

SALADS and MAINS

Vietnamese Chicken Salad \$21.5 *gf/df*

Coconut milk and lemongrass poached chicken breast served chilled, with crisp salad, glass noodles, fresh mint and coriander, topped with chilli roasted cashew nuts

Poke Bowl \$22.5 *gf/df*

A super fresh bowl of edamame, cucumber, avocado, carrot, radish, fine diced tomato and onion, lettuce. A light miso dressing and mixed sesame seeds
Served with five spice pork belly
Swap pork to different protein - grilled haloumi or smoked Salmon or Hot smoked trout

Karaage chicken \$21.5 *gf/df*

Soy and ginger marinated chicken tenderloins deep-fried. A fresh salad with bean shoots, pickled ginger, radish, cucumber, truss cherry tomatoes and Spanish onions, Japanese mayo

Beef Carne Asada \$23 *df*

Herb and citrus marinated steak seared on the grill
Served to you sliced with tortillas, avocado, salsa and fresh coriander

Macadamia, Citrus and Herb Crusted Barramundi \$25.5 *dfa*

Oven baked fish. Served on an broccolini, Pearl cous cous, parsley and caperberry salad

Fish Tacos \$20 *df*

Four soft tacos, battered flathead goujons, house made tartare and salsa

Grilled Cheese and Bacon burger \$22 *gfa*

Our secret recipe 180gram beef and lamb pattie, smoky bacon, triple decker of cheese, cos lettuce, sliced tomato, American mustard, ketchup, aioli and pickles served with fries

Sweet Potato Fries *gf/df*

Side \$5 Bowl \$10 with chipotle sauce

Shoe-String Fries *gf/df*

Side \$4 Bowl \$8 served with aioli

BREAKFAST @ LUNCH

Green Fritters \$21 *v*

Chunky kale, broccoli, asparagus and feta fritters, served with a capsicum compote, hung yoghurt and leaves
Add haloumi or smoked salmon \$6 OR Bacon or two eggs \$5

Eggs Benedict \$19 *gfa*

All the goodness of house-made hollandaise sauce, two poached eggs and toasted sourdough
-Served with crispy bacon, or
- Cold hot smoked trout or smoked salmon
-Wilted spinach and garlic mushroom

Açai Bowls small \$14 regular \$17 *gfa/df*

with house-made granola, seasonal fruits and berries OR peanut butter and almond cashew clusters

Raspberry and White Chocolate Hot Cake \$19

Drizzled with maple syrup, a scoop of vanilla ice cream and toasted coconut shards

Fuel's Smashed Avocado \$16 *gfa/dfa*

Toasted pumpkin bread topped with our chunky zesty avocado, Danish feta and pistachio dukkha
Add to this meal from the breakfast extras list

Kids Meals All Day gfa/dfa

Cheese toasty with hash browns \$10

Bacon and egg with toast \$10

Pancakes with maple and vanilla ice cream \$12

Two slices of white toast and avocado \$8

Two slices of toast and nutella \$6

Lunch time from 11.30am

Chees toasty with fries \$10

Karrage chicken and fries \$13

Fish, fries and salad \$13