

# ALL-DAY MENU

# HEYDAYS



## OPENING HOURS

**Sunday - Thursday**  
7:00am - 4:00pm (Kitchen closes at 3:00pm)

**Friday - Saturday**  
7:00am - 8:00pm (Kitchen closes at 7:30pm)

## GRAB AND GO

Available 7am - 3pm

	Sandhurst Member	Non Member
<b>Cookies</b> - Selection varies daily	\$4.5	\$5
<b>Muffin</b> - Selection varies daily	\$5.4	\$6
<b>Toasted Banana Bread</b> - Butter	\$7.2	\$8
<b>Ham &amp; Cheese Croissant</b>	\$9.9	\$11
<b>Toasted Egg &amp; Bacon Roll</b> - Cheese, tomato relish	\$12.6	\$14
<b>Toasted Chibatta Roll</b> - Deluxe smoked ham, provolone	\$10.8	\$12
<b>Sandwiches</b> - Selection varies daily	\$9	\$10
<b>Wraps</b> - Selection varies daily	\$10.8	\$12

## RISE AND SHINE

Available 9am - 3pm

	Sandhurst Member	Non Member
<b>Sourdough Toast</b> - Choice of jam, vegemite, honey	\$8.1	\$9
<b>Eggs Your Way</b> - Poached/fried/scrambled, sourdough toast (v, gfo)	\$12.6	\$14
<b>John Daly</b> - Poached eggs, sourdough toast, bacon, potato hash, pork & fennel sausage, mushrooms, grilled tomato	\$26.1	\$29
<b>Vegetarian Big Breakfast</b> - Beetroot falafel, sourdough toast avocado, spinach, potato hash, mushrooms, grilled tomato (gfo)	\$23.4	\$26
<b>Smashed Avo</b> - Persian fetta, smoked salmon sampari tomato salsa, poached eggs, sourdough toast (gfo)	\$24.3	\$27
<b>Breaky Waffle</b> - Apple, apricot compote, strawberries, butterscotch custard, vanilla bean ice cream	\$20.7	\$23
<b>Extras</b> - Tomato, Potato Hash, Avocado	\$4.5	\$5
Mushrooms, Bacon	\$5.4	\$6
Smoked Salmon	\$6.3	\$7



## KIDS MEALS (UNDER 12)

Available from 11:30am

	Sandhurst Member	Non Member
<b>Pizza</b> - Hawaiian / Margherita	\$15.3	\$17
<b>Cheeseburger &amp; Chips</b> - Tomato sauce	\$15.3	\$17
<b>Battered Fish &amp; Chips</b> - Tomato sauce	\$15.3	\$17
<b>Spaghetti</b> - Napoli	\$15.3	\$17
<b>Nuggets &amp; Chips</b> - Tomato sauce	\$15.3	\$17

All kids meals come with a choice of post mix drink and ice cream with topping  
Choice of coke, coke no sugar, sprite, raspberry sprite, lift, apple & orange juice

## ALL THE CLASSICS

Available from 11:30am

	Sandhurst Member	Non Member
<b>Salt &amp; Pepper Squid</b> - Sriracha mayonnaise, cherry tomato & rocket salad, lemon	\$19.8	\$22
<b>Chicken Caesar Salad</b> - Cos lettuce, bacon, parmesan, poached egg, sourdough croutons, caesar dressing	\$27	\$30
<b>Calzone Bomba</b> - Mozzarella, pork sausage, bacon, eggs, cracked pepper, pecorinco, rocket salad	\$23.4	\$26
<b>Za'atar Roasted Pumpkin Salad</b> - Organic peruvian quinoa, beetroot falafel, avocado, baby beats, goat's cheese, balsamic (veo, gf)	\$27	\$30
<b>Butternut Pumpkin &amp; Sage Ravioli</b> - Baby spinach, semi-dried tomato, parmesan, evoo (v)	\$26.1	\$29
<b>Chicken Scallopini</b> - Seasonal greens, smashed new potatoes, mushroom sauce	\$28.8	\$32
<b>Chicken Parmigiana</b> - Napoli sauce, parma ham, basil, mozzarella, green leaf salad, chips	\$26.1	\$29
<b>Spaghetti Carbonara</b> - Double-smoked bacon, egg, black pepper, parmesan, evoo (gfo)	\$26.1	\$29
<b>Fish &amp; Chips</b> - Beer battered flathead, tartare, lemon, green leaf salad, chips	\$25.2	\$28
<b>Grilled Humpty Doo Barramundi</b> - Green leaf salad, tartare, lemon, chips	\$35.1	\$39
<b>Malaysian Kapitan Chicken Curry</b> - Fried egg, steamed jasmine rice, mango chutney	\$26.1	\$29
<b>Ricky Fowler</b> - Chicken schnitzel, ciabatta, provolone, lettuce, avocado, tomato, mayo, chips (gfo)	\$26.1	\$29
<b>Steak Sanga</b> - Minute steak, ciabatta, calabrese salami, provolone, roasted peppers, rocket, aioli, chips (gfo)	\$26.1	\$29
<b>Back Nine Burger</b> - Angus patty, bacon, cheddar cheese, lettuce, tomato, special sauce, chips (gfo)	\$23.4	\$26
<i>Gluten friendly buns/bread available</i>	+\$4.5	+\$5

