

## BREAKFAST

Toast & House Preserves (3 slices) / 9  
sourdough, multigrain, fruit loaf, gluten free

Eggs Your Way on Toast / 13.5  
poached, fried or scrambled (gfo, v)

Breakfast Burger / 18  
fried egg, bacon, Swiss cheese, baby spinach  
smoked chilli relish, milk bun (gfo)  
+ hash / 4

Granola Bowl / 19  
house granola, vanilla panna cotta, seasonal berries,  
strawberry purée (v)

Smashed Avocado / 25  
pumpkin purée, heirloom tomatoes, toasted almonds,  
danish feta, poached egg, egyptian dukkah (v, gfo)

Chilli Eggs / 23  
scrambled eggs infused with korean chilli paste,  
tomatoes, chives, fried shallots, parmesan, prawn  
crackers, sourdough (gfo, v)

Green & Grain / 24  
sautéed green vegetables, charred corn, goji berries,  
avocado, almond flakes, quinoa, beetroot hummus,  
poached egg (v, gf, vo, n)

Eggs Benedict / 24  
english muffin, smoked salmon, poached eggs,  
hollandaise, fresh baby spinach (gfo)

Sandbar Breakfast Board / 27  
eggs your way, house made hash brown, bacon,  
pork & fennel chipolatas, blistered vine tomatoes,  
mushrooms, spinach, avocado, chilli relish,  
sourdough (gfo)

Waffles / 22  
brown butter waffles, toffee brittle, vanilla yoghurt,  
seasonal berries, smoked maple (v)

\*Please note  
All card transactions incur a 1.5% surcharge  
In addition, on public holidays a 15% surcharge is applied to all food items.

## LUNCH

Calamari Salad / 27  
lightly fried calamari, red pesto, chickpeas,  
cucumber, mixed leaves, feta, sesame salt,  
shoestring fries (gf)

Caesar Salad / 18  
cos lettuce, bacon, cherry tomatoes, croutons,  
anchovies fillets, egg, caesar dressing (gfo)  
+ chicken / 5

Prawn & Watermelon Salad / 25  
garlic prawns, watermelon, feta, wild rocket,  
mint, radish, lime dressing (gf, dfo)

Warm Portuguese Chicken Salad / 24  
green salad, baby spinach, prosciutto, rockmelon,  
portuguese chicken, pine nuts, lime dressing,  
braised coconut, pineapple, chilli salsa (gf, df)

Sandbar Beef Burger / 26  
150g premium beef patty, cos lettuce, tomato,  
caramelised onion, dill pickle, american cheese,  
house sauce, milk bun, shoestring fries (gfo)

Fish & Chips / 27  
beer battered flathead tails, house slaw, lemon,  
tartare sauce shoestring fries (gfo, dfo)

Chicken Schnitzel / 23  
crumbed chicken breast, steak cut chips, house  
slaw, gravy

Beef & Red Wine Ragout / 27  
braised beef & red wine ragout, homemade  
tortellini, grated parmesan

## SIDES

Steak Cut Chips / 12  
aioli

Shoestring Fries (gf) / 11  
garlic aioli



Open from 7am daily

175B Beaconsfield Parade,  
Middle Park 3206



Did you know we host weddings & events?

Find out more  
Contact our friendly functions coordinator Caitlin  
functions@jbshospitality.com.au | 0477 553 922

## BREKKY EXTRAS

Egg	3
Bacon	5
Haloumi	4
Fresh Avocado	5
Chipolata Sausages	5
Mushrooms	4
Marinated Feta	3
Potato Hash	4
Spinach	4
Vine Tomatoes	4
Hollandaise	3
Smoked Salmon	6

## DIETARIES

df - dairy free	v - vegetarian
dfo - dairy free option	gfo - gluten free option
n - contains nuts	gf - gluten free (not always suitable for coeliacs)
vo - vegan option	

### FOOD ALLERGIES

Please be aware that all care is taken when catering for special requirements. It must be noted that within the premises we handle nuts, seafood, shellfish, sesame seeds, wheat flour, eggs, fungi and dairy products. While customer requests will be catered for to the best of our ability the decision to consume a meal is the responsibility of the diner.

