

# Mawson

## BREAKFAST MENU

AVAILABLE FROM 7AM -11.30AM

Please advise staff of any dietary or allergies before ordering



### **Big Brekkie Burger (gfo) 22**

Bacon, Egg, Cheese, Avocado, Hash Brown with Tomato Relish on a roll

### **Tradie Bacon & Egg Roll / Wrap (gfo) 15**

Bacon, Egg & Cheese with BBQ or Tomato Sauce on a roll or wrap

**ADD: Hash Brown \$5 (Available all day)**

### **Beachside Eggs Bene' (gfo) 19**

Sourdough topped with 2 Poached Eggs & Spinach with Hollandaise Sauce

**ADD: Bacon \$6 / Smoked Salmon \$6 / Ham \$5**

### **Athlete Protein Bowl (gfo) 28**

Choice of 100g Protein (Chicken, Steak or smoked Salmon) with 2 Poached Eggs, Avocado, Mushrooms, Wilted Spinach, Chickpeas, Pepita's & Dollop of Beetroot Hummus (Approx 51g - 75g protein)

**ADD: 1 Toast of Choice (Carby Barbie) \$4**

### **Eggs On Toast (gfo) 15**

2 Eggs cooked to your liking served on Toast of choice

**ADD: Bacon \$6, Hash Brown \$5, Avo \$5**

### **Pancakes 24**

(1) Housemade Pancakes served with Mixed Berry compote & maple syrup **OR**

(2) House made Pancakes served with Bacon & Maple syrup

**ADD: Nutella, Biscoff, Whipped Cream &/or Ice Cream \$4**

**ADD: Mixed Berry Compote \$5**

**\*EGG OPTIONS- Poached, Fried or Scrambled**

**\*TOAST OPTIONS - Sourdough, Turkish, Wholegrain, White Bread, Gluten Free**

### **Mawson Big Breakfast (GFO) – 28**

Two eggs cooked your way with crispy bacon, sautéed mushrooms, baked beans, chorizo, roasted tomato and a golden hash brown, served with toasted sourdough.

### **Avolicious (GFO) – 22**

Chunky smashed avocado with feta, dukkah and balsamic glaze on toasted sourdough, served with a fresh lemon wedge. **Add: Poached egg 4 | Bacon 6**

### **Chilli Crab Scramble (GFO) – 28**

Soft scrambled eggs with blue swimmer crab, rocket and fresh chilli, finished with Argentinian chimichurri on toasted sourdough.

### **Nasi Goreng 25**

Classic Indonesian-style Fried Rice with Asian Vegetables, Prawns, Chilli paste, a Sunny-side-up Egg, and Crispy Fried Shallots. \*Don't like prawns? Swap to Chicken. Like both? **Add Chicken \$8**

### **Zucchini & Corn Fritters 25**

with Citrus Labna, Avocado, Roast tomato, Feta & Mushrooms

**ADD: Eggs / Bacon**

### **Byron Bay Macadamia Muesli Bowl**

**(Vegan)(GF)(DFO) 16 (Contains nuts)**

Coconut, Cranberry & Apple Granola blend with Seasonal fruit, Toasted Coconut, Coconut Yoghurt with a drizzle of honey & Side of Milk (Alt Milk \$1 extra)

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## LIGHT BITES / GRAB & GO

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**Raisin Toast - (1pc) 6 (2pc) 9**

Raisin Toast with Butter (Avail all day)

**Banana Bread 8**

Banana Bread with Butter (Avail all day)

**Seniors Pancakes 14 \*\***

2 Small Pancakes & Maple Syrup

**ADD:** Nutella, Cream, Ice Cream \$4 or  
Berry Compote \$5

**Seniors Bacon & Egg 14 \*\***

1 Bacon, 1 Egg of choice, 1 slice Toast of  
choice

**Seniors Bacon & Egg Toasted  
Sourdough 14 \*\***

Bacon, Fried Egg, BBQ or Tomato Sauce  
on Sourdough Toastie (Avail all day)

**Ham & Cheese Sourdough Toastie 14**

Ham & Cheese on Toasted Sourdough

**Add:** Tomato 2 (Avail all day)

**Chicken, Cheese, Avo Toastie 16**

Chicken Breast, Cheese & Avocado on  
Toasted Sourdough. (Avail all day)

**Freshly Baked Muffin of the Day 6**

**Granola Cups 12 (gf)(df)**

(Takeaway only)

