

## GRAB & GO

Available 7am - 3pm

	Sandhurst Member	Non Member
Fresh Muffin - Selection varies daily	\$5.4	\$6
Toasted Banana Bread - whipped maple butter	\$8.1	\$9
Toasted Fruit & Raisin Toast	\$9	\$10
Ham & Cheese Croissant	\$9	\$10
Toasted Egg & Bacon Roll - cheese, tomato relish	\$12.6	\$14
Croque Monsieur (gfo)	\$14.4	\$16
Season Fresh Fruit Salad Cup (ve, gf)	\$9	\$10
Natural Yoghurt & Toasted Granola Cup	\$9	\$10

## RISE AND SHINE

Available 9am - 3pm

	Sandhurst Member	Non Member
Eggs Your Way - Poached, fried or scrambled, sourdough toast (gfo)	\$12.6	\$14
The John Daly - Eggs your way, twice-cooked pork belly, bacon, potato hash, mushrooms, tomato relish	\$26.1	\$29
Smoked Salmon Bruschetta - Poached eggs, avocado, baby spinach, potato hash, salsa verde	\$24.3	\$27
Shakshouka - Baked middle eastern eggs, persian feta, avocado, turkish bread (gfo)	\$23.4	\$26
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

## SHARE PLATES

Available from 11:30am

	Sandhurst Member	Non Member
Focaccia - Garlic & herbs, mozzarella (v)	\$16.2	\$18
Slow-Cooked Pork Spring Rolls (3) - Jack Daniels BBQ sauce, lettuce, mint	\$18	\$20
House-Made Falafel - Tzatziki, grilled peppers, marinated olives, garlic bread (v, gf)	\$18.9	\$21
Louisiana Fried Chicken - Pickled vegetables, ranch sauce	\$19.8	\$22
Salt & Pepper Squid - Chimichurri, cherry tomato, lemon (gf)	\$18	\$20
Steamed Prawn & Ginger Dumplings (5) - Chili, soy & sesame dipping sauce	\$18.9	\$21

## PASTA & RISOTTO

Available from 11:30am

	Sandhurst Member	Non Member
Risotto - Grilled chicken breast, forest mushrooms, thyme, parmesan (gf, vo)	\$28.8	\$32
Spaghetti Carbonara - Smoked bacon, cream, pepper, evoo	\$26.1	\$29
Spaghetti Bolognese - Pork and beef ragu, parmesan, evoo (gfo)	\$26.1	\$29
Prawn Linguine - Garlic prawns, cherry tomato, dill, lemon & white wine cream sauce (gfo)	\$35.1	\$39
Gluten friendly pasta available	\$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	\$23
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
The Tiger - San Marzano tomato, mozzarella, tiger prawns, parsley, chili flakes, garlic oil	\$28.8	\$32
Gluten friendly base & vegan cheese available	\$4.5	\$5

## EVERYONE'S FAVOURITES

Available from 11:30am

	Sandhurst Member	Non Member
Chicken Parmigiana - Napoli sauce, parma ham, basil, mozzarella, white slaw, chips	\$25.2	\$28
90 Mile Gippsland 250g Grain Fed Scotch Fillet - Green salad, café de Paris butter, chips (gf)	\$43.2	\$48
Fish & Chips - Beer battered barramundi, tartare, lemon, chips	\$25.2	\$28
Reuben Sandwich - Toasted thick-cut sourdough, pastrami, pickled cabbage, aged cheddar, dijon mustard, onion rings (gfo)	\$19.8	\$22
Birdie BLT - Grilled chicken breast, bacon, tomato, lettuce, avocado, mayo, chips (gfo)	\$20.7	\$23
Steak Sandwich - Toasted thick-cut sourdough, scotch fillet, bacon, confit onion, rocket, aioli, mozzarella, chips (gfo)	\$25.2	\$28
Back Nine Burger - Angus patty, cheddar cheese, lettuce, tomato, pickles, onion rings, special sauce, chips (gfo)	\$23.4	\$26
Twice-Cooked Sticky Pork Belly Burger - Brioche bun, apple & dill slaw, house-made BBQ sauce, chips (gfo)	\$23.4	\$26
Grilled Peri-Peri Chicken Burger - Brioche bun, lettuce, avocado, mayo, chips (gfo)	\$23.4	\$26
Veggie Burger - Veggie fritter, wild rocket, marinated capsicum, minted yoghurt, chips (gfo, v)	\$23.4	\$26
Gluten friendly buns/bread available	\$4.5	\$5

