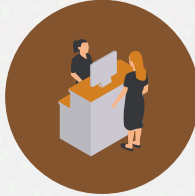


# HOW TO ORDER?

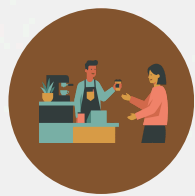
## Order at the Café



Choose your items  
from the menu



Place your order  
at the counter



Make payment, and  
we'll call your name  
when it's ready.

## Order Ahead

Call us on **07 5438 8565** to  
place your order in advance.

## Delivery Available

Call us to arrange local delivery.  
*Dietary requirements? Please  
speak to our team.*

**ORDER NOW**

# CAFE MENU

## ALL DAY BREAKFAST

### Acai Bowls

|   |        |
|---|--------|
| Nutella + Peanut Butter .....           | \$15   |
| Yoghurt + Granola .....                 | \$15   |
| <b>Bacon &amp; Egg Muffin</b> .....     | \$10   |
| <b>Bacon &amp; Egg Wrap</b> .....       | \$12.5 |
| <b>Ham &amp; Cheese Croissant</b> ..... | \$8.5  |



### TOASTIES & WRAPS

|                               |       |
|-------------------------------|-------|
| <b>Ham &amp; Cheese</b> ..... | \$8.5 |
|-------------------------------|-------|

Ham and tasty cheese, perfectly paired.

|                         |      |
|-------------------------|------|
| <b>The Reuben</b> ..... | \$16 |
|-------------------------|------|

A classic combination of pastrami, Swiss cheese, sauerkraut, pickles, and rye sourdough with Dijon mustard and Russian dressing.

|                                     |      |
|-------------------------------------|------|
| <b>Turkey &amp; Cranberry</b> ..... | \$16 |
|-------------------------------------|------|

Turkey, smokey cheddar, cranberry, horseradish, walnuts, salad mix, mayo, and rye sourdough.

|   |        |
|---|--------|
| <b>Chicken &amp; Bacon Filla Wrap</b> ..... | \$14.5 |
|---|--------|

Crispy chicken tenders, bacon, melted cheese, seasoned chips, BBQ-mayo, wrapped in a warm tortilla.

|                                   |        |
|-----------------------------------|--------|
| <b>Italian Chicken Wrap</b> ..... | \$14.5 |
|-----------------------------------|--------|

Tender chicken, semi-dried tomatoes, fresh salad mix, basil pesto, and melted cheese, wrapped in a soft tortilla



# CAFE MENU

## ROLLS & CHIPS\*

|                            |       |
|----------------------------|-------|
| Sausage Roll .....         | \$7.5 |
| Spinach & Fetta Roll ..... | \$7.5 |
| Hot Chips                  |       |
| Regular .....              | \$5   |
| Large .....                | \$8   |
| 6 x Nuggets & Chips .....  | \$9   |

## TREATS

|                           |       |
|---------------------------|-------|
| Banana Bread .....        | \$6   |
| Caramel Slice .....       | \$6   |
| Muffin (seasonal) .....   | \$6   |
| Cupcakes (Assorted) ..... | \$5   |
| Brownie .....             | \$7.5 |
| Smarties Cookie .....     | \$5   |
| Triple Choc Cookie .....  | \$5   |
| Almond Croissant .....    | \$7.5 |

## PROTEIN BALLS

(Any 3 for \$7.50)

|                                  |     |
|----------------------------------|-----|
| PB, Choc & Chia Balls .....      | \$3 |
| Choc Coconut Balls .....         | \$3 |
| Honey & Rice Bubble Balls .....  | \$3 |
| Mars Balls .....                 | \$3 |
| Nutella Brownie Balls .....      | \$3 |
| White Choc & Apricot Balls ..... | \$3 |
| New York Cheesecake .....        | \$3 |



## HOT MEALS

|                                      |      |
|--------------------------------------|------|
| Chipotle Chicken Burrito Bowl ...    | \$14 |
| Beef Stroganoff                      |      |
| With Spinach Fettuccine .....        | \$14 |
| Crumbed Chicken                      |      |
| With Roasted Potatoes .....          | \$14 |
| Satay Chicken                        |      |
| With Basmati Rice & Green Peas ..... | \$14 |
| Chicken Fettuccine Carbonara         |      |
| With Beef Rashers .....              | \$14 |