Granola & Coconut Yoghurt with drizzle  
honey

\*Please check our display fridge for  
more daily treats or grab & go options



AVAILABLE FROM 7AM -11.30AM

**KIDS BREKKIE MENU**

**(Strictly 12 years and under)**

**Ham & Cheese Toastie 10**

Ham & Cheese on White Toast

**Bacon, Egg & Hash 12**

1 Bacon, 1 Fried Egg, 1 Hash Brown,  
1 Slice white Toast.

**Add:** Tomato or BBQ Sauce \$1

**Bacon & Egg Toasted Sandwich 12**

1 bacon, 1 fried egg & sauce on  
white bread

**Pancakes 12**

2 Small Pancakes w Maple Syrup

**ADD ON:** Nutella, Berries, Whipped  
Cream &/or Ice Cream \$4

**\*\* Must produce Senior or pensioner  
card to receive this price. No further  
discounts can be applied to these  
meals \*\***

### ADD ONS

1 Toast \$5, 2 Toast \$9, Halloumi \$6  
Bacon \$6, Smoked Salmon \$6, Ham  
\$5, 1 Egg \$4, 2 Eggs \$7, 3 Eggs \$10,  
Avocado \$5, Mushrooms \$5, Hash  
Brown \$5, Baked Beans \$4, Roasted  
Tomato \$4, Feta \$3, Spinach Leaves  
\$2, Cheese Slice \$2, Dukkah \$4, Relish  
\$2, Berries \$4, Maple Syrup \$3,  
Chorizo \$5, Hollandaise Sauce \$3, Ice  
Cream/ Whipped cream \$4, Nutella  
\$4, Jam, Vegemite & Peanut Butter \$3

# Mawson

## LUNCH / DINNER MENU

AVAILABLE FROM 12PM -2PM / 5.30PM - 8.30PM

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### ENTREE / SIDES

**GARLIC TURKISH BREAD 12**

ADD: Cheese 2 or Bacon 2

**BRUSCHETTA (2) (gfo) 15**

Sourdough, Tomato, Onion, Feta & Balsamic  
Vinegar

**TRIO DIPS WITH FLATBREAD (gfo) 19**

Mint Honey Yoghurt, Olive Tapenade & Hummus  
Dips with Warm Flatbread

**FRIED SALT & PEPPER SQUID 20**

Salt & Pepper Spiral Squid, Roquette & Lime Mayo

**ROASTED HALF SHELL SCOLLOPS (3 serve) 22**

Sweet half-shell scallops roasted and finished  
with fresh salsa verde and fragrant herb oil.

**FRIED HALLOUMI BITES (4) 16**

With Sweet Chilli Sauce

**SEASONAL VEGETABLES (gfo) 14**

**HOUSE SIDE SALAD (gf) 12**

**SMASHED CHATS WITH ROSEMARY SALT 14**

**CHIPS WITH CHOICE OF SAUCE 10**

\*Tomato / BBQ Sauce, Plain or Mushroom Gravy

### MAINS

**250G FILLET STEAK (gf) 40**

Pomme Puree, Charred Broccolini & Asparagus,  
Heirloom Cherry Tomatoes with a Red Wine Jus

**PAN FRIED BARRAMUNDI (gf) 35**

Crispy-skinned barramundi with mixed Asian  
greens, fried enoki mushrooms, and a bright  
ginger-lime dressing

**SLOW COOKED BRAISED LAMB SHANK (gf) 32**

Falling-off-the-bone lamb shank slow-braised  
until tender, served with creamy mash and  
seasonal vegetables.

Add Extra Lamb Shank - 15

**CHICKEN SUPREME' (gfo) 38**

Marinated chicken breast with citrus labneh, fresh  
rocket, and smashed chat potatoes dusted with  
rosemary salt.

**NASI GORENG 25**

Classic Indonesian-style fried rice with Asian  
vegetables, prawns, chilli paste, a sunny-side-up  
egg, and crispy fried shallots. \*Don't like prawns?  
Swap to chicken. Like both? Add chicken - 8

**PORK BELLY BAO BUNS (2 serve) 20**

Sticky slow-cooked pork belly with hoisin  
mayo, Asian slaw, sesame seeds, and crispy  
shallots in soft bao buns

Add: Extra Bao \$9

**SOFT SHELL TACO'S (3 serve/ no mix) 24**

(1) **Crumbed Fish**, Mango Salsa, Siracha Mayo,  
Mixed Lettuce Served in soft tortillas

**OR**

(2) **Crumbed Halloumi**, Tomato Relish, Mixed  
Lettuce, Fried Enoki Mushroom Served in soft  
tortillas. (gfo)

