

HEYDAYS



WEEKDAYS

BREAKFAST 9 - 11

ALL DAY MENU FROM 11

WEEKEND

BREAKFAST 9 - 2

ALL DAY MENU FROM 11

GRAB & GO

Muffin	\$6
Ask the crew for our daily selection	
Toasted Banana Bread	\$6
Butter	
Ham & Cheese Croissant	\$11
Butter, smoked ham, cheddar cheese	
Toastie	\$12
Honey smoked ham, cheddar cheese	
Egg Bacon & Cheese Roll	\$14
Toasted, tomato relish	
Sandwiches	\$10
Wraps	\$12
Fruit Salad Cups (gf)	\$12
Yoghurt & Granola Cup (gfo)	\$12
Gourmet Salads of the day (gfo)	\$12

BREAKFAST

Gluten Free Toast Available

Sourdough Toast	\$9
Choice of Jam, Vegemite, Honey	
Eggs Your Way	\$14
Poached/fried/scrambled, sourdough toast	
Big Breakfast	\$28
Poached eggs, sausage, bacon, potato hash, mushrooms, grilled tomato, sourdough toast	
Vegetarian Big Breakfast (V)	\$27
Avocado, spinach, beetroot falafel, potato hash, mushrooms, tomato, sourdough toast	
Smashed Avocado	\$27
Persian feta smoked salmon, tomato salsa, poached eggs, sourdough toast	
<i>Add Bacon, avocado, potato hash, sausage, mushrooms, tomato, salmon</i>	\$6

ALL DAY

FAVOURITES

Salt & Pepper Squid	\$23
Siracha mayonnaise, cherry tomato and rocket salad, lemon	
Caesar Salad (gfo)	\$21
Cos lettuce, bacon, parmesan, sourdough croutons.	
- Add chicken + \$4	
- Add prawns + \$9	
Thai Fried Rice	\$29
Tiger prawns, chilli, garlic, pineapple, Sambal, fried eggs, prawn crackers	
Half Roast Chicken (gf)	\$28
avocado, feta, beetroot falafel, honey balsamic dressing	
Spaghetti Pesto (v,ve)	\$27
Garlic, mushrooms, chilli, fresh herbs, EVOO	
Sandhurst Burger (gfo)	\$26
Angus beef, clubhouse sauce, chips	
Chicken Parmigiana	\$29
Napoli sauce, ham, basil, mozzarella, green salad, chips	
Fish and Chips	\$26
Beer battered flathead, tartare, lemon, green leaf salad	
Soup of The Day	\$14
Ask the crew for our daily selection	

SIDES

Chips	\$12
Aioli or tomato sauce	
Potato Wedges	\$14
Sweet chilli sauce, sour cream	
Heydays Salad	\$14
Leafy greens, tomato, avocado, cucumber, olives, feta, house dressing	



PIZZA

Gluten Free pizza bases and Vegan cheese available + \$5

Margherita	\$22
San Marzano tomato, fior di latte, mozzarella, parmesan, basil	
Hawaiian	\$24
San Marzano tomato, shaved leg ham, pineapple, mozzarella	
BBQ Chicken	\$25
Tomato, mozzarella, chicken, bacon, pineapple, BBQ sauce	
Hot n Spicy	\$25
San Marzano tomato, mozzarella, Italian sausage, Fior de latte	
Prosciutto	\$25
Mozzarella, cherry tomato, rocket, parmesan, San Daniele prosciutto, fior di latte	
Tiger	\$28
San Marzano tomato, mozzarella, tiger prawns, parsley, chilli flakes, garlic oil	

KIDS (12 & UNDER)

Pizza - Hawaiian or Margherita	\$17
Cheeseburger & Chips - Tomato sauce	
Fish & Chips - Tomato sauce	
Spaghetti - Napoli	
Nuggets & Chips - Tomato sauce	
<i>All kids meals are served with a choice of main, drink and ice cream with topping</i>	

Members enjoy 10% off all menu items. Simply show your member card.

