

THE PLAY CAVE

ALL DAY BREAKFAST

extras - \$4

avo, eggs, hash brown, haloumi, bacon, mushroom, ham, chorizo, chicken, lamb

THE ROCK BIG BREAKFAST • 23

Eggs, bacon, chorizo, mushroom, spinach, grilled tomato, hash brown w/ sourdough toast

THE ROCK OMELETTE • 16

Eggs, feta, baby spinach, cherry tomatoes w/ sourdough toast (add chorizo, bacon or ham)

BACON EGG ROLL • 8

Egg, bacon, bq sauce on milk bun

EGGS & BACON ON TOAST • 12

Eggs, bacon, tomato w/ sourdough toast

ZUCCHINI CORN FRITTERS • 17

w/ poached eggs, bacon, spinach & avo salsa w/ lemon wedges

VEGGIE BREAKFAST • 17

Eggs, roasted veggies, grilled tomato, spinach, hash brown w/ sourdough toast

KIDS MEALS

add extra protein - \$4

SCRAMBLED EGG & HASH BROWN • 10

CHEESE PIZZA • 10

CHICKEN TENDER & CHIPS • 10

LAMB SOUVLAKI & CHIPS • 10

FISH & CHIPS • 10

PASTA NAPOLITANA • 10

TOASTED OR FRESH SANDWICH & CHIPS • 10

butter • vegemite • cheese • ham • tomato

• lettuce • cucumber • jam • honey

(choice of 2 fillings only)

110 Parraweena Rd, Miranda

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WWW.THEPLAYCAVE.COM.AU

Daily SPECIALS

Check Blackboard

ALL DAY MEALS

extras - \$4

avo, pita, eggs, hash brown, haloumi, bacon, mushroom, ham, chorizo, chicken, lamb

THE ROCK SANDWICH • 10

avo, ham, cheese, tomato, bacon, salami, lettuce (choice of 3 fillings)

THE ROCK BURGER • 16

Beef patty, cheese, grilled onion, pickles, tomato, bbq sauce, w/ fries

SCHNITZEL WRAP • 16

Panko chicken, lettuce, tomato, cheese w/ mayo & sweet chilli sauce

LAMB SOUVLAKI PLATE • 22

Lamb skewers, grilled onions, tzatziki, pita, haloumi w/ greek salad w/ fries

SEAFOOD PLATE • 20

Calamari rings, fish cocktails, prawn cutlets w/ greek salad w/ fries

THE ROCK SHARE PLATE • 26 (2 ppl)

Arancini, spring roll, calamari ring, fish cocktail, prawn cutlet, chicken bite w/ mayo & sweet chilli dipping sauces w/ fries

SALADS

Add haloumi, chicken, lamb - \$4

CITRUS HALOUMI SALAD • 16

Green apple, grape, orange segment, red onion, cherry tomato, mixed lettuce w/ balsamic dressing

GREEK SALAD • 16

Cos lettuce, feta, olive, cucumber, tomato, onion, oregano & lemon vinaigrette

CHICKEN CEASAR SALAD • 16

Cos lettuce, crispy bacon, chicken, boiled egg, ceasar dressing w/ crispy croutons

ROCK SAN CHOY BOW • 15

3 serves lettuce cup filled with crispy chicken, cucumber & capsicum salsa, mayo & sweet chilli sauce

THE PLAY CAVE

St. Drex

SIDES

extras - \$4
arancini, spring rolls.

MUSHROOM & PARMESAN ARANCINI BALLS (4) v • 15
w/ side rocket & parmesan salad & mayo

SPRING ROLLS (3) v • 15
w/ side rocket & parmesan salad & sweet chilli sauce

CRISPY CHICKEN BITES (6) • 15
Mayo

SEASONED WEDGES • 9
Sweet chilli & sour cream dipping sauce

SWEET POTATO FRIES • 9
Mayo

SHOESTRING FRIES • 7
(Gluten free available)

PIZZA (13")

Gluten free base - \$3

MARGHERITA • 20
Mozzarella

HAWAIIAN • 22
Ham, pineapple

BBQ CHICKEN • 25
Chicken, capsicum, spanish onion, bbq sauce

MEDITERRANEAN VEG • 25
Mushroom, spanish onion, capsicum, olives,
sundried tomato, fresh julian spinach

MEAT LOVERS • 25
Ham, salami, cabanossi, pepperoni
spanish onion, bbq sauce

ROCK SUPREME • 25
Ham, cabanossi, salami, capsicum, mushroom,
olives, spanish onion, yoghurt

HOT DRINKS

Strong, Soy, Almond - 50c
Large - 50c

SHORT BLACK/MACH/ ESPRESSO • 3.5
LATTE/CAP/FLAT WHITE/LONG BLACK • 4
CHAI LATTE/HOT CHOCOLATE/MOCHA • 4

SELECTION OF T2 TEAS • 4
English breakfast • Earl grey • Green
Lemongrass & ginger • Peppermint • Chamomile

COLD DRINKS

Soy, Almond - \$1
Add protein powder - \$2

ICED COFFEE • 8
Double espresso, milk, vanilla ice cream, cream.
ICED LATTE • 6

Double espresso, milk, ice
ICED CHOCOLATE • 8
African red choc, milk, ice, vanilla ice cream, cream.

MILKSHAKE • 7
Chocolate • Strawberry • Vanilla
SMOOTHIE • 9

mango & coconut, banana, mixed berry or acai berry
ROCK PROTEIN SHAKE • 10
Banana, honey, granola, protein powder, ice w/
coconut water

FRESHLY SQUEEZED JUICE • 9
Orange, Apple, Melon, Carrot, Ginger
(maximum 3 varieties)

KIDS MILKSHAKE • 3.5
Chocolate • Strawberry • Vanilla

all food may contain traces of seeds & nuts