

Chatz Café

Breakfast

Yogurt, fresh fruit and muesli	\$ 6.00
Fresh fruit salad	Small \$ 3.00
	Large \$ 6.00
2 Eggs poached, scrambled or fried served on chunky toast	\$ 5.00
Bacon with your choice of 2 eggs served on chunky toast	\$ 8.00
Bacon and egg roll	\$ 5.50
Kristy's special breaky Grilled cherry tomatoes, coriander, Spanish onion, olive oil, balsamic vinegar on chunky toast with rocket	\$ 5.50
Tasty toast	\$ 3.50
Light Philly cheese, tomato and sliced avocado with cracked pepper served on 1 slice of chunky toast	
Healthy healthy cereal Weetbix, Special K or Muesli Topped with banana or strawberries	\$ 2.20
	extra \$ 1.00
Raisin toast 2 slices	\$ 2.50
Home made low fat muffins Ask what flavour today!	\$ 2.50
Home made Banana bread	\$ 2.90
Piece of fruit – apple, orange or banana	\$ 1.20

Sandwiches

Your choice of White or Brown Bread Soy Linseed, Lavish or Turkish bread \$ 1.00 extra	
Home cooked sliced Beef or Chicken on chunky bread	\$ 4.50
Leg ham on chunky bread	\$ 4.50
Big salad sandwich on chunky bread	\$ 4.50
Our famous lentil patties with mango chutney or sweet chilli sauce on chunky bread	\$ 5.00

Home made Rissoles with sauce on chunky bread \$ 5.00

Chicken breast schnitzel, lettuce and mayo on chunky bread \$ 7.00

Vegi Delight

Home made lentil pattie, hummus, tabouli and sweet chilli sauce on lavish bread \$ 8.00

Liz's Cheeky Chicken Burger

Hot chicken breast with cucumber, Spanish onion, sun dried tomato mayo and rocket served on Turkish bread \$ 8.80

Salad Boxes

Cherry tomato, Spanish onion, walnuts, coriander, rocket & lettuce \$ 6.00

Chatz garden salad \$ 6.00

Toasted Turkish Bread

Chicken, avocado, rocket, sun dried tomato
½ \$ 4.00 full \$ 8.00

Beef, char-grilled vegi relish, rocket, hummus & Spanish onion ½ \$ 3.80 full \$ 7.50

Rocket char-grilled vegies, char-grilled vegi relish & goats cheese ½ \$ 4.00 full \$ 8.00

Weekly Specials

Ask our friendly staff about the following range of weekly specials.

Soup, Curry, Pasta or Stir Fry

Beverages

Cappuccino	\$ 3.20
Mugaccino	\$ 4.00
Latte	\$ 3.20
Hot chocolate	\$ 4.00
Mochaccino	\$ 3.20
Long black	\$ 2.90
Tea	\$ 2.90
Chai Latte	\$ 3.20
Iced coffee	\$ 4.00
Iced chocolate	\$ 4.00
Milkshakes	\$ 4.00

Just inside the Genetics Fitness Centre Foyer on Hillsborough Road Warners Bay

Phone: 49565455

Phone orders welcome!