

The Lost Spring Café & Restaurant

Welcome to The Lost Spring Cafe and Restaurant

All our menus and dishes are available from 9am to close.

Dine in our Restaurant, by the pool, under the trees, on the Sky Deck or in our Pavilion.

Please inform our staff of any allergies you may have before ordering your meal.

Meanwhile relax and slip into the world of The Lost Spring as we enjoy the pleasure in hosting you today.

Delivering *magic* to everyday life

Sunrise To Sunset

French Brioche Toast

Maple syrup and egg-soaked brioche toast lightly fried with:
smoked bacon, banana, rhubarb berry compote, \$22.50
smoked salmon, avocado, mascarpone and pickled capers \$26.50
(Optional GF)

Barn Yard Hen House

Early laid eggs cooked your way, poached-scrambled-fried and served on five grain toast
(V - Optional GF) \$19.50

Chia Seed Pudding

Healthy option of awesomely good for you chia seeds soaked in coconut milk, layered berry compote, coconut yoghurt, fresh poach figs and a taste of muesli
(V - GF - DF) \$16.50

Avo Smash Ciabatta

Toasted ciabatta buttered with smashed avocado, piquant baby spinach, grilled tomatoes, poached egg, crumbled feta, dressed with fig balsamic
(V) (Optional GF) \$22.50

Toasted Banana Bread

Crowned with red fruit jams, mascarpone and garnishes of fresh fruit
(V) \$17.50

The Hashed Benedict

Classic twist to start your day – hash browns, spinach, bacon, poached egg, and hollandaise
(GF) (Optional V) \$25.50

Field of Mushroom

Portobello mushrooms gently simmered in crème fraiche lemon zest, resting on grilled ciabatta slices. (V) (GF option available) \$21.00

Add Ons \$7.00 (each serve)

Hash browns, portobello mushroom, fried tomato, bacon, smoked salmon
eggs (x2), ciabatta bread/toast



Smoothies

SERIOUSLY HEALTHY SMOOTHIES

(V, DF, GF)

\$16.00

REBOOT - Mango, Banana, Pineapple, Passionfruit

DETOX – Blueberry, Banana, Dates, Boysenberry

VITALITY - Strawberry, Mango, Raspberry, Goji Berry

ENERGISE – Pineapple, Strawberry, Apple, Dates

BOOSTER - Banana, Mango, Spinach, Lime Juice

ACAI ACTIVATE – Acai, Blueberry, Dates, Banana

Made with your choice from :

Coconut milk, Almond milk, Soy milk, Oat milk or Orange juice

Kick offs and Great snacks

Santorini Hummus Bowl

Made in house at TLS - a superbly smooth recipe swirled in virgin olive oil, smoked paprika, crushed pistachio nut and served with rustic baked focaccia bread (V- GF option)
\$19.50

Garlic Pizza Flats

Cheesy garlic \$13.50
Garlic cheese and bacon \$15.50
Cheese, bacon and mushroom \$17.50
(V- GF option)

Sticky fingered Chicken Wings

Southern tex coated to crispen life up - smothered in your choice of sauce:
Korean *barbecue* – sweet *thai chilli* or *garlic mayo*
\$26.50

Pork n Shrimp Dumplings

Steamed then dripped with soy, ginger, lime dressing and served with chilli jam
\$22.50

Salt N Pepper Calamari

Tossed in tempura, fried and served with garlic aioli sauce
\$17.00

Steamed Bao Bun

Mouthwatering explosion of roasted Vietnamese pork belly, pickled red onion and asian slaw
\$22.00

Spring Bread n Dips

Warmed selection of french bakery breads accompanied with scrumptious dips, peach and mango chutney, sun dried tomato & olive, pear and fig, with an extra serve of virgin olive oil, balsamic and a sprinkle of zaatar.
(V – GF option)
\$19.50

Bruschetta

Tomato, red onion, pesto, whipped feta, \$16.50
Mushroom, caramelised onion, parmesan sprinkle \$16.50
Smoked chicken, avocado smash, garlic mayo \$18.50
Smoked salmon, feta whip, capers \$21.00
Mixed platter of all four - \$22.50
(optional GF, DF)

Lost Spring Seafood Chowder

Ocean seafoