

Drinks

Fresh Juices & Smoothies

Kale Juice | 8.50
Kale, pineapple, apple and orange

Morning Burst | 8.50
Carrots, orange, ginger and cranberry juice

Immune Boost | 8.50
Carrot, beetroot, apple, celery, orange, ginger

Fat Burner | 8.50
Carrot, lemon, ginger, kale

Jenny's Special | 8.50
Orange, apple, pineapple & ginger

Summer Kick | 8.50
Watermelon, pineapple, orange and ginger

Flu Fix | 8.50
Oranges, apples, carrot & ginger

Watermelon Chiller | 9.00
Watermelon, strawberries, ice, apple juice

Green Smoothie | 10.00
Frozen spinach, almond milk, pineapple, mango, banana, honey & ice
• Add protein powder extra - 1.00

Tropical Smoothie | 8.00
Mixed fruits, yogurt, ice, almond milk, ice cream, coconut, vanilla

Passionfruit, Banana & Vanilla Smoothie | 8.00

Plain Smoothies | 7.00
Banana, mango, strawberry, mixed berry

Mango Passionfruit Frappe | 8.50

HAPPINESS
is a cup
OF

COFFEE

Cold Drinks

Ice Chocolate, Coffee, Mocha, Straw | 5.80

Milkshakes | 5.00
Chocolate, Strawberry, Caramel, Vanilla, Lime, Banana, Nutella
• Add malt extra - 0.50

Kids or small milkshake | 4.00

Frappes | 7.50
Cold icy drink topped with cream except mango & straw. Chocolate, Strawberry, Mango, Lime, Mint, Nutella, Coffee, Choc Banana, Milo

Ice Latte | 5.00

Thickshakes | 6.20
(Flavors same as milkshakes)

Kids or small thickshake | 4.80

Spiders | 4.80
Coke, Red, Lemonade, Lime, Ginger Beer, Fanta, Pasito

Assorted soft drinks & mineral water available

Hot Drinks

Cappuccino, Flat White, Latte | Cup: 4.20 | Mug: 4.80

Hot Chocolate | Cup: 4.20 | Mug: 4.80

Hot White Chocolate | Cup: 4.20 | Mug: 4.80

Hot Milo | Cup: 4.00 | Mug: 4.50

Mocha Half coffee, half chocolate | Cup: 4.20 | Mug: 4.80

Long Black | Cup: 4.00 | Mug: 4.50

Espresso Short black | 3.80

Piccolo Latte | 4.20

Macchiato | Short: 4.00 | Long: 4.50

Chai Latte | Small: 4.20 | Large: 4.80

Babychino | 1.20

Premium Leaf Temple Tea | 4.00
English Breakfast, Earl Grey, Green, Peppermint, Chamomile, Bushells

Special Tea | Irish Malt, Orange, Vanilla | 4.20

Health & Wellbeing Tea | 4.50
Fat burner, Vitality, Healthy Edge, Oolong, Immunity, Healthy Edge

Extras

Vanilla, Caramel, Hazelnut, Butterscotch syrup | 0.60
Soy, lactose free, almond, almond coconut milk | 0.80

Freckles
cafe

Menu

Breakfast • All day dining
Coffee • Juices

Ask us about our function room and catering

67 221612

Like us on Facebook

Opening hours
Monday-Friday: 7am-5pm
Saturday: 7am-2pm
Sunday: 7am-11:30am

LIFE is better
WHEN YOU'RE
laughing

All Day Breakfast

Bacon & Egg Roll | 8.00 GFO

Fresh toasted roll with bacon, egg & BBQ or tomato sauce.

Bacon Avo Toasted Turkish | 11.50 GFO

A fried egg and bacon on turkish bread with fresh avocado and tomato relish toasted.

• **Deluxe option:** add caramelised onion, mozz cheese, hash brown & either hollandaise or bbq sauce - **\$16.00**

Bacon & Eggs | 11.50 GFO

Your choice of two poached, scrambled or fried eggs with toast or turkish bread & bacon.

Smashed Avocado | 16.00 GFO

Ripe avocado on toasted pane di casa bread, feta, bacon and poached eggs (salmon available in place of bacon).

Eggs Benedict | From 14.50

Lightly toasted pane di casa bread with your choice of bacon, salmon or ham followed by 2 poached eggs, baby spinach, topped with our delicious hollandaise sauce.

Hash Stack | 16.00

Turkish bread topped with avocado, bacon, hash brown, poached eggs and topped with hollandaise sauce.

French Toast | 13.50 GFO

Traditional bread dipped in egg mixture pan fried and topped with bacon and a side of maple syrup.

Vegetarian Breakfast | 14.00 GFO

Two slices of turkish bread topped with basil pesto, baby spinach, semi dried tomatoes, mushrooms and haloumi.

- Add bacon - **\$3.00**
- Add salmon - **\$3.50**
- Add eggs - **\$3.00**

Freckles Big Breakfast | 17.50 GFO

Two slices of toast or turkish bread topped with your choice of scrambled, poached or fried eggs with sides of sausages, bacon and tomato, optional extras - hash browns and mushrooms.

Corn Fritters | 15.00 GFO

Two corn fritters topped with bacon and two poached eggs and served with side of tomato relish.

Toasted Granola, Pannacotta & Yogurt | 15.00 GFO

Crunchy granola, topped with fresh assorted fruit, nuts, vanilla yogurt and a seasonal flavoured panna cotta.

Fresh Fruit Salad | From 7.50 GFO

Assorted fresh seasonal fruit, can be served with yoghurt.

• Plus museli - \$2.00

Brekkie Burrito | 12.50 GFO

Soft tortilla wrap with avocado, bacon, baby spinach, scrambled eggs, cheese and BBQ sauce toasted - optional, add relish or caramelised onion.

Bagels

Special pumpkin hummus, baby spinach, avocado, bacon, tomato and feta (other toppings available).

Banana Bread Deluxe | \$12.50

Toasted banana bread topped with berry compote, marscopone cheese, maple syrup and walnuts.

Strawberry Cinn Raisin Toast | 13.50 GFO

Raisin toast buttered then sprinkled with cinnamon sugar then layered with vanilla yoghurt, cream, strawberries and walnuts served with a drizzle of maple syrup, delicious!

Cinnamon Toast | 5.00

Two slices, buttered.

Raisin Toast | 5.00

Two slices, buttered.

Croissants | From \$5.50

With your choice of fillings.

Porridge

Vanilla flavoured porridge served with your choice of fruit, nuts and other toppings.

Pancakes | 14.00 GFO

3 pancakes stacked with combination seasonal fruit in between with a side of maple and cream.

Ham Cheese Toastie | 4.50 GFO

Pancakes | 8.00 GFO

Pancake topped with fruit, side maple syrup & cream

Freckle Pancakes | from \$5.00 GFO

Kids' Nachos | 8.00 GFO

With mince and cheese or just cheese

Kids Choices

Fairy Bread | 4.00

Sandwich With choice of filling | from 3.50 GFO

Kids' Breakfast Toast, egg & bacon | 7.50 GFO

Croissant Your choice of fillings | from 6.00

Salad Plate With ham or chicken | from 7.00 GFO

Nutella Banana Crepes | 9.00 GFO

Kids Breakfast

• Kids pancakes with | 7.00 - 10.50
maple syrup/fruit

• Toasty fingers with melted cheese | 5.00
& vegemite

• Bacon & egg poached, scrambled | 7.50
or fried on toast

• Ham cheese croissant | 6.00

• Waffles served with ice cream | 9.00
or cream & choice of toppings

• Toast with choice of spreads | 3.00

Breakfast Extras

• Baked Beans | Grilled Tom | Chipolata Sausages
Hash Browns | Bacon | 2.50

• Bacon | Avocado | Smoked Salmon
Mushrooms | Haloumi | 3.00

• Gluten Free Toast | Gf Wrap | Gf Corn Fritters
Gf Pancakes | 3.00

Daily specials also
on the special board

Any dietary requirements
please ask for other options

GFO Gluten free option available
(surcharge applies)

Takeaway available

Mac & Cheese | 7.50

Curly Fries With gravy or sauce | 5.00

Nuggets | from 5.50

3 or 6, with chips

Fish and Chips | 7.50

All Day Dining

Zucchini Fritters w/ Avo & Bacon | 15.00 GFO

2 zucchini fritters topped with bacon then a tomato, onion and avocado salsa with a drizzle of caramelised balsamic vinegar.

