FOOD STATES

BREKKIES

Avo Toast 2 slices of sourdough toast with avo	35
Avo Special 2 slices of sourdough with avo, 2 eggs and bacon	60
Mince Brekkie Savoury mince on toast, 2 slices of white/brown of your choice, sourdough toast served with 2 eggs	55
French Toast Rich and delicious sourdough French toast, served with 2 rashers of crispy bacon with maple syrup on the side	38
Healthy Breakfast Tantalising yoghurt served on a bed of muesli and seasonal fresh fruit	45
The Junior 2 eggs done the way you like it with 2 rashers of crispy bacon, a grilled tomato and toast	45
Bacon & Egg Roll Served with a side portion of chips	40
Scrambled Egg on Toast Served with one slice of toast Add 2 rashers of bacon	30
Pancakes Butter 6 I Cheese 12 I Cinnamon & Sugar 10 I Lemon juice 6	25
The Crow This is the TRUE Breakfast of Champions! 2 eggs done the way you like it with 2 rashers of crispy bacon, mushrooms, grilled tomato, pork sausage and to	65 ast
Eggs Benedict 2 poached eggs, with 2 rashers of bacon Served on an English muffin topped with homemade Hollandaise sauce	60
Omelette 3 Eggs Choices of fillings: Cheese 14 Feta 14 Mushroom 12 Bacon 15 Tomato 10 Onion 10	25
Oats	30
Breakfast Wrap Scrambled egg, bacon, avo, tomato and chips	52
Plain Toast 2 slices of white, brown, sourdough served with jam,	25

honey or butter or peanut butter

LUNCH

Chicken Wrap Chicken wrap with tomato, lettuce, cheddar cheese and avo served with a choice of chips or side salad	55
Chicken Avo Salad Fresh, crispy lettuce with tomato, feta, sliced avo with a choice of chicken or tuna.	60
Plate of Chips	35

BURGERS

The Ironman Burger A juicy 200g grilled chicken or b	55 eef patty
The Taplin Burger A juicy 200g grilled chicken or b cheese, lettuce, tomato and grill	
Bacon & Avo Burger A juicy 200g grilled chicken or b avo, cheese, lettuce and tomato	
All burgers are served with a ch	oice of chips or a green

TOASTIES

Cheese	35
Cheese & Tomato	38
Cheese & Bacon	40
Cheese/ Bacon & Mushroom	50
Chicken Mayo	48
Bacon/ Egg & Cheese	50
Bacon & Egg 40 All toasties are served with a side of chips. You have the option of white/brown or sourdough bread for your toastie.	
CROW TE	REATS

Brownies	18
Muffins	18



HOT DRINKS

Single Cappuccino 28 A single shot of espresso and hot creamy steamed milk 35 **Double Cappuccino** A double shot of espresso and hot creamy, steamed milk **Red Cappuccino** 36 Cafe Latte 32 A single shot of espresso and hot creamy, steamed milk, topped with soft froth, served by the glass Cortado 28 Double espresso with a dash of hot, creamy, steamed milk, topped with soft froth 35 **Flat White** A double shot of espresso with hot creamy, steamed milk and a dash of soft froth Chai Latte 32 Spiced tea with hot, creamy, steamed milk, topped with soft froth Single Americano 24 Served with hot or cold milk **Double Americano** 27 Served with hot or cold milk **Filter Coffee** 20 Served with hot or cold milk **Double Espresso** 22 Double shot of espresso Chocochino 35 **Hot Chocolate** 32 Ice Coffee 34 Ice Chocolate 34 **Five Roses Tea** 22 A pot of the best English tea Rooibos Tea 22 Homegrown rooibos tea originating from our beautiful country, South Africa.

SOFT DRINKS

Coke Light / Coke Zero / Fanta / Cream Soda / Sprite) /
Sprite Zero / Spaberry	17
Ginger Ale / Dry Lemon / Lemonade / Tonic Water (200ml)	16
Red Bull	27
Ice Tea (Lemon / Peach)	18
Appletizer/Grapetizer	22
Bottled Still Water	14
Sparkling Water	15
Energade	20
Venga	24
Lemonlicious	22
Super M	18

FRESH JUICES

On a juice cleanse? Try our delicious, healthy juices and recipes made from fresh fruits and vegetables.

recipes made from fresh fruits and vegetab	les.	
;	300ml	500ml
Rainbow Juice Beetroot, Ginger, Carrot & Apple	30	40
Apple, Carrot & Ginger	28	38
Freshly Squeezed Apple Juice	24	30
SMOOTHIES Mixed Berries		40
Strawberries, Blueberries, Raspberries		40
Peanut Butter & Banana		40
Healthy Breakfast		40
Yoghurt, Muesli and seasonal fresh fruit		

CROWBAR HISTORY

Namara Coffee Beans 1kg

Robert Hamilton Tait, at the age of 17, did his last duty on 8th June 1969 and thus, served the club going on 11 years. He was awarded life membership in 1966. Affectionately known as "CROW", Robbie was everthing a good member should be. He was the founder of the Club Sunday evening social sessions and from this the "Crow Bar" became a way of life in the Club. His death was a truly great loss to all, and hence we have named our awesome cafe in memory of him.



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