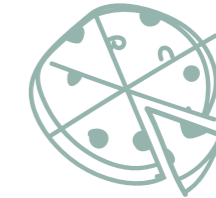
## SIDE PLATES

Available from 11:30am

	Sandhurst Member	Non Member
<b>Chips</b> - Aioli or tomato sauce (v)	\$10.8	\$12
<b>Wedges</b> - Sweet chilli sauce, sour cream (v)	\$12.6	\$14
<b>HeyDays Salad</b> - Mixed leafy greens, gourmet tomato, cucumber, olives, feta, house dressing (gf, v)	\$12.6	\$14

## HANDCRAFTED PIZZAS

Available from 11:30am



	Sandhurst Member	Non Member
<b>Cheesy Garlic or Herb Focaccia</b> (v)	\$14.4	\$16
<b>Margherita</b> - San Marzano tomato, fior di latte, parmesan, basil, evoo (v, veo)	\$21.6	\$24
<b>Charlise</b> - Mozzarella, confit potato, italian sausage, blue cheese, pecorino, parsley (vo)	\$23.4	\$26
<b>Hawaiian</b> - San Marzano tomato, shaved leg ham, pineapple, mozzarella	\$23.4	\$26
<b>Capricciosa</b> - San Marzano tomato, mozzarella, ham, mushroom, artichoke, olives, oregano	\$26.1	\$29
<b>Prosciutto</b> - San Marzano tomato, mozzarella, San Daniele prosciutto, rocket, fior di latte	\$26.1	\$29
<b>Calabrese</b> - San Marzano tomato, mozzarella, hot salami, mushrooms, olives, chilli	\$24.3	\$27
<b>Primavera</b> - Mozzarella, capsicum, potato, eggplant, rocket, balsamic (v, veo)	\$23.4	\$26
<b>Tiger</b> - San Marzano tomato, mozzarella, tiger prawns, parsley, chilli flakes, garlic oil	\$28.8	\$32
<b>Zucca</b> - Pumpkin cream, mozzarella, hot salami, blue cheese, basil pesto, sage (vo)	\$25.2	\$28
<i>Gluten friendly base &amp; vegan cheese available</i>	+\$4.5	+\$5

## SOMETHING SWEET

Available from 11:30am

	Sandhurst Member	Non Member
<b>Apple Waffle</b> - Butterscotch custard, berry compote, vanilla bean ice cream (v)	\$14.4	\$16
<b>Flourless Caca Cara Orange Cake</b> - Apricot compote, chocolate ice cream, strawberries (v, gf)	\$14.4	\$16
<b>Chocolate Hazelnut Baci</b> - Mixed berry compote, chantilly cream (v)	\$17.1	\$19
<b>Affogato</b> - Vanilla ice cream, espresso, choice of liqueur (v)		

To ensure the highest quality and consistency of our dishes, Heydays maintains a no substitutions policy on our all-day menu.

HeyDays is not a gluten-free restaurant & cannot ensure cross contamination will not occur. v - vegetarian | vo - vegetarian option | gf - gluten friendly | gfo - gluten friendly option | ve - vegan | veo - vegan option

A surcharge of 15% applies on public holidays. If paying by credit card, a 1.25% surcharge for Visa/Mastercard and a 2.55% surcharge for AMEX will apply

## SPARKLING

NV Rothbury Estate Sparkling Cuvée, Pokolbin Hunter Valley NSW	\$9/\$35
T Gallant Prosecco, Main Ridge Mornington VIC	\$13/\$49
NV Balgownie Estate Premium Cuvée, Yarra Valley VIC	\$15/\$57

