

Shouldn't you  
be seeking

  
**Sanctuary**  
RETREAT  
MISSION BEACH

# breakfast

## Poached eggs on Rye toast

Free range eggs poached and served with toasted Rye bread  
\$7.50

## Eggs Benedict

Poached eggs served on toasted Rye with your choice of Ham or Salmon and  
Sanctuaries hollandaise sauce  
\$9.50

## Best of Both Worlds

The Sanctuaries own muesli topped with fruit salad & yoghurt, finished with honey and milk  
\$9.00

## Sanctuary Muesli

made here and filled with treasures ~ served with finely sliced banana, yoghurt, milk & honey  
\$7.00

## Fresh Fruit Salad (organic where available)

mixed seasonal fruits  
\$7.50 (\$7.95 with yoghurt)

## Fig, Pecan and Banana loaf , Sanctuary style.....

served warm with a side of yoghurt and a dollop of honey  
\$6.50

## French Style Croissant or toasted rye bread

freshly baked with...

### Jam and Butter

\$5.00

### Tomato and Cheese

\$6.50

### Ham and Cheese

\$6.50

## Smoked salmon and dill mayonaise

\$7.25

## Pain au Chocolat - chocolate filled croissant mmm..

\$5.25

## Avocado Toast

Mashed avocado on toasted rye with sliced tomato and fresh basil leaves  
\$7.25

## Pesto Toast

House made Pesto on toasted rye with sliced tomato and freshly grated parmesan  
\$6.50

  
Fresh Juice from \$6.00 see the Juice card for ideas





# lunch

## **Homemade Soup**

vegetarian soup served with crusty bread  
\$8.50

## **Dip of the day**

served with crusty ciabatta bread  
\$8.50

## **Sanctuary's Wonderful House Salad**

with semi dried tomatoes, sweet potato chips, marinated mushrooms, fetta cheese, roasted capsicum, kalamata olives, roasted pinenuts, salad greens and more...the best salad for miles  
large \$18.50 / small \$12.50

## **Smoked Salmon and Tasmanian Brie**

served on Rye bread with Sanctuary mayonnaise and snow peas sprouts  
\$8.50

## **Avocado and Salad Wrap**

avocado and salad lavash wrap with housemade basil pesto mayonnaise  
\$8.50

## **Smoked Salmon Wrap**

salmon lavash wrap with fresh salad greens, capers and dill mayonnaise  
\$8.50

## **Falafel Wrap**

housemade Falafel and salad lavash wrap with Hummus and natural yoghurt  
\$12.50

## **Mediterranean Ciabatta**

toasted ciabatta bread with semi dried tomatoes, fetta cheese, marinated mushrooms and kalamata olive with sweet basil pesto  
\$12.50

## **Sanctuary Pizza**

Crispy 7" pizza basted with tomato, fresh basil coulis and topped with fetta and mozzarella cheeses, marinated mushrooms, kalamata olives and roasted red peppers \$12.50  
with ham and pepperoni \$14.50

**FRESH JUICES, GOOD COFFEE,  
AND WINE BY THE GLASS ...**





## Entree

### **Garlic Bread**

ciabatta bread coated with garlic butter and oven baked

### **Tomato Bruschetta**

Fresh vine-ripened tomato with sweet basil, crushed garlic, fetta cheese and a baslamic reduction on crispy Italian bread

### **Garlic & Lime Hummus**

home made and served with marinated kalamata olives and fresh baked ciabatta bread

### **Thai Prawns**

Banana prawns sauteed in sesame oil served with salad greens, jasmine rice and a spicy Thai basil and garlic dipping sauce

### **Sanctuary's Wonderful House Salad**

Semi-dried tomatoes, marinated mushrooms, feta cheese, roasted capsicum, kalamata olives, pine nuts, salad greens dressed with a balsamic and red wine vinegar dressing

## Main Course

### **Highland fillet steak**

baked with a Dijon mustard crust, cooked to your liking served with roasted vegetable and red wine jus

### **Vodka and Lime Chicken**

tender chicken breast pocketed with brie cheese napped with a vodka & lime beurre blanc on a bed of spinach with potato mash

### **Mie Goreng**

Fresh asian vegetables stir fried and cooked with Hokkein noodles in a tangy lemongrass, ginger, sweet chilli and mushroom soy sauce

### **Macadamia Barramundi**

Premium fish lightly coated in a macadamia crumb served with lemon myrtle scented rice and wilted greens