Crepes | 15.00 GFO

crepes with filling of either our special chicken recipe or Hawaiian served with chips/or salad.

Salmon Patties | 16.00

Home-made patties served with chips &/or salad & with side of Dijon mustard.

Corn Fritters w/ Chicken | 15.50 GFO

3 fritters topped with chicken breast and topped with a salsa of avocado, tomatoe and onion and a side of tomato relish.

Lemon Pepper Crusted Salmon Steak | 16.90 GFO

Delicious lemon pepper crusted salmon fillet served with chips & salad.

Tempura battered fish | 16.00

Battered fish fillet (ask which type) served with chips & salad & a side of lemon and tartare sauce.

Crumbed Prawn Cutlets | 16.00

Five prawn cutlets served with chips & salad.

Chicken Schnitzel | 14.90

Chicken schnitzel breast served w/ chips & gravy, add salad as option. • Add salad - **\$2.50**

Nachos | 14.90

Housemade beef mince with a splash of chilli, served on top of nacho chips topped with cheese with side of sour cream & guacamole.

Bruschetta | 12.00

Something light... two slices of sourdough topped with balsamic vinegar, tomato & onion.

• Add avocado - **\$2.50**

• Add mushrooms - **\$2.50**

Soup of the Day

Ask us about our soup of the day during the colder months.

Quiche of the day | from \$6.50

Plates of chips | from \$3.50

Wedges | Sml \$8.00 | Lge \$11.00

served with sour cream and sweet chilli sauce.

Gourmet Sandwiches

Freshly made on white, wholemeal, grain, fresh tortilla wrap or turkish bread.

All prices are for basic bread sandwiches, add extra for toasted & other breads/wraps and Turkish bread.

1. Ham, pineapple, cheese | 6.00 GFO

2. Ham, tomato, cheese | 6.00 GFO

3. Ham, tomato, cheese, lettuce, cucumber & cream cheese | 6.50 GFO

4. Bacon, lettuce and tomato | 6.50 GFO

5. Bacon, avocado, mushrooms, cheese & caramelised onion, toasted | 8.50 GFO

6. Chicken, bacon, avocado, cheese, sweet chilli sauce, toasted | 9.00 GFO

7. Chicken Caesar | 7.00 GFO

8. Turkey, lettuce, avocado, cranberry & cream cheese, brie cheese | 9.00 GFO

9. Vegetarian | 9.00 GFO

10. Salmon, avocado, cucumber, capers, red onion, cream cheese | 9.00 GFO

11. Egg, lettuce and mayo | 6.00 GFO

12. Chicken, pineapple, cheese, mayo | 6.50 GFO

• Chicken, ham, tuna, salmon salad sandwiches or wraps also available from \$6.50.

• Add extra for avocado, mayo, special sauces and feta - 50c each.

Open Melts

Tropical | 6.50

Ham, sliced pineapple & cheese.

Tuna | 9.00

Tuna, red onion, mayo & cheese.

Chicken | 9.00

Chicken, avocado, cheese & sweet chilli sauce.

Smoked Salmon | 9.00

Salmon, cream cheese, cucumber, red onion, avocado & cheese.

Bacon, avocado, cheese | 9.00

Burgers

Lean Beef Burger | 16.00

Beef patty, bacon, egg, onion, lettuce, tomato, beet, tomato relish, cheese & your choice of sauce.

Tropical Burger | 15.00

Chicken breast schnitzel, cheese, bacon, pineapple & your choice of sauce.

Veggie Burger | 16.00

Veggie patty with roasted capsicum, caramelised onion, mozz cheese, baby spiniach, semi tom, your choice of sauce.

Steak Sandwich | 16.50

Tender steak on a sandwich w/ lettuce, cheese, tomato, caramelised onion, Pukara Estate meat sauce.

Spuds

Sweet Chilli Chicken | 14.50 GFO

Baked spud scooped out and filled with chicken, bacon, avocado, sweet chilli sauce & cheese.

Ham | 12.00 GFO

Ham, pineapple & cheese.

Vegetarian | 14.50

Baked spud scooped out & filled with roasted eggplant, zucchini, sweet potato, semi-dried tomato, basil pesto & cheese.

• Add bacon or chicken - **\$3.00**

Mexican Spud | 13.00

Seasoned mince filling in a baked spud topped with cheese • Option: Side of Sour Cream