

## 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 or scrambled, sourdough toast (gfo)	\$12.6	\$14
<b>House-Made Granola</b> - Rhubarb & mixed berry compote, greek yoghurt, almond milk	\$16.2	\$18
<b>John Daly</b> - Poached eggs, sourdough toast, bacon, potato hashpork & fennel sausage, mushrooms, grilled tomato	\$24.3	\$27
<b>Vegetarian Big Breakfast</b> - Chickpea falafel, sourdough toast avocado, spinach, potato hash, mushrooms, grilled tomato	\$23.4	\$26
<b>Smoked Salmon Bruschetta</b> - Poached eggs, avocado, baby spinach, potato hash, salsa verde	\$24.3	\$27
<b>Breakfast Burrito</b> - Scrambled eggs, bacon, mozzarella, hash brown, avocado, franks hot sauce (gfo)	\$21.6	\$24
<b>Wild Mushroom &amp; Three Cheese Omelette</b> - Sourdough toast, tomato relish (gfo)	\$23.4	\$26
<b>Extras</b> - Tomato, Potato Hash, Avocado	\$4.5	\$5
Mushrooms, Bacon, Smoked Salmon	\$5.4	\$6



## SMALLER BITES

Available from 11:30am

<b>Soup Of The Day</b>	\$13.5	\$15
<b>Focaccia</b> - Garlic & herbs, mozzarella (v)	\$13.5	\$15
<b>Sticky Pork Belly</b> - Shredded vegetable slaw, prawn crackers	\$19.8	\$22
<b>House-Made Falafel</b> - Tzatziki, grilled peppers, marinated olives, garlic pita (v, gf)	\$17.1	\$19
<b>Devil Fried Chicken</b> - Pickled vegetables, ranch dressing (gf)	\$17.1	\$19
<b>Salt &amp; Pepper Squid</b> - Sriracha mayo, rocket, cherry tomatoes, lemon (gf)	\$17.1	\$19
<b>Steamed Prawn &amp; Ginger Dumplings (6)</b> - Chilli, soy & sesame dipping sauce	\$16.2	\$18
<b>Steamed Vegetable Dumplings (6)</b> - Spring onion, crispy shallot, soy & ginger dipping sauce	\$16.2	\$18
<b>Pumpkin Arancini</b> - Cherry tomato & olive fondue, wild rocket (ve)	\$16.2	\$18

## PASTA & RISOTTO

Available from 11:30am

<b>Chicken Risotto</b> - Roasted chicken, baby spinach, semi-dried tomato, parmesan (gf, vo)	\$28.8	\$32
<b>Fungi Risotto</b> - Field mushrooms, truffle duxelle, toasted pumpkin seeds, parmesan (gf, v)	\$25.2	\$28
<b>Spaghetti Carbonara</b> - Smoked bacon, cream, pepper, evoo	\$25.2	\$28
<b>Spaghetti Bolognese</b> - Pork and beef ragu, parmesan, evoo (gfo)	\$25.2	\$28
<b>Prawn Linguine</b> - Garlic prawns, cherry tomato, dill, lemon & white wine cream sauce (gfo)	\$32.4	\$36
<b>Baked Gnocchi Sorrentina</b> - Napoli, mozzarella, fresh basil (ve)	\$23.4	\$26
<i>Gluten friendly pasta available</i>	\$4.5	\$5



