

BREAKFAST

BACON & EGG ROLL 12.00

CRISPY BACON & A FRIED EGG
SERVED ON A TOASTED BUN

LOADED BREAKFAST ROLL 16.00

HASH BROWN, CRISPY BACON, FRIED
EGG & BABY SPINACH SERVED ON A
TOASTED BUN

BREAKFAST BURRITO 17.50

TOASTED TORTILLA FILLED WITH
SAUSAGE, SCRAMBLED EGG, CHEESE,
FRESH AVOCADO & TOMATO SALSA

SMOOTHIE BOWL 17.00

ACAI OR MANGO SORBET SERVED WITH
GRANOLA, COCONUT FLAKES &
SEASONAL FRUIT

BAGELS

NEW YORK STYLE BAGELS TOASTED AND TOPPED
WITH THE FRESHEST INGREDIENTS

SMASHED AVO BAGEL 16.00

SLICED AVOCADO, FETA AND CHERRY TOMATOES.
FINISHED WITH A SPRINKLE OF DUKKAH SPICE &
A DRIZZLE BALSAMIC GLAZE

SMOKED SALMON BAGEL 16.50

CREAM CHEESE, LETTUCE, JUICY TOMATO
AND SMOKED SALMON, TOPPED WITH A
SPRINKLE OF CAPERS & HOLLANDAISE SAUCE

BEE STING BAGEL 16.00

CREAM CHEESE, CRISPY BACON, CHEESY
OMLETTE AND TOPPED WITH A DRIZZLE OF
HOT HONEY



MENU

BURGERS

THE SANDS BURGER 16.00

BEEF BRISKET PATTY, CHEESE, TOMATO,
LETTUCE, ONION RELISH, PICKLES

SOUTHERN FRIED CHICKEN BURGER 16.00

BUTTERMILK FRIED CHICKEN, CHEESE,
TOMATO, LETTUCE, COLESLAW

BEACHED AS BURGER 16.00

CRISPY BATTERED FISH, TOMATO,
LETTUCE & TARTARE SAUCE

LOADED VEGGIE BURGER 16.00

IN-HOUSE VEGGIE PATTY, TOMATO,
LETTUCE, AVOCADO, TOMATO RELISH



ADD CHIPS TO BURGERS 4.00

LUNCH

TOASTIE 9.80

HAM, SWISS CHEESE, TOMATO

CHICKEN +3.00

AVOCADO +3.00

CHOOSE YOUR SAUCE:

HONEY MUSTARD | AIOLI | TOMATO RELISH

ROSIE'S REUBEN SANDWICH 17.00

TOASTED SANDWICH FILLED WITH SLOW
COOKED CORNED BEEF, SWISS CHEESE,
SAUERKRAUT AND RUSSIAN DRESSING

FISH & CHIPS 17.50

CRISPY BATTERED FISH SERVED WITH
CHIPS, LEMON AND TARTARE SAUCE

HOT CHIPS

SMALL 6.00

LARGE 10.00



NIPPERS JUNIOR MEALS

GROMMET BURGER 10.00

CHICKEN NUGGETS 10.00

FISH BITES 10.00

ALL JR MEALS COME WITH CHIPS AND A DRINK
YOUR CHOICE OF JUICE BOX OR WATER

ADD-ONS

CHEESE 1.50 EGG 1.50

TOMATO 2.50 HASH BROWN 3.00

AVOCADO 3.00 BACON 3.00

SMOOTHIES 9.00

SUNRISE (DF)

STRAWBERRY, MANGO, KIWI FRUIT & PINEAPPLE

TROPICAL (DF)

MANGO, PINEAPPLE & PASSIONFRUIT

MANGO

MANGO, BANANA, YOGHURT & MILK

BANANA

BANANA, HONEY, YOGHURT & MILK

ACAI (DF)

ACAI PULP & BANANA



COLD DRINKS

	SML	LGE
MILKSHAKES	7.00	8.00
THICKSHAKES	8.00	9.00
FRAPPES	----	8.00

FLAVOURS:

Chocolate	Caramel
Banana	Vanilla
Strawberry	Coffee

DRINKS MENU

HOT DRINKS

	SML	LGE
CAPPUCINO	5.00	6.00
CAFE LATTE	5.00	6.00
FLAT WHITE	5.00	6.00
LONG BLACK	5.00	6.00
HOT CHOCOLATE	5.50	6.50
MOCHA	5.50	6.50
CHAI LATTE	5.50	6.50
DIRTY CHAI	5.50	6.50
TEA	----	5.00

ONE SIZE

BABYCINO	2.00
SHORT BLACK	4.50
PICCOLO	4.50
MACCHIATO	4.50

SYRUPS ADD 0.80

Caramel | Hazelnut | Vanilla

ALTERNATE MILK ADD 0.80

Oat
Almond
Soy
Lactose-Free



FRESH JUICES 9.50

SUNSETS & SIESTAS

ORANGE, PINEAPPLE AND WATERMELON

TROPICAL DELIGHT

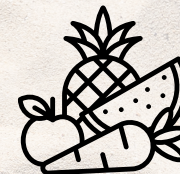
ORANGE, PINEAPPLE, STRAWBERRY, CARROT AND GINGER

GARDEN OF EDEN

APPLE, GINGER AND LEMON

GREEN MACHINE

KALE, CUCUMBER, APPLE, LEMON, CELERY AND PEAR



ICED OPTIONS 8.00

ICED LONG BLACK

ICED LATTE

ICED COFFEE

ICED MOCHA

ICED CHOCOLATE

ICED CHAI