A 10% surcharge applies on Sundays and a 15% surcharge applies on public holidays
Credit card transaction fees apply

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HOT

	Reg	Large
Espresso	\$4.50	
Piccolo	\$5	
Short Mac	\$5	
Long Mac	\$5	
Magic	\$5	
Latte	\$5	\$6
Cappuccino	\$5	\$6
Flat White	\$5	\$6
Long Black	\$5	\$6
Hot Chocolate	\$5	\$6
Mocha	\$5	\$6
Chai Latte	\$5	\$6
Dirty Chai	\$5	\$6

ICED

Iced Long Black	\$7
Iced Latte	\$8
Iced Coffee	\$9
Iced Chocolate	\$9
Iced Mocha	\$9
Iced Chai	\$9
Iced Dirty Chai	\$9

TEA

Tea Selection:	\$5
English Breakfast	
Earl Grey	
Chamomile	
Green Tea	
Peppermint	
Lemongrass & Ginger	

ADD ONS

Alternative Milk Options:	+ \$1
Almond, Oat	
Soy, Lactose Free	
Syrups:	+ \$1
Vanilla, caramel, Hazelnut	
Honey	+ \$1
Extra Shot	+ \$1



SMOOTHIE BAR \$14.40

Acai Activate Smoothie

Acai, Blueberries, Banana & Dates

Reboot Smoothie

Pineapple, Mango, Banana & Passionfruit

Vitality Smoothie

Strawberries, Mango, Raspberries & Goji Berries

SOFT DRINKS



GLASS

	Vanilla	Chocolate
Coke	\$5	\$5
Coke No Sugar	\$5	\$5
Sprite	\$5	\$5
Raspberry Lemonade	\$5	\$5

Lift/ Lemon Squash	\$5
Dry Ginger	\$5
Soda Water	\$5
Lime & Soda	\$5
Lemon, Lime, Bitters	\$5.50
Soda, Lime, Bitters	\$5

JUICE

Apple	\$6
Orange	\$6
Pineapple	\$6
Cranberry	\$6

BOTTLES

Water	\$4
Powerade	\$6
Coke / No Sugar Sprite	\$5.50
San Pellegrino (500ml)	\$6.70
San Pellegrino (1L)	\$11

MILKSHAKES

SMALL \$6 LARGE \$8

BEER



TAP

	POT	SCHOONER
Carlton Draft	\$7	\$10
Carlton Dry	\$7	\$10
Great Northern	\$7	\$10
Stone & Wood Pacific Ale	\$8	\$12

BOTTLES

Corona	\$10	Carlton Draft	\$9
Pure Blonde	\$8.50	Great Northern	\$9
Heineken 0.0	\$9	Victorian Bitter	\$9

CANS

WINE

SPARKLING & ROSE

	Glass	Bottle
Brown Brothers, Prosecco Piccolo, VIC		\$13
Rothbury Estate Sparkling, Cuvée, NSW	\$9	\$35
Counterpoint Rosé, SA	\$9	\$35

WHITE

Rothbury Estate Sauvignon Blanc, NSW	\$9	\$35
Catalina Sounds Sauvignon Blanc, NZ	\$14	\$65
Malvern Park Pinot Grigio, VIC	\$10	\$39
Forest Hill Chardonnay, Margaret River, WA	\$14	\$54
Willowglen Moscato, SA	\$9	\$35

RED

Rothbury Estate Shiraz Cabernet, NSW	\$9	\$35
Oliver's 'Taranga' Shiraz, McClaren Vale, SA	\$14	\$65
Montadam Cabernet Sauvignon, Eden Valley, SA	\$14	\$65
Sticks Pinot Noir, Vic	\$16	\$50

SPIRITS



Jack Daniels Whiskey & Cola Can	\$12.50
Jim Beam & Cola Can	\$12.50
Johnnie Walker and Cola Can	\$12.50
Gordan's Gin and Tonic Can	\$12.50
Sommersby Apple Cider Can	\$12.50
Canadian Club & Dry Can	\$12.50
Doozy Vodka Soda	\$17.50
Billison's Vodka Can	\$6

COCKTAILS



Curatif Espresso Martini	\$18
Curatif Tommy's Margarita	\$18
Curatif Pornstar Martini	\$18
Curatif Negroni	\$18
Curatif Pina Colada	\$18
Versa Limoncello Spritz	\$19