# BAR FOOD

**Wedges** (with sour cream & sweet chili) ..... \$11

## New York Pizza - By the Slice

Pepperoni ..... \$8

Margherita ..... \$8

Meatlovers ..... \$10

Vegetarian ..... \$10

## Hot Chips\*

Regular ..... \$5

Large ..... \$8

## Nuggets & Chips\*

6 x Nuggets ..... \$9

## Chicken Wings\*\* (honey soy OR smoky BBQ)

1/2 kilo ..... \$14

1 Kilo ..... \$24

\* Choice of 1 sauce - Tomato, BBQ or Aioli

\*Additional sauce: \$2

\*\*Choice of 1 sauce. Chilli mayo or Aioli

## AVAILABLE AFTER 4PM

### Hot Dogs

**Bould + Bacon** ..... \$14

Frankfurt, onion relish, mayo, cheese, bacon, BBQ & mustard

**Snoop Dogg** ..... \$14

Frankfurt, American BBQ & mustard, cheese, bacon, crispy french fries and a bit of sriracha

**German Shepherd** ..... \$14

Frankfurt, sauerkraut, tangy pickles, cheese & mustard

**Chicken Nachos** ..... \$14



# COFFEE

## HOT COFFEE

|                  | REGULAR | LARGE |
|------------------|---------|-------|
| Latte            | \$4.8   | \$5.5 |
| Flat White       | \$4.8   | \$5.5 |
| Cappuccino       | \$4.8   | \$5.5 |
| Mocha            | \$5.3   | \$5.8 |
| Long Black       | \$4.5   | \$5   |
| Chai Latte       | \$5.8   | \$6.5 |
| Dirty Chai Latte | \$6.3   | \$7   |
| Hot Chocolate    | \$5.3   | \$5.8 |
| Piccolo Latte    | \$4.5   |       |
| Magic            | \$5     |       |
| Affogato         | \$6     |       |
| Single Espresso  | \$3.5   |       |
| Double Espresso  | \$4.2   |       |
| Double Ristretto | \$4.2   |       |
| Babycino         | \$2     |       |

## EXTRAS

**Alternative Milks** \$1

Almond, Coconut, Lactose Free,  
Oat and Soy

**Syrups** \$1

Caramel, Hazelnut, Vanilla

## COLD COFFEE

|                  |       |
|------------------|-------|
| Cold Brew Coffee | \$6   |
| Iced Long Black  | \$6   |
| Iced Latte       | \$6.3 |
| Iced Mocha       | \$6.8 |
| Iced Chocolate   | \$6.8 |
| Iced Chai Latte  | \$7.3 |

## AT HOME COFFEE

### Coffee Beans

- 250g \$25
- 500g \$35
- 1kg \$55

### Cold Brew Coffee

- Takeaway 4 pack \$20  
(save almost 20%)



**BOULD BEAN CAFE**

# SPECIALTY TEAS

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## Served by the pot

100% Organic, award winning, fair trade loose leaf teas by:  
Artea, The Tea Merchant

### **Classic Black** ..... \$5

Rich and invigorating with full-bodied flavour and robust character — a perfect morning or afternoon pick-me-up.

### **Mint Fusion** ..... \$5

Refreshing peppermint with light lemongrass notes and a hint of liquorice sweetness — soothing, calming, and perfect for relaxation.

### **Green Ginger** ..... \$5

A gentle blend of Sencha green tea, lemongrass, ginger, and jasmine. Refreshing, uplifting, and soothing — perfect for morning or afternoon.

### **Lemon Ginger** ..... \$5

A zesty blend of lemon myrtle, lemongrass, ginger, and mandarin. Refreshing, caffeine-free, and soothing — great for digestion and relaxation anytime.

### **Hibiscus Mint** ..... \$5

A vibrant blend of tart hibiscus and refreshing peppermint. Hydrating, revitalizing, and perfect hot or iced anytime.

### **Lavender Grey** ..... \$5

A vibrant blend of tart hibiscus and refreshing peppermint. Hydrating, revitalizing, and perfect hot or iced anytime.

### **Chocolate Mint** ..... \$5

A rich blend of Assam black tea, roasted cacao, and refreshing peppermint — a decadent, guilt-free treat with every sip.

### **Blue Lavender** ..... \$5

A calming blend of lavender and butterfly pea flower with floral, cinnamon notes. Beautiful, soothing, and naturally color-changing with lemon. *(\*Please note, this blend is best avoided during pregnancy or breastfeeding.)*



# MILKSHAKES

|                  |       |
|------------------|-------|
| Chocolate .....  | \$9   |
| Caramel .....    | \$9   |
| Vanilla .....    | \$9   |
| Strawberry ..... | \$9   |
| Coffee .....     | \$9.8 |



# FRAPPES

|  |       |
|--|-------|
| Caramel .....                              | \$9   |
| Chocolate .....                            | \$9   |
| Coffee .....                               | \$9.5 |
| Mocha .....                                | \$9.5 |
| Peppermint Choc Chip .....                 | \$10  |
| Tiramisu .....                             | \$10  |
| Butterscotch &<br>Gingerbread frappe ..... | \$10  |