## HANDCRAFTED PIZZAS

Available from 11:30am

	Sandhurst Member	Non Member
<b>Margherita</b> - San Marzano tomato, fior di latte, parmesan, basil, evoo (v, vo)	\$20.7	\$22
<b>Hawaiian</b> - San Marzano tomato, shaved leg ham, pineapple, mozzarella	\$23.4	\$26
<b>Hot &amp; Spicy</b> - San Marzano tomato, mozzarella, pepperoni, olives, oregano	\$24.3	\$27
<b>Meat Lovers</b> - San Marzano tomato, mozzarella, pork sausage, shaved leg ham, salami, bacon, Jack Daniel's BBQ sauce	\$26.1	\$29
<b>Prosciutto</b> - San Marzano tomato, mozzarella, San Daniele prosciutto, rocket, fior di latte	\$26.1	\$29
<b>Tiger</b> - San Marzano tomato, mozzarella, tiger prawns, parsley, chilli flakes, garlic oil	\$27	\$30
<b>Capricciosa</b> - San Marzano tomato, mozzarella, ham, mushroom, artichoke, olives, oregano	\$24.3	\$27
<b>Veggie Delight</b> - Zucchini, roasted eggplant, pumpkin, mozzarella, rocket (veo)	\$22.5	\$25
<i>Gluten friendly base &amp; vegan cheese available</i>	\$4.5	\$5



## EVERYONE'S FAVOURITES

Available from 11:30am

<b>Chicken Parmigiana</b> - Napoli sauce, parma ham, basil, mozzarella, white slaw, chips	\$25.2	\$28
<b>Fish &amp; Chips</b> - Beer battered barramundi, tartare, lemon, chips	\$25.2	\$28
<b>Pulled Pork Burrito</b> - Brown rice, avocado, sweetcorn salsa	\$19.8	\$22
<b>Smoked Brisket Sandwich</b> - Cheddar cheese, mustard, cornichon remoulade sauce, rocket salad, chips	\$19.8	\$22
<b>Ricky Fowler</b> - Toasted sourdough, grilled chicken breast, bacon, tomato, lettuce, mayo, chips (gfo)	\$18.9	\$21
<b>Back Nine Burger</b> - Angus patty, cheddar cheese, lettuce, tomato, pickles, onion rings, special sauce, chips (gfo)	\$23.4	\$26
<b>Roasted Vegetable Wrap</b> - Mediterranean vegetables, avocado baby spinach, basil pesto, vegan cheese, chips (ve, gfo)	\$18	\$20
<b>Grilled Peri-Peri Chicken Burger</b> - Brioche bun, lettuce, avocado, special sauce, chips (gfo)	\$23.4	\$26
<b>Thai Vegetable Curry</b> - Mildly spiced coconut cream, silken tofu, brown rice, roti bread (gfo, v)	\$22.5	\$25
<i>Gluten friendly buns/bread available</i>	\$4.5	\$5

## SALADS

Available from 11:30am

	Sandhurst Member	Non Member
<b>Chicken Caesar Salad</b> - Cos lettuce, bacon, poached egg, parmesan, sourdough croutons, Caesar dressing (gfo)	\$24.3	\$27
<b>Quinoa Bowl</b> - Roasted Mediterranean vegetables, avocado, rocket, lemon, evoo (gf, ve)	\$23.4	\$26
<b>Tempura Tiger Prawn Salad</b> - Asian vegetables, nam jim dressing, crispy shallots, fried rice noodles	\$26.1	\$29

## SIDE PLATES

Available from 11:30am

<b>Chips</b> - Aioli or tomato sauce (v)	\$9.9	\$11
<b>Wedges</b> - Sweet chilli sauce, sour cream	\$11.7	\$13
<b>Onion Rings</b> - Ranch sauce	\$11.7	\$13
<b>HeyDays Salad</b> - Mixed leafy greens, gourmet tomato, cucumber, olives, feta, house dressing (gf, v)	\$13.5	\$15

## SOMETHING SWEET

Available from 11:30am

<b>Choc Top</b> - Vanilla or boysenberry (v)	\$7.2	\$8
<b>Daily Dessert Special</b> - Ask our friendly staff	\$10.8	\$12
<b>Affogato</b> - Vanilla ice cream, espresso, choice of liqueur (v)	\$16.2	\$18

