

GRAINS, SEEDS AND NUTS

Available till 2pm \$16

Greek yoghurt with granola, toasted coconut, berries, banana and kiwi fruit served with honey

Coconut bircher muesli served with maple syrup, roasted hazelnuts and apricots

Chai chia pudding served with fresh seasonal fruit, toasted mixed nuts and raw honey (GF)

Acai crunch with banana, berries, granola and almond milk

Acai citrus with kiwi fruit, passionfruit pulp, pineapple and orange (GF)

Add on Rainforest Honey, peanut butter, protein, Nutella, brownies or chia seeds \$3

PANINI MELTS \$18

11am - close

Smoked chicken panini with cheese and pesto

Buongiorno panini with prosciutto, salami and shaved parmesan

Crystalbrook Signature beef panini with caramelised onion, mustard and cheese

EGGS

Available till 2pm

Classic or egg white omelette served with two pieces of toast and your choice of two of the following; hash browns, sautéed mushrooms, baked beans, grilled tomatoes or bacon \$22

Two eggs cooked your way served on two pieces of thick multigrain toast with smashed avocado, smoked salmon, caper berries and Spanish salsa \$27

Huevos rancheros with two soft fried eggs, crispy tortilla, smashed beans, spicy tomato coriander sauce and sliced avocado with feta cheese crumble \$25

Extras

Beef sausages \$3	Smashed avocado (VG) \$6
Hash browns \$6	Baked beans (VG) \$6
Bacon \$3	Grilled tomatoes (VG) \$7
Mushrooms (V) \$3	

WRAPS \$10

11am - close

Please ask your Food Guide for Chef's selection

Filled with carrot, coriander, cucumber, and spring onion served with Vietnamese mint and sweet chili sauce

FRESH GREENS

Available till 2pm

Choice of the following; lemon vinaigrette, yoghurt dressing, wasabi dressing, balsamic vinaigrette

Greek kale salad with quinoa, poached chicken, sweet potato and feta cheese (V)(GF) \$18

Poké bowl with salmon, avocado, brown rice, edamame, cucumber, carrot, pickled ginger and nori (GF) \$18

Grilled Crystalbrook Signature beef salad with pumpkin, broccoli, chickpeas, Spanish onion and greens (V)(GF) \$21

Gluten free pasta salad with spinach, edamame, capsicum, carrot and tomatoes (GF)(VG) \$18

Roasted beets, quinoa and parsley salad served with oranges and carrot on a bed of zoodles (VG)(GF) \$16

Teriyaki chicken bowl, with brown rice, cucumber, greens, tomato and carrot \$21

Take it away

Food and drinks are available to take away in eco-friendly, rapidly renewable and biodegradable BioPak and Vegware packaging.

(V) Vegetarian (GF) Gluten Free (VG) Vegan (DF) Dairy Free

* Please note 15% surcharge applies on Public Holidays

Greenfields

COLD PRESS JUICES \$7

Greenfields Attack

Kale, cucumber, apple, celery, lemon, ginger and parsley

Big Red

Tomato, cucumber, kale and basil

Cleanse

Beetroot, ginger, carrot, celery, cucumber and spinach

Vitamin Shot

Orange, lemon, ginger, apple

100% pure

Orange, pineapple

SMOOTHIES \$8

Tropical Bliss

Pineapple, banana, Greek yogurt, coconut milk and chia seeds

Kick Start

Banana, pure apple juice and Acai (Ah – Sigh-EE!) puree

Tablelands Best

Lychees, mango, coconut milk, lime and pineapple

Berry Blast

Blueberries, wolfberry, coconut water, strawberries and banana

Build your own

Choose one – four of the above ingredients

Add your booster:

Cacao, matcha, Maqui berry, Acai puree or protein powder *\$2 each*

COLD DRINKS \$5

Chilled kombucha organic green tea range

Ginger, mango, coconut lime or berry

REFRESHING JUICES \$4

Orange, apple, pineapple, tomato or cranberry

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HOT DRINKS

\$4.5 (8oz) \$5 (12oz)

Two Seasons Coffee Blend and Single Origin

Choose your bean, single origin or blended

Espresso	Cappuccino
Short black	Mocha
Long black	Turmeric latte
Flat white	Chai latte
Café latte	Hot chocolate
Piccolo latte	

Nitro Coffee

Sweetness without the sugar! When Nitrogen, a colourless, odourless gas, is added to coffee, you get a nitro brew. A glass of nitro coffee looks similar to a frothy beer, but less calories **\$7**

Cold Brew Coffee

Beans are coarsely ground and steeped in water for up to 24 hours to produce a concentrated coffee essence, which is then diluted to taste and served chilled **\$7**

Milk selections

Full, skim, almond, coconut or soy

SELECTION OF TEAS BY TWG \$4

English Breakfast

This classic was originally blended as an accompaniment to the traditional English breakfast. Very strong and full-bodied with light floral undertones, this broken-leaf black tea is perfect with morning toast and marmalade

French Earl Grey

A fragrant variation of the great classic, this black tea has been delicately infused with citrus fruits and French blue cornflowers

Black Chai

This robust chai black tea blend reveals a remarkable union of rare and aromatic Indian spices. A warm yet soothing TWG Tea, delicious alone or with a dash of milk

Moroccan Mint

A great favourite, this fine green tea is perfectly blended with suave and strong Sahara mint. A timeless classic

Silver Moon

A blend of green teas accented with a grand berry and vanilla bouquet. Refined, with just a hint of spice. A tea for that special moment

Chamomile

Soft and soothing, these rare chamomile flowers boast a rich honey aroma and yield a golden, theine-free cup

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COCKTAILS

Cold press signatures

At Greenfields, our cocktail recipes contain a combination of cold-pressed juices, real fruits, fresh herbs and natural sweeteners to create deliciously fragrant and visually alluring beverages

Revitaliser

Tough night? The potassium in carrots is a vasodilator, relaxing tension in blood vessels and arteries to decrease blood pressure. Once you try this, you will want another!