## WHITE WINE

2024 Hartogs Moscato, Forest Grove WA	\$9/\$35
2023 Pewsey Vale Estate Riesling, Eden Valley SA	\$15/\$54
2021 Counterpoint Rosé, Angaston SA	\$10/\$37
2024 Sandhurst Club Sauvignon Blanc, SA	\$9/\$35
2023 Babich Black label Sauvignon Blanc, Marlborough NZ	\$15/\$54
2023 St Huberts Stag Chardonnay, Coldstream Yarra Valley VIC	\$12/\$44
2022 Malvern Park Pinot Grigio, Thornhill Park VIC	\$10/\$39



## RED WINE

2021 Oscars Folly Pinot Noir, Coldstream Yarra Valley VIC	\$13/\$48
2021 Maxwell Silver Hammer Shiraz, McClaren Vale SA	\$15/\$54
2024 Rothbury Estate Shiraz Cab, Pokolbin Hunter Valley NSW	\$9/\$35
2020 Jim Barry The Atherley Cabernet Sauvignon, Clare Valley SA	\$15/\$55
2022 Wynns The Gables Cabernet Sauvignon, Coonawarra SA	\$12/\$44

## BEER - BOTTLE/CAN

Heineken 0.0	\$8
Carlton Draught	\$8
Great Northern	\$8
Corona	\$10
Cascade Light	\$7.5
Pure Blonde	\$8.3
Hahn Superdry GF	\$8.3
Victoria Bitter	\$8

## BEER - FROM THE TAP

	Pot	Sch
Carlton Draught	\$7.75	\$11.4
Great Northern	\$7.5	\$10.3
Stone & Wood	\$8.75	\$13.2
Jetty Road Lager	\$7.75	\$11.4

All Sandhurst Club Members receive 10% off beverage purchases.

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## DRINKS MENU

# HEYDAYS



## SPIRITS (CAN)

Jack Daniels	\$12.5
Jim Beam	\$12.5
Canadian Club & Dry	\$12.5
Bundaberg Rum	\$12.5
Monteith's Apple Cider	\$12.5

## COCKTAILS

Espresso Martini - Kahlua, espresso, vodka, sugar syrup	\$19
Cosmopolitan - Vodka, triple sec, cranberry juice, lime juice	\$19
Margarita - Tequila, triple sec, lime juice, salted rim	\$19
Aperol Spritz - Aperol, prosecco, soda water, orange wheel	\$19
Fruit Tingle - Blue curacao, vodka, lemonade, raspberry	\$19
Limoncello Spritz - Limoncello, prosecco, soda water, lemon twist	\$19

## MOCKTAILS

Tropical Punch - Layered juices with a splash of raspberry	\$13
Cranberry Spritz - Cranberry juice, soda water, fresh mint & lime	\$13

## SOFT DRINK/WATER

Bundaberg Ginger Beer	\$6
<b>San Pellegrino</b>	
Sparkling Water 250ml	\$5
Sparkling Water 1ltr	\$10
<b>Soft Drink (600ml)</b>	
Coca Cola, Coca Cola No Sugar, Sprite	\$5.5
Powerade	\$6
<b>Soft Drink</b>	
Coke, Coke No Sugar, Sprite, Raspberry Sprite, Lift	
Glass	\$5.5
Jug	\$18



## COLD DRINKS

Hand-made Iced Tea - lemon, lime, mint	\$8
Iced Coffee, Iced Mocha, Iced Chocolate, Iced Chai	\$8
Iced Latte	\$7
<b>Milkshakes</b>	
Chocolate, Strawberry, Blue Heaven, Vanilla	\$8

### Smoothies

Tropical - Mango, Greek yoghurt, pineapple juice	\$11
Berry - Mixed berries, Greek yoghurt, cranberry juice	\$11
Green - Avocado, kale, spinach, Greek yoghurt, honey, ginger, almond milk	\$11
Add protein to your smoothie	+\$3

### Freshly Squeezed Juices

Straight Up - Choice of orange or apple	\$9
Birdie Bliss - Orange, apple, pineapple	\$10
Eagle Elixir - Orange, carrot, pineapple, ginger	\$10
Bogey Buster - Apple, pineapple, lime, ginger	\$10

## HOT DRINKS

### Coffee Selection

Latte, Cappuccino, Flat White, Mocha, Long Black, Short Black, Piccolo, Espresso, Hot Chocolate, Chai Latte

Cup	\$5
Mug	\$6.8

### Tea Selection

English Breakfast, Early Grey, Chamomile, Green Tea, Peppermint, Lemongrass & Ginger

Tea Pot	\$5
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### Add On's

Cream, Milk (Oat, Almond, Lactose-Free, Soy)	\$1
Syrups (Caramel, Vanilla)	\$1
Honey, Extra Shot	\$1