## KIDS MEALS

Available from 11:30am

<b>Pizza</b> - Hawaiian / Margherita	\$15.3	\$17
<b>Cheeseburger &amp; Chips</b>	\$15.3	\$17
<b>Spaghetti</b> - Napoli / Bolognese	\$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

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

Sandhurst Sparkling	\$9/\$35
Brown Brothers Prosecco Piccolo	\$12 btl
T'Gallant Prosecco	\$13/\$49
NV Balgownie Estate Premium Curvee	\$13/\$49

## WHITE WINE

2021 Counterpoint Rosé	\$10/\$37
Sandhurst Sauvignon Blanc	\$9/\$35
2023 St Huberts Stag Chardonnay	\$11/\$42
2023 Babich Sauvignon Blanc	\$14/\$52
2022 Malvern Park Pinot Grigio	\$10/\$38

## RED WINE

2021 Oscars Folly Pinot Noir, Yarra Valley VIC	\$12/\$44
Sandhurst Shiraz	\$9/\$35
2021 Maxwell Silver Hammer Shiraz	\$14/52
2020 Jim Barry 'The Atherley' Cabernet Sauvignon	\$14/52
2022 Wynns The Gables Cabernet Sauvignon	\$12/\$44

## BEER - BOTTLE/CAN

Heineken 0.0	\$7.5
Carlton Draught	\$7.5
Great Northern	\$7.5
Corona	\$9
Cascade Light	\$7.5
Pure Blonde	\$8
Hahn Superdry GF	\$8
Victoria Bitter	\$7.5

## BEER - FROM THE TAP

	Pot	Sch
Carlton Draught	\$7.5	\$11
Great Northern	\$7	\$10
Stone & Wood	\$7.5	\$11
Jetty Road Lager	\$8.5	\$12.8

# DRINKS MENU HEYDAYS



**CURRENT SPECIALS:**  
**WEDNESDAY**  
**BURGER + CHOC TOP \$25**

## SPIRITS (CAN)

Jack Daniels	\$12
Jim Beam	\$12
Canadian Club & Dry	\$12
Bundaberg Rum	\$12
Monteith's Apple Cider	\$12

## COCKTAILS

Espresso Martini	\$19
Cosmopolitan	\$19
Margarita	\$19
Aperol Spritz	\$19

## SOFT DRINK/WATER

Bundaberg Ginger Beer	\$6
<b>San Pellegrino</b>	
Sparkling Water 250ml	\$4.5
Sparkling Water 1ltr	\$10
<b>Soft Drink (600ml)</b>	
Coca Cola, Coca Cola No Sugar, Sprite	\$5
Powerade	\$5.5
<b>Soft Drink</b>	
Coke, Coke No Sugar, Sprite, Raspberry Sprite, Lift	
Glass	\$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>	\$8
Chocolate, Strawberry, Blue Heaven, Vanilla	
<b>Smoothies</b>	\$11
Tropical - Mango, yoghurt, pineapple juice	
Berry - Mixed berries, yoghurt, cranberry juice	
Green - Avocado, kale, spinach, honey, almond milk	
Add protein to your smoothie	+\$2
<b>Freshly Squeezed Juice</b>	\$9
Choose up to 3 - orange, watermelon, apple, carrot, ginger	

## HOT DRINKS

<b>Coffee Selection</b>	
Latte, Cappuccino, Flat White, Mocha, Long Black, Short Black, Piccolo, Espresso, Hot Chocolate, Chai Latte	
Cup	\$4.5
Mug	\$6
<b>Tea Selection</b>	
English Breakfast, Early Grey, Chamomile, Green Tea, Peppermint, Lemongrass & Ginger	
Tea Pot	\$5
<b>Add On's</b>	
Cream, Milk (Oat, Almond, Lactose-Free, Soy)	\$1
Syrups (Caramel, Vanilla)	\$1
Honey, Extra Shot	\$1

All Sandhurst Club Members receive 10% off beverage purchases.

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.