Beefeater Gin or Eristoff Vodka, pressed carrot juice infused with citrus oleo-saccharum, ginger, Tablelands honey and garnished with a Dutch carrot and cumin

The Bloody Rose

Double hit Eristoff Vodka, pressed blood orange and lemon juice mixed with our own agave nectar and garnished with fresh rosemary
Try Smirnoff or Absolut Vodka

Paloma

EL Jimador Blanco Tequila, pressed grapefruit, limes and agave and finished with grapefruit liquor
Casa Noble Crystal or Don Julio Blanco

The Red Cross

Beefeater Gin, pressed carrots, radishes and apple juice finished with sparkling water
Try Gordons Gin or Bombay

Mexican Bloody Maria

El Jimador Blanco Tequila, pressed tomato, lime juice, Worcestershire sauce, Himalayan salt, three dashes of Tabasco and cracked pepper served with fresh lime slices, celery, cucumber and olives
Try Casa Noble Crystal or Don Julio Blanco

Classics

Nitro Martini

Eristoff Vodka, Tia Maria and a shot of freshly extracted cold brew
Try 666 Pure Vodka or Belvedere

Classic Margarita

El Jimador Blanco Tequila, Cointreau, pressed lime and lemon juice vigorously shaken and presented in salt crusted glass
Prefer Casa Noble Crystal or Don Julio Blanco

Mojito

Bacardi Rum, muddled limes, Greenfields sugar syrup, fresh mint leaves and crushed ice

Strawberry Daiquiri

Bacardi Rum, Cointreau, pressed lime juice, fresh strawberries and Greenfields sugar syrup
Try this with Smirnoff Vodka

Passion Mai Tai

Bacardi Oro Gold Rum, pressed lime, pineapple and orange juice, grenadine and passionfruit syrup

Pitchers to share

What's a punch between friends anyway?

Pimm's No 1 served with Kirks Ginger Beer over ice and garnished with slices of lemon, lime and mint

Traditional Spanish Sangria served over ice with mint and fruit garnishes

Mojito with Bacardi Rum muddled limes, Greenfields sugar syrup, fresh mint leaves and crushed ice

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TAP BEER

Birra Morretti Lager
Heineken
Furphy Refreshing Ale
James Squire 150 Pale Ale
Kosciuszko Pale Ale
Little Creatures Bright
XXXX Gold
Burleigh Brewing 28 Pale
Stone & Wood Pacific Ale
James Squire Orchard Crush Apple Cider

MID AND LIGHT BEER

Hahn Super Dry 3.5%
Heineken 3
Iron Jack
Asahi Soukai 3.5%
Boags Premium Light
Hahn Premium Light
Peroni Leggera

CRAFT BEER

James Squire Amber Ale
Mountain Goat Pale Ale
Feral Brewing Co India Black Ale Karma Citra
Feral Hop Hog Pale Ale
Young Henrys Newtowner Pale Ale
Newstead India Pale Ale

Newstead 3 Quarter Time Season Ale
Newstead The Mayne Thing Golden Ale
Mountain Goat Fancy Pants
Little Creatures Bright
Little Creatures Pale
Little Creatures Rogers

LOCAL BEER

Great Northern
Boags Premium Lager
Boags Draught
Hahn Super Dry
Tooheys New
XXXX Bitter
Pipsqueak Cider

INTERNATIONAL BEER

Birra Moretti
Corona
Kirin
Stella Artois
Asahi Super Dry
Peroni Nastro Azzurro

Italian
Mexican
Japanese
Belgian
Japanese
Italian

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Greenfields

SPARKLING

NV Jean Pierre Brut
NV Craigmoor
NV Il Fiore Prosecco DOC

Riverina, NSW
St. Leonards, NSW
Northern Italy, Veneto

CHAMPAGNE

NV Piper Heidsieck Cuvee Brut
NV Margaine Cuvée Traditionnelle
NV Mumm Cordon Rouge
NV Veuve Clicquot Yellow Label Brut

WHITE

Riesling

2017 Sister's Run St Petri's
2017 Tim Gramp

Eden Valley, SA
Clare Valley, SA

Chardonnay

2018 Vivo
2016 Pocketwatch
2016 Tormaresca
2014 Kendall Jackson Vinters Reserve

Riverina, NSW
Central Ranges, NSW
Puglia, Italy
Sonoma County, USA

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WHITE

Sauvignon Blanc

2018 Vivo
2017 Pocketwatch
2017 The Yard 'Channybearup'

Riverina, NSW
Western Australia
Pemberton, WA

Pinot Grigio/Pinot Gris

2017 Dal Zotto
2017 Pocketwatch

King Valley, VIC
Central Ranges, NSW

Rose

2018 Luna Rosa

Central Ranges

REDS

Pinot Noir

2017 Pike and Joyce Rapide
2016 Crittenden Estate Peninsula

Adelaide Hills, SA
Mornington, VIC

Cabernet Sauvignon

2016 Vivo
2014 Pocketwatch
2013 Reynella Basket Pressed

Riverina, NSW
Central Ranges, NSW
McLaren Vale, SA

Shiraz

2017 Vivo
2014 Pocketwatch
2016 Brookland Valley Verse 1
2015 Campbell's "Bobby Burns"

Riverina, NSW
Central Ranges, NSW
Margaret River, WA
Rutherglen, VIC

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