## COFFEE

Long, Short, Black, White / 4.5  
 Large / 1  
 Extra shot / .50  
 Bonsoy, Almond, Lactose Free Milk / .50  
 Oat, Coconut Milk / 1  
 Decaf / .50  
 Syrup / 1  
 Hot Chocolate / 4 / 5  
 Calmer Chai / 5.2 / 6  
 Babycino / 2.5



## T2 TEA 4.5

English Breakfast, Earl Grey, Just Peppermint,  
 Green, Lemongrass & Ginger, Jasmine, Just  
 Chamomile, Morning Sunshine, Packs a Peach

## ICED DRINKS 7

Coffee, Chocolate, Caramel, Strawberry, Vanilla  
 \*served with ice cream

## COLD DRINKS

Coke, Diet Coke, Coke No Sugar  
 Sprite, Fanta, Dry Ginger, Soda Water / 4  
 Lemon, Lime & Bitters / 4  
 Mineral Water 300ml / 4 | 1L / 8  
 Peach Iced Tea, Lemon Iced Tea / 6  
 LoBros Kombucha - Raspberry & Lemon,  
 Ginger & Lemon, Passionfruit, Peach & Ginger / 7  
 Cold Pressed Juice - Orange, Watermelon or Apple / 8  
 Cold Pressed Juice - Green / 9  
 Coconut Water / 8  
 Orange/Apple Juice Bottle / 6

## ALCOHOLIC BEVERAGES

SPARKLING	Glass	Bottle
Pizzini Prosecco, <small>king valley</small>	10.5	53
NV Chandon Brut, <small>yarra valley</small>	14	67
NV Veuve Cliquot, <small>france</small>		135

ROSE	Glass	Bottle
Days of Rosé, <small>mclaren vale</small>	12	55
Artea, <small>france</small>	13	65

WHITE WINE	Glass	Bottle
Rob Doland True Colours Chardonnay, <small>yarra valley</small>	11.5	55
La La Land Pinot Gris, <small>murray darling</small>	11.5	55
Wood Park 'Whitlands' Pinot Grigio, <small>king valley</small>	11	51
Vickery Riesling, <small>eden valley</small>	12	55
Dusky Sounds Sauvignon Blanc, <small>marlborough</small>	12	55
Deakin Estate Moscato, <small>murray darling</small>	10	47

PLEASE ORDER AND PAY AT THE COUNTER.  
 DON'T FORGET TO QUOTE YOUR TABLE NUMBER!

Show us your best snaps!  
 Follow, Tag, Share  
 @sandbarmiddlepark  
 #thesandbarmiddlepark



RED WINE	Glass	Bottle
Smoking Barrels Single Vineyard Shiraz, <small>barossa valley</small>	12	57
St Hallet Garden of Eden Shiraz, <small>eden valley</small>	11.5	55
Jr Jones Pinot Noir, <small>mornington peninsula</small>	14	65
Mojo Cabernet Sauvignon, <small>mclaren vale</small>	11	55
Aquilani Sangiovese, <small>italy</small>	11	55

BEER / CIDER	Jug	
Carlton Draught (on tap)	9.7	21
Peroni (on tap)	11	25
Balter XPA	12	
Balter IPA	12	
Corona	11	
Cascade Premium Light	9	
4 Pines Pacific Ale	11	
4 Pine Pale Ale	12	
Napoleon Apple Cider	11	

COCKTAILS	
Aperol Spritz	18
Espresso Martini	19
Margarita	19
Mojito	19
Cosmopolitan	19
Campari Spritz	18
Bloody Mary	18
Mimosa	13
Blue Lagoon	19
Dark & Stormy	19
Sex on the Beach	19
Paraiso Bliss	19
Raspberry Gin Spritz	19