## SALADS

Available from 11:30am

	Sandhurst Member	Non Member
Vietnamese Chicken Salad - Asian vegetables, nam jim dressing, crispy shallots, fried rice noodles (gf, vo)	\$26.1	\$29
Quinoa Bowl - Roasted pumpkin, chargrilled capsicum, eggplant, avocado, rocket, lemon, evoo (gf, ve)	\$24.3	\$27
Grilled Prawn Salad - Baby cos lettuce, bacon, parmesan, poached egg, cherry tomatoes, caesar dressing (gf)	\$28.8	\$32
Chips - Aioli or tomato sauce (v)	\$9.9	\$11
Wedges - Sweet chili 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

## SIDE PLATES

Available from 11:30am

## SOMETHING SWEET

Available from 11:30am

	Sandhurst Member	Non Member
Choc Top - Vanilla or boysenberry (v)	\$7.2	\$8
Bramley Apple Pie - Salted caramel, vanilla ice cream (v)	\$13.5	\$15
Chocolate Brownie - Berry compote, fruits of the forest sorbet (v)	\$13.5	\$15
Affogato - Vanilla ice cream, espresso, choice of liqueur (v)	\$16.2	\$18
Handcrafted Parisian Macaron - strawberry, pistachio, passionfruit (gf)	\$5.4	\$6

## KIDS MEALS

Available from 11:30am

	Sandhurst Member	Non Member
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

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

Sandhurst Sparkling	\$9/\$35
Brown Brothers Prosecco Piccolo	\$12 btl
T'Gallant Prosecco	\$13/\$49
NV Balgownie Estate Premium Curvee	\$13/\$49

## WHITE WINE

2021 Counterpoint Rosé	\$10/\$37
Sandhurst Sauvignon Blanc	\$9/\$35
2023 St Huberts Stag Chardonnay	\$11/\$42
2023 Babich Sauvignon Blanc	\$14/\$52
2022 Malvern Park Pinot Grigio	\$10/\$38

## RED WINE

2021 Oscars Folly Pinot Noir, Yarra Valley VIC	\$12/\$44
Sandhurst Shiraz	\$9/\$35
2018 Tellurian Tranter Reserve Shiraz	\$14/\$59
2020 Jim Barry 'The Atherley' Cabernet Sauvignon	\$14/52

## 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
Carlton Dry	\$7.5	\$11
Stella Artois	\$8.5	\$12.8

# DRINKS MENU HEYDAYS



**CURRENT SPECIALS:**  
**WEDNESDAY**  
**BURGER + CHOC TOP \$25**

## SPIRITS (CAN)

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

## COCKTAILS

Espresso Martini	\$19
Cosmopolitan	\$19
Margarita	\$19
Aperol Spritz	\$19

## SOFT DRINK/WATER

Bundaberg Ginger Beer	\$6
<b>San Pellegrino</b>	
Sparkling Water 250ml	\$4.5
Sparkling Water 1ltr	\$10

<b>Soft Drink (600ml)</b>	
Coca Cola, Coca Cola No Sugar, Sprite	\$5
Powerade	\$5.5

<b>Soft Drink</b>	
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

<b>Milkshakes</b>	\$8
Chocolate, Strawberry, Blue Heaven	

<b>Smoothies</b>	
Tropical - Mango, yoghurt, pineapple juice	\$11
Berry - Mixed berries, yoghurt, cranberry juice	\$11

## HOT DRINKS

<b>Coffee Selection</b>	
Latte, Cappuccino, Flat White, Mocha, Long Black, Short Black, Piccolo, Espresso, Hot Chocolate, Chai Latte	
Cup	\$4.5
Mug	\$6

<b>Tea Selection</b>	
English Breakfast, Early Grey, Chamomile, Green Tea, Peppermint, Lemongrass & Ginger	

Tea Pot	\$5
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<b>Add On's</b>	
Cream, Milk (Oat, Almond, Lactose-Free, Soy)	\$1

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