

The background is a white page with a large, irregular teal splash in the center. Scattered around the splash are various black and white line drawings of food items: a taco in the top left, a burger in the top right, coffee beans, a coffee cup on a saucer in the middle right, french fries in the bottom left, a sandwich in the bottom right, and several cookies. There are also some teal dots and lines connecting some of the elements.

Baldivis

Indoor Sports Complex

Cafe menu

Food Menu

● Deal: add 600ml water to any food order for \$2

Breakfast

7.30am – 11am

- **Breakfast wrap** \$10.00
Two hash browns, bacon, egg, spinach and tomato chutney
- **Veggie breakfast wrap** \$9.00
Two hash browns, scrambled eggs with tomato, spinach and tomato chutney
- **Breakfast waffles** \$10.50
Three mini waffles, greek yoghurt and seasonal fruits
- **Bacon and egg roll** \$9.00
Milk bun with bacon and fried egg
- **Toast [GFO]** \$5.50
Two slices white or wholemeal toast with butter and jam/marmalade
- **Eggs on toast [GFO]** \$9.50
Two slices white or wholemeal toast with two eggs (poached, fried or scrambled)
- **Fruit toast [GFO]** \$6.00
Two slices with butter
- **Ham and cheese croissant** \$8.00
Toasted croissant with ham and cheese

Lunch

11am – 2pm

- **Fish and chips [GFO]** \$15.00
Battered fish with medium size chips, side salad, tartare sauce and lemon wedge
- **Beef burger** \$10.00
Milk bun, burger patty and salad add chips \$5.50
- **Chicken burger** \$11.50
Milk bun, chicken patty and salad add chips \$5.50
- **Chickpea and lentil burger [GFO, VO]** \$10.50
Milk bun, chickpea and lentil add chips \$5.50
patty and salad
- **Sweet chilli chicken wrap [GFO, VO]** .. \$10.00
Two chicken strips, salad add chips \$5.50
and sweet chilli sauce
- **Cauliflower popcorn** \$10.00
Battered cauliflower bites with sweet chilli and aioli dip
- **Simply cheese pizza** \$9.50
9" cheesy pizza with Italian tomato sauce and mozzarella cheese
- **Waffles** \$10.50
Three mini waffles, vanilla add strawberries \$1.00
ice-cream and maple syrup add banana \$1.00
- **Sandwiches/wraps/toasties** from \$8.00
Please ask staff for available fillings
- **Large chips [GFO]** \$8.00
add sauce/gravy 70c

Evening

3.30pm – close

- **Large chips [GFO]** \$8.00
add sauce/gravy 70c
 - **Six chicken nuggets [GFO]** \$6.00
● add salad \$4.00
● add medium chips \$5.50
 - **Six fish nuggets** \$6.50
● add salad \$4.00
● add medium chips \$5.50
 - **Simply cheese pizza** \$9.50
9" cheesy pizza with Italian tomato sauce and mozzarella cheese
 - **Sweet chilli chicken wrap [GFO, VO]** \$10.00
Two chicken strips, salad add chips \$5.50
and sweet chilli sauce
- + Kids lunch menu

Gluten free option – **GFO**

Vegan option – **VO**

Please refer to back of menu for Traffic Light System information

Drinks Menu

- Add syrup \$1
 - Vanilla
 - Hazelnut
 - Caramel

Coffee

Small \$4.50 | Medium \$5 | Extra shot 50c

- | | |
|---------------|-----------------------|
| ● Flat white | ● Espresso |
| ● Latte | ● Macchiato |
| ● Cappuccino | S ● M ● Hot chocolate |
| ● Long black | S ● M ● Chai latte |
| ● Short black | |

- **Babyccino**\$2.20

Dirty chai latte Small \$4.70
 Medium \$5.20

Mocha Small \$4.70
 Medium \$5.20

Iced drinks

- **Iced latte**\$6.00
 Coffee, ice and milk

- **Iced chai**\$6.00
 Chai, ice and milk
 ● add ice-cream \$1.00
 ● add cream 50c

- **Iced mocha**\$7.50
 Coffee, chocolate milk, ice, ice-cream and cream

- **Iced coffee**\$7.50
 Coffee, ice, milk, ice-cream and cream

- **Iced black**\$4.00
 Double coffee shot on ice

● (Change milk from whole to almond, oat, lactose or soy 50c)

Teas

- **English breakfast**

Pot for one \$3.50

Pot for two \$4.50

Takeaway \$3.50

- **Herbal tea:** a choice of Peppermint, Green, Chamomile and Earl Grey

Pot for one \$4.50

Pot for two \$5.50

Takeaway \$4.50

Smoothies and Shakes

Smoothies:(all dairy free)

- **Banana and strawberry** \$6.50

- **Banana and mango** \$6.50

- **Mixed berry** \$6.50

Shakes:

- **Chocolate** \$6.50
 Chocolate ice-cream, milk and cream with chocolate sprinkles

- **Vanilla** \$6.50
 Vanilla ice-cream, milk and cream with sprinkles and a cherry
 (lactose free option \$7.50)

- **Strawberry** \$6.50
 Strawberry ice-cream, milk and cream with strawberry sauce

Kids Menu

Breakfast

7.30am – 11am

- **Egg on toast [GFO]**\$5.50
 One slice white or wholemeal toast with one egg (poached, fried or scrambled)

- **Mixed fruit and yoghurt**\$5.00
 Vanilla yoghurt with seasonal fruits

- **Kids sandwich and toasties**from \$5.00
 Choose from jam, vegemite, cheese or ham

- **Waffles**\$8.50
 Two mini waffles with vanilla ice-cream and choice of chocolate or strawberry sauce

Lunch/evening

11am – close

- **Simply cheese pizza**\$6.50
 6" cheesy pizza with Italian tomato sauce and mozzarella cheese

- **Four chicken nuggets [GFO]**\$4.00
 ● add salad \$2.50
 ● add small chips \$4.00

- **Four fish nuggets**\$4.50
 ● add salad \$2.50
 ● add small chips \$4.00

Please refer to back of menu for Traffic Light System information

What is the Traffic Light System?

Have you noticed the coloured dots next to food choices on this menu?

The traffic light system is a simple way to rate foods and drinks. Foods are rated as green, amber or red based on their nutritional value.



Green foods are the healthiest, with lots of healthy vitamins and minerals and not a lot of unhealthy fat, salt or sugar.

Amber foods still have some good nutrients but can be higher in fat, salt or sugar and should only be eaten every now and then.

Red foods are those that are not good for our body, with less nutrients and the highest amount of fat, salt and sugar.

Eating too much fat, salt and sugar can lead to weight gain and obesity. People who eat lots of these foods have a higher risk of diabetes, heart disease or cancer.

We should all be trying to reduce the amount of unhealthy foods that we eat. Baldivis Indoor Sports Complex is committed to providing better choices on the menu and helping the community to continue to be happy and healthy.

