

## BREAKFAST

### BACON & EGG ROLL 12.00

CRISPY BACON & A FRIED EGG  
SERVED ON A TOASTED POTATO BUN

### LOADED BREAKFAST ROLL 14.50

HASH BROWN, CRISPY BACON, FRIED  
EGG & BABY SPINACH SERVED ON A  
TOASTED POTATO BUN

### BREAKFAST BURRITO 16.80

TOASTED TORTILLA FILLED WITH  
SAUSAGE, SCRAMBLED EGG, CHEESE,  
FRESH AVOCADO & TOMATO SALSA

### SMOOTHIE BOWL 16.50

ACAI OR MANGO SORBET SERVED WITH  
GRANOLA, COCONUT FLAKES &  
SEASONAL FRUIT

## BAGELS

NEW YORK STYLE BAGELS TOASTED AND TOPPED  
WITH THE FRESHEST INGREDIENTS

### SMASHED AVO BAGEL 15.50

A GENEROUS SERVING OF SMASHED &  
SLICED AVOCADO, FETA AND CHERRY  
TOMATOES, FINISHED WITH A  
SPRINKLE OF DUKKAH SPICE & A  
DRIZZLE BALSAMIC GLAZE

### SMOKED SALMON BAGEL 16.50

CREAM CHEESE, LETTUCE, JUICY  
TOMATO AND SMOKED SALMON, TOPPED  
WITH A SPRINKLE OF CAPERS &  
HOLLANDAISE SAUCE



## MENU

### BURGERS

ALL SERVED ON A TOASTED POTATO BUN

### THE SANDS BURGER 15.00

BEEF BRISKET PATTY, CHEESE, TOMATO,  
LETTUCE, ONION RELISH, PICKLES

### SOUTHERN FRIED CHICKEN BURGER 15.00

BUTTERMILK FRIED CHICKEN, CHEESE,  
TOMATO, LETTUCE, HONEY MUSTARD SLAW

### BEACHED AS BURGER 15.00

CRISPY BATTERED BARRAMUNDI, TOMATO,  
LETTUCE & TARTARE SAUCE

### LOADED VEGGIE BURGER 15.00

IN-HOUSE VEGGIE PATTY, TOMATO,  
LETTUCE, AVOCADO, TOMATO RELISH



ADD CHIPS TO BURGERS 4.00

## LUNCH

### SOURDOUGH TOASTIE 9.80

HAM, SWISS CHEESE, TOMATO  
CHICKEN +3.00  
AVOCADO +3.00

CHOOSE YOUR SAUCE:

HONEY MUSTARD | AIOLI | TOMATO RELISH

### ROSIE'S REUBEN SANDWICH 16.50

TOASTED SOURDOUGH SANDWICH FILLED WITH  
SLOW-COOKED CORNED BEEF, SWISS CHEESE,  
SAUERKRAUT AND RUSSIAN DRESSING

### FISH & CHIPS 17.00

CRISPY BATTERED BARRAMUNDI SERVED  
WITH CHIPS, LEMON AND TARTARE SAUCE

### HOT CHIPS

SMALL 6.00

LARGE 10.00



## NIPPERS JUNIOR MEALS

GROMMET BURGER 7.50

CHICKEN NUGGETS (3) 7.50

FISH BITES (3) 7.50

ALL JR MEALS COME WITH CHIPS AND A DRINK  
YOUR CHOICE OF POP-TOP OR WATER

## ADD-ONS

CHEESE 1.50 EGG 1.50

TOMATO 2.50 HASH BROWN 3.00

AVOCADO 3.00 BACON 3.00

## SMOOTHIES 8.90

### SUNRISE (DF)

STRAWBERRY, MANGO, KIWI FRUIT & PINEAPPLE

### TROPICAL (DF)

MANGO, PINEAPPLE & PASSIONFRUIT

### MANGO

MANGO, BANANA, YOGHURT & MILK

### BANANA

BANANA, HONEY, YOGHURT & MILK

### ACAI (DF)

ACAI PULP & BANANA



## COLD DRINKS

|             | SML  | LGE  |
|-------------|------|------|
| MILKSHAKES  | 6.90 | 7.90 |
| THICKSHAKES | 7.50 | 8.50 |
| FRAPPES     | ---- | 7.50 |

### FLAVOURS:

|            |         |
|------------|---------|
| Chocolate  | Caramel |
| Banana     | Vanilla |
| Strawberry | Coffee  |

## DRINKS MENU

### HOT DRINKS

|               | SML  | LGE  |
|---------------|------|------|
| CAPPUCINO     | 4.50 | 5.50 |
| CAFE LATTE    | 4.50 | 5.50 |
| FLAT WHITE    | 4.50 | 5.50 |
| LONG BLACK    | 4.50 | 5.50 |
| HOT CHOCOLATE | 5.00 | 6.00 |
| MOCHA         | 5.00 | 6.00 |
| CHAI LATTE    | 5.00 | 6.00 |
| DIRTY CHAI    | 5.50 | 6.50 |
| TEA           | ---  | 5.00 |

### ONE SIZE

|                              |          |
|------------------------------|----------|
| BABYCINO                     | 2.00     |
| SHORT BLACK                  | 4.00     |
| PICCOLO                      | 4.00     |
| MACCHIATO                    | 4.00     |
| SYRUPS                       | ADD 0.50 |
| Caramel   Hazelnut   Vanilla |          |

|                |          |
|----------------|----------|
| ALTERNATE MILK | ADD 0.70 |
| Oat            |          |
| Almond         |          |
| Soy            |          |
| Lactose-Free   |          |



## FRESH JUICES 8.90

### SUNSETS & SIESTAS

ORANGE, PINEAPPLE AND WATERMELON

### TROPICAL DELIGHT

ORANGE, PINEAPPLE, STRAWBERRY, CARROT AND GINGER

### GARDEN OF EDEN

APPLE, GINGER AND LEMON

### GREEN MACHINE

KALE, CUCUMBER, APPLE, LEMON, CELERY AND PEAR



## ICED OPTIONS 7.50

|                 |
|-----------------|
| ICED LONG BLACK |
| ICED LATTE      |
| ICED COFFEE     |
| ICED MOCHA      |
| ICED CHOCOLATE  |
| ICED CHAI       |