**FISH & CHIPS 25**

Beer-battered flathead with golden chips, side  
salad, and house-made tartare sauce

### PASTAS (+\$3 for gfo)

**BEEF RAGU' PAPPARDELLE (gfo) 36**

Silky ribbons of Pappardelle tossed through a  
rich, slow-cooked beef ragù with roasted garlic,  
finished with crumbled feta

**PRAWN & CRAB LINGUINE (gfo) 34**

Prawns and blue swimmer crab with semi-dried  
tomatoes, rocket, garlic, and Spanish onion in a  
lemon-infused white wine butter sauce,  
finished with chorizo crumb and parmesan

**PUMPKIN & OLIVE PAPPARDELLE (gfo) 26**

Roast pumpkin, olives, confit garlic, and  
Spanish onion tossed through a creamy tomato  
sauce, finished with feta

**CREAMY CHICKEN & BASIL PESTO LINGUINE  
(gfo) 28**

Chicken, cherry tomatoes, Spanish onion, and  
confit garlic in a basil pesto cream sauce,  
topped with pine nuts and parmesan

### KIDS MEALS (12yr and under only)

**Cheese Burger & Chips 12**

**Nuggets & Chips 12**

**Ham & Cheese Pizza 12**

**Ham & Cheese Toastie on White Bread 10**

**Fish & Chips 14**

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### BURGERS & WRAPS

#### CHICKEN BLAT (gfo) 25

Grilled Chicken, Bacon, Lettuce, Avocado, Tomato, Cheese, & Aioli on Toasted Turkish Bun

#### CAVES BEACH WORKS BURGER (gfo) 26

Double smash beef patties with egg, lettuce, grilled pineapple, beetroot, bacon, caramelised onion, melted cheese, tomato and our house special burger sauce on a soft burger bun.

#### CHICKEN CHIMICHURRI BURGER (gfo) 25

Chimichurri-spiced chicken with lettuce, tomato and melted cheese on a toasted burger bun

#### TOASTED STEAK SANDWICH (gfo) 28

Juicy rump cap steak with lettuce, melted cheese, tomato, caramelised onion and tomato chilli relish on toasted Turkish bread.

### SALADS

#### PORK BELLY SOBA NOODLE (gf) 28

Sticky pork belly bites tossed through soba noodles with an Asian-style salad and a bright ginger-lime dressing

#### SALMON POKE BOWL (gf) 25

Smoked salmon with rice, cucumber, avocado, spinach, edamame, carrot and pickled ginger, finished with kewpie mayo and an Asian dressing.

#### PUMPKIN, BEETROOT & FETA (gfo) 25

Roasted pumpkin and beetroot with Spanish onion, Walnuts, baby spinach and cherry tomatoes, finished with feta and the chef's house dressing.

15% Surcharge applies on Public Holidays. Please be mindful that whilst we do our very best to ensure that dietary needs & Allergies are met, some trace elements do exist in Commercial kitchens & products out of our control! Please let staff know of any Allergies prior to ordering. (gfo) = Gluten Free Option (gfo) Gluten Free

### THAI BEEF SALAD (gfo) 26

Marinated beef strips with mixed lettuce, Asian slaw, cucumber, cherry tomatoes, capsicum, cashews with sesame seeds & House made thai dressing

### PIZZA

(Sorry no ½ pizzas)

(Gluten Free Bases \$2 extra)

#### GARLIC PRAWN (gfo) 25

Prawn, Spinach, Cherry Tomato, Spanish Onion & Mozzarella on Garlic Cream Base

#### LOADED SUPREME (gfo) 26

Ground Beef, Bacon, Ham, Chicken, Pepperoni, Baby Spinach, Capsicum, Mushrooms, Olives, Mozzarella on Napolitana Base

#### MAWSON MEGA MEATLOVER (gfo) 25

Ground Beef, Pepperoni, Chorizo, Bacon, Ham, Mozzarella on BBQ Base

#### MEXICAN CHICKEN (gfo) 24

Chicken, Corn Salsa, Mozzarella, Lime Aioli on Romesco Base

#### GARLIC CHEESE (gfo) 18

Confit Garlic, Mozzarella, on Napolitana Base

#### MEDITERRANEAN VEGETABLE (gfo) 25

Sweet Potato, Sundried Tomato, Eggplant, Olives, Rocket, Spanish Onion, Mozzarella, Mint Honey Yoghurt drizzle on Romesco Base

### DESSERTS

Please Check our daily Specials or Cold Display cabinet for options