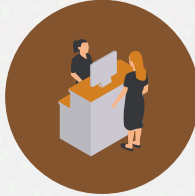


# HOW TO ORDER?

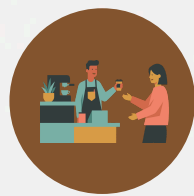
## Order at the Café



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
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Ham and tasty cheese, perfectly paired.

<b>The Reuben</b> .....	\$16
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A classic combination of pastrami, Swiss cheese, sauerkraut, pickles, and rye sourdough with Dijon mustard and Russian dressing.

<b>Turkey &amp; Cranberry</b> .....	\$16
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Turkey, smokey cheddar, cranberry, horseradish, walnuts, salad mix, mayo, and rye sourdough.

<b>Chicken &amp; Bacon Filla Wrap</b> .....	\$14.5
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Crispy chicken tenders, bacon, melted cheese, seasoned chips, BBQ-mayo, wrapped in a warm tortilla.

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

**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 & Gingerbread frappe .....	\$10



# SMOOTHIES

Green .....	\$10
Spinach, cucumber, apple, and banana 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, Chia Seeds with milk of choice	
Yellow .....	\$10
Peanut butter, Banana, Chia, Vanilla Greek yoghurt with milk of choice	
Tropical Recovery .....	\$11
BCAA Lemon Lime, Banana, Mango, Pineapple Juice	
<b>*Add a scoop of protein for \$2*</b>	



# 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 (Vodka Tropical) .....	\$12
Black Flag - Bones Raspberry Spark (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.

