23.4	\$26
Za'atar Roasted Pumpkin Salad - Organic peruvian quinoa, beetroot falafel, avocado, baby beats, goat's cheese, balsamic (veo, gf)	\$27	\$30
Butternut Pumpkin & Sage Ravioli - Baby spinach, semi-dried tomato, parmesan, evoo (v)	\$26.1	\$29
Chicken Scallopini - Seasonal greens, smashed new potatoes, mushroom sauce	\$28.8	\$32
Chicken Parmigiana - Napoli sauce, parma ham, basil, mozzarella, green leaf salad, chips	\$26.1	\$29
Spaghetti Carbonara - Double-smoked bacon, egg, black pepper, parmesan, evoo (gfo)	\$26.1	\$29
Fish & Chips - Beer battered flathead, tartare, lemon, green leaf salad, chips	\$25.2	\$28
Grilled Humpty Doo Barramundi - Green leaf salad, tartare, lemon, chips	\$35.1	\$39
Malaysian Kapitan Chicken Curry - Fried egg, steamed jasmine rice, mango chutney	\$26.1	\$29
Ricky Fowler - Chicken schnitzel, ciabatta, provolone, lettuce, avocado, tomato, mayo, chips (gfo)	\$26.1	\$29
Steak Sanga - Minute steak, ciabatta, calabrese salami, provolone, roasted peppers, rocket, aioli, chips (gfo)	\$26.1	\$29
Back Nine Burger - Angus patty, bacon, cheddar cheese, lettuce, tomato, special sauce, chips (gfo)	\$23.4	\$26
<i>Gluten friendly buns/bread available</i>	+\$4.5	+\$5

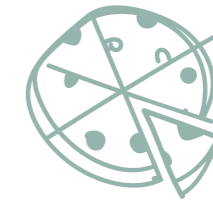
SIDE PLATES

Available from 11:30am

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

HANDCRAFTED PIZZAS

Available from 11:30am



	Sandhurst Member	Non Member
Cheesy Garlic or Herb Focaccia (v)	\$14.4	\$16
Margherita - San Marzano tomato, fior di latte, parmesan, basil, evoo (v, veo)	\$21.6	\$24
Charlise - Mozzarella, confit potato, italian sausage, blue cheese, pecorino, parsley (vo)	\$23.4	\$26
Hawaiian - San Marzano tomato, shaved leg ham, pineapple, mozzarella	\$23.4	\$26
Capricciosa - San Marzano tomato, mozzarella, ham, mushroom, artichoke, olives, oregano	\$26.1	\$29
Prosciutto - San Marzano tomato, mozzarella, San Daniele prosciutto, rocket, fior di latte	\$26.1	\$29
Hot & Spicy - San Marzano tomato, mozzarella, calabrese salami, mushrooms, olives, chilli	\$24.3	\$27
Primavera - Mozzarella, capsicum, potato, eggplant, rocket, balsamic (v, veo)	\$23.4	\$26
Tiger - San Marzano tomato, mozzarella, tiger prawns, parsley, chilli flakes, garlic oil	\$28.8	\$32
Zucca - Pumpkin cream, mozzarella, hot salami, blue cheese, basil pesto, sage (vo)	\$25.2	\$28
<i>Gluten friendly base & vegan cheese available</i>	+\$4.5	+\$5

SOMETHING SWEET

Available from 11:30am

	Sandhurst Member	Non Member
Apple Waffle - Butterscotch custard, berry compote, vanilla bean ice cream (v)	\$14.4	\$16
Flourless Caca Cara Orange Cake - Apricot compote, chocolate ice cream, strawberries (v, gf)	\$14.4	\$16
Chocolate Hazelnut Baci - Mixed berry compote, chantilly cream (v)	\$17.1	\$19
Affogato - Vanilla ice cream, espresso, choice of liqueur (v)		

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

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

Brown Brothers Prosecco Piccolo, King Valley VIC	\$13
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	\$15/\$57

WHITE WINE

2024 Hartogs Moscato, Forest Grove WA	\$9/\$35
2023 Pewsey Vale Estate Riesling, Eden Valley SA	\$15/\$54
2021 Counterpoint Rosé, Angaston SA	\$10/\$37
2024 Sandhurst Club Sauvignon Blanc, SA	\$9/\$35
2023 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

2021 Oscars Folly Pinot Noir, Coldstream Yarra Valley VIC	\$13/\$48
2021 Maxwell Silver Hammer Shiraz, McClaren Vale SA	\$15/\$54
2024 Rothbury Estate Shiraz Cab, Pokolbin Hunter Valley NSW	\$9/\$35
2020 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	\$8
Carlton Draught	\$8
Great Northern	\$8
Corona	\$10
Cascade Light	\$7.5
Pure Blonde	\$8.3
Hahn Superdry GF	\$8.3
Victoria Bitter	\$8

BEER - FROM THE TAP

	Pot	Sch
Carlton Draught	\$7	\$12
Great Northern	\$7	\$10
Stone & Wood	\$8	\$12
Melbourne Bitter	\$7	\$10

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	\$12.5
Canadian Club & Dry	\$12.5
Monteith's Apple Cider	\$12.5

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
Sparkling Water 1ltr	\$10



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	\$8
Iced Coffee, Iced Mocha, Iced Chocolate, Iced Chai	\$8
Iced Latte	\$7
Spider - Vanilla ice cream + choice of soft drink	\$8

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

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	\$5
Mug	\$6.8

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
Syrups (Caramel, Vanilla)	\$1
Honey, Extra Shot	\$1