

THE PAR 3 Cafe Menu

HOT FOOD

BREAKY WRAP

Bacon, egg, cheese, spinach, hashbrown & Jibbas hot sauce.

SPINACH & FETTA ROLL

HAM & CHEESE TOASTIE

HAM & CHEESE CROISSANT

KIDS PIZZA

Ham & pineapple

SMOOTHIES

YOUR CHOICE OF APPLE JUICE, MILK OR ALTERNATIVE MILK WATER OR COCONUT WATER

REBOOT TROPICAL

pineapple, passionfruit, mango, banana

BANANA

banana, oats, chai, honey

BOOSTER GREEN

mango, lime, banana, spinach

ENERGISER

apple, strawberry, dates, pineapple

BAKED GOODS

BANANA BREAD

MUFFIN OF THE DAY

Sweet & Savoury

CARAMEL SLICE

ORANGE & ALMOND LOAF

COOKIES

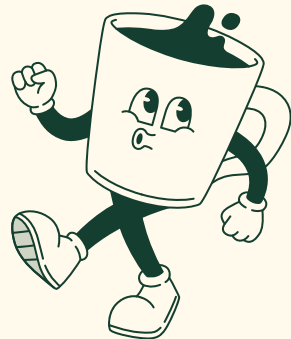
Choc chip & smarty

COFFEE YOUR WAY

Alternative milks available

COFFEE SYRUP

Vanilla, Caramel or Hazelnut



items Subject to availability.