# SMOOTHIES

|   |      |
|---|------|
| Green .....   | \$10 |
| Spinach, cucumber, apple, and banana<br>blended with coconut water        |      |
| Orange .....  | \$10 |
| Mango, Pineapple, Orange and Carrot                                       |      |
| Pink .....  | \$10 |
| Strawberries, Banana, Honey and Coconut milk                              |      |
| Purple .....  | \$10 |
| Blueberries, Banana, Coconut Yoghurt,<br>Chia Seeds with milk of choice   |      |
| Yellow .....  | \$10 |
| Peanut butter, Banana, Chia, Vanilla<br>Greek yoghurt with milk of choice |      |
| Tropical Recovery .....   | \$11 |



**BCAA Lemon Lime**, Banana, Mango, Pineapple Juice

**\*Add a scoop of protein for \$2\***

# BEVERAGES & ENERGY DRINKS

## Water

- Still Water 600ml ..... \$4
- Sparkling Water
  - San Pellegrino ..... \$4
  - Passionfruit ..... \$4
  - Raspberry ..... \$4
  - Lime ..... \$4
- Coconut Water 250ml ..... \$4

## Juice & Flavoured Drinks

### Pop Tops

- Apple ..... \$4
- Orange ..... \$4

**BCAA of the Week** ..... \$4

**Protein of the Week** ..... \$4

## Sports & Energy Drinks

### Gatorade 600ml

- Berry ..... \$4.9
- Grape ..... \$4.9
- Mango ..... \$4.9
- Peach ..... \$4.9

### Red Bull

- Regular ..... \$4.5
- Sugarfree ..... \$4.5



# MIXERS

|   |      |
|---|------|
| Hard Solo .....   | \$12 |
| Canadian Club .....   | \$12 |
| Jack Daniel (Whisky + Coke) .....                             | \$12 |
| Black Flag - Bones Fruitful Blast<br>(Vodka Tropical) .....   | \$12 |
| Black Flag - Bones Raspberry Spark<br>(Vodka Raspberry) ..... | \$12 |



# BEERS

## 10 Toes Brewery:

|  |      |
|--|------|
| Mid Pale Ale - Lazy Hazy .....                     | \$8  |
| Summer Sour - Cherry Berry (Limited Release) ..... | \$10 |
| Pale Ale - Pipeline .....                          | \$10 |
| Cali Pale Ale - Lucid Dreams .....                 | \$12 |
| Vanilla Porter - Alter Ego .....                   | \$12 |

## Other Selections:

|                                  |      |
|----------------------------------|------|
| Summer Ale - Single Fin .....    | \$10 |
| Corona .....                     | \$10 |
| Pale Ale (6%) - Black Flag ..... | \$12 |
| XPA (0%) - Hey Day .....         | \$7  |



# CIDER / GINGER BEER

|                                |      |
|--------------------------------|------|
| Apple Cider - Scape Goat ..... | \$8  |
| Apple Cider - Barossa .....    | \$10 |
| Ginger Beer - Brookvale .....  | \$10 |
| Ginger Beer - 10 Toes .....    | \$10 |



# COCKTAILS

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**BCAA Sunrise** ..... \$18  
*Recover & Unwind* with this refreshing mix of tequila, orange juice, lime, triple sec, grenadine and branched chain amino acids (BCAAs).

**Bould Bash (Midori Sour)** ..... \$18  
*The perfect amount of sour!* Midori, vodka, lemon & lime shaken on ice, served with sparkling soda.

**Bould Boiz Martini** ..... \$18  
*"Best espresso martini on the Coast!"*  
Enjoy the perfect blend of vodka, kahlua, fresh coffee & coconut water.

**Chalk Bag** ..... \$18  
Enjoy a *fizzy delight* with our mix of gin, soda water and a 'chalk bag' of sherbet

**Bould Mule** ..... \$18  
Taste the *bould flavors* of vodka, zesty lime juice, and spicy ginger.

**XXX BJ** ..... \$18  
*Let's Get This Party Started!*  
3 Shots! Espresso, vodka & red bull.  
Bang! Bang! Bang!

**Vodka Recovery (ish)** ..... \$18  
*Wake up fresh tomorrow* with our signature recovery blend of vodka, soda water, electrolytes & grenadine.

**Bould Berry Bliss (♥Dan)** ..... \$18  
Take pleasure in this *creamy blend* of Baileys, strawberries and milk of choice blended with ice.

**Bould-Garita's Slush** ..... \$18  
*Take off to Mexico* on this journey of flavours, combining tequila, triple sec, lime & real mango. Blended with ice.

