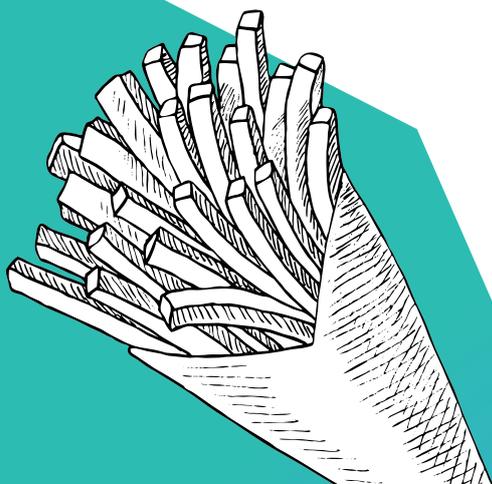
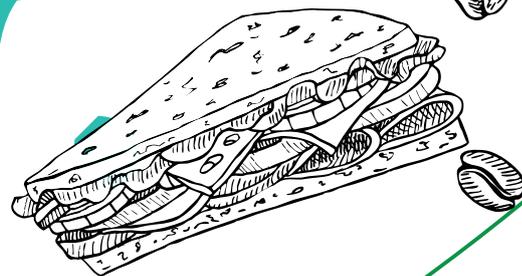




# Baldivis

Indoor Sports Complex

Cafe menu



# Food Menu

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

## Breakfast

7.30am – 11am

- **Breakfast wrap** ..... \$11.00  
Two hash browns, bacon, egg, spinach and tomato chutney
- **Veggie breakfast wrap** ..... \$9.50  
Two hash browns, scrambled eggs with tomato, spinach and tomato chutney
- **Avo and eggs** ..... \$11.00  
Two slices of sourdough toast with avocado, two poached eggs. Topped with feta and cherry tomatoes
- **Bacon and egg roll** ..... \$9.50  
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]** ..... \$10.00  
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** ..... \$8.50  
Toasted croissant with ham and cheese

## Lunch and Evening

11am – 2pm

3.30pm – Close

- **Fish and chips [GFO]** ..... \$15.50  
Battered fish with medium size chips, side salad, tartare sauce and lemon wedge
- **Beef burger** ..... \$11.00  
Milk bun, burger patty and salad      add chips \$6.00
- **Chicken burger** ..... \$12.00  
Milk bun, chicken patty and salad      add chips \$6.00
- **Chickpea and lentil burger [GFO, VO]** \$11.00  
Milk bun, chickpea and lentil      add chips \$6.00  
patty and salad
- **Sweet chilli chicken wrap [GFO, VO]**.. \$11.00  
Two chicken strips, salad      add chips \$6.00  
and sweet chilli sauce
- **Six chicken nuggets [GFO]** ..... \$6.50  
add salad \$4.00  
add medium chips \$6.00
- **Cauliflower popcorn** ..... \$10.00  
Battered cauliflower bites with sweet chilli and aioli dip
- **Simply cheese pizza** ..... \$10.00  
9" cheesy pizza with Italian tomato sauce and mozzarella cheese  
● add pineapple \$0.50      ● add pepperoni \$1.00  
● add tomato \$0.50      ● add ham \$1.00
- **Chicken schnitzel and chips** ..... \$15.50  
Chicken schnitzel with medium chips, side salad and tomato sauce
- **Sandwiches/wraps/toasties** ..... from \$8.50  
Please ask staff for available fillings
- **Family chips [GFO]** ..... \$8.50  
add sauce/gravy \$1.00
- **Small chips [GFO]** ..... \$4.00

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 \$5   Medium \$5.50   Extra shot 50c	
● Flat white	● Espresso
● Latte	● Macchiato
● Cappuccino	S ● M ● Hot chocolate
● Long black	S ● M ● Chai latte
● Short black	S ● M ● Matcha latte

- **Babyccino** .....\$2.20
- Dirty chai latte** ..... ● Small \$5.20  
 ● Medium \$5.70
- Mocha** ..... ● Small \$5.20  
 ● Medium \$5.70

## Iced drinks

- **Iced latte** .....\$7.00  
 Coffee, ice and milk
- **Iced chai** .....\$7.00  
 Chai, ice and milk ● add ice-cream \$1.00  
 ● add cream 50c
- **Iced mocha** .....\$8.00  
 Coffee, chocolate milk, ice, ice-cream and cream
- **Iced coffee** .....\$8.00  
 Coffee, ice, milk, ice-cream and cream
- **Iced black** .....\$5.50  
 Double coffee shot on ice
- **Iced matcha** .....\$7.00  
 Matcha, ice and milk

## 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** ..... \$7.00
- **Banana and mango** ..... \$7.00
- **Mixed berry** ..... \$7.00

### Shakes:

- **Chocolate** ..... \$7.00  
 Chocolate ice-cream, milk and cream with chocolate sprinkles
- **Vanilla** ..... \$7.00  
 Vanilla ice-cream, milk and cream with sprinkles and a cherry  
 (lactose free option \$7.50)
- **Strawberry** ..... \$7.00  
 Strawberry ice-cream, milk and cream with strawberry sauce
- (Change milk from whole to almond, oat, lactose or soy 50c)

## Kids Menu

### Breakfast

7.30am – 11am

- **Egg on toast [GFO]** .....\$6.00  
 One slice white or wholemeal toast with one egg (poached, fried or scrambled)
- **Mixed fruit and yoghurt** .....\$5.50  
 Vanilla yoghurt with seasonal fruits
- **Waffles** .....\$9.00  
 Two mini waffles with vanilla ice-cream and choice of chocolate or strawberry sauce

### Lunch and Evening

11am – 2pm 3.30pm – close

- **Popcorn chicken and chips** ..... \$10.00  
 Six pieces of popcorn chicken and chips ● or salad ●
- **Mini Burger and chips** ..... \$10.00  
 Mini beef burger with tomato sauce and small chips ● or salad ●
- **Hotdog and chips** ..... \$10.00  
 Hotdog in a roll with tomato sauce with small chips ● or salad ●

## 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.