### **Avocado & Pumpkin Salad**

an avocado, pumpkin, spinach salad with mixed seeds and nuts , dressed with a blend of sesame seeds , cider vinegar, honey and a hint of chilli

### **Fettucine con Scarola**

fresh pasta tossed with artichokes, semi dried tomatoes, Kalamata olives Bulgarian fetta and spinach finished with freshly shaved parmesan





## WHITE

<b>De Bortolli Semillon Chardonnay</b> Bilbul - New South Wales	Bottle \$18.00	glass \$5.25
<b>Jacob's Creek Riesling</b> Barossa Valley - South Australia	Bottle \$22.00	glass \$6.50
<b>Tyrrell's Semillon</b> Hunter Valley - New South Wales	Bottle \$26.00	glass \$8.00
<b>Four Sisters Savignon Blanc Semillon</b> Goulburn Valley - Victoria	Bottle \$31.00	glass \$9.00
<b>Richmond Grove Chardonnay</b> Barossa Valley - South Australia	Bottle \$26.00	glass \$8.00
<b>McGuigan Pinot Grigio</b> Swan Hill - North Victoria	Bottle \$31.00	glass \$9.50

## RED

<b>Banrock Station Cabernet Shiraz</b> Kingston - South Australia	Bottle \$18.00	glass \$5.25
<b>½ Mile Creek Cabernet Merlot</b> Merebein - Victoria	Bottle \$20.00	glass \$6.00
<b>Rosemount Estate Shiraz</b> Denman NSW	Bottle \$28.50	glass \$7.50
<b>Wolfblass Yellow Label Cab Sauv</b> Barossa Valley - South Australia	Bottle \$33.00	glass \$9.50
<b>Ninth Island Pinot Noir</b> Pipers Brook - Tasmania	Bottle \$46.00	-
<b>Penfolds Bin 128 Coonawara Shiraz</b> Magill - South Australia	Bottle \$51.00	-

## CHAMPAGNE (Sparkling wine really)

<b>Yellowglen Yellow</b> Victoria	Bottle \$25.50
<b>Yellowglen Pinot Noir Chardonnay</b> Victoria	Bottle \$29.50



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# drinks

Victoria Bitter (VIC)	\$4.50
Cascade Premium Light (Tasmania)	\$4.50
Carlton Cold (NSW)	\$4.75
Cascade Green (Tasmania)	\$6.00
Crown Lager (NSW)	\$6.00
Beez Neez Honey Wheat Beer (WA)	\$6.00
Coopers Pale Ale (SA)	\$6.00
James Boags Premium (Tasmania)	\$6.00
Pilzner Urquell (Czech)	\$6.50
Corona Extra (Mexico)	\$6.50
James Squire Amber Ale (NSW)	\$6.00
Peroni Nastro Azzurro (Italy)	\$7.00
Stella Artois (Belgian)	\$7.25
Spirits	\$5.00
Spirits with mixers	\$6.00
Liqueurs	\$5.25
Port	\$4.25
Strongbow Cider	\$5.00
Soft Drinks	\$2.50
Sparkling Apple Juice	\$3.00
Still Water (small)	\$2.80
Still Water (large)	\$3.50
San Pellegrino Sparkling	\$3.50
San Pellegrino Limonata	\$2.75





# juice

Fresh juices are filled with live enzymes, vitamins and minerals that stimulate the digestive system and boost the immune system

**Heaven** - Orange juice blended with local mango **\$7.00**

(the name says it all)

**Sunriser** - tropical fruits blended with fresh orange juice, a different flavour every day **\$6.50**

**Banana & Spice smoothie** - blended banana, cinnamon, yoghurt, honey and milk **\$6.50**

**Energy shake** - orange juice blended with muesli, banana, yoghurt and honey - a meal in a glass **\$7.00**

**Orange juice \$6.00**

**Pineapple and Orange juice \$6.50**

**Orange and Carrot juice \$7.00**

**Orange, Carrot and Lime juice \$7.00**

**Apple Juice \$6.50**

**Carrot and Apple juice \$6.50**

**Rockmelon, Orange and Carrot juice \$7.00**

**Pineapple, Orange, Lime, Ginger and Honey juice \$7.50**

**Tomato, Celery, Parsley and Apple juice \$7.50**

**Carrot, Beetroot and Apple juice \$7.00**

or make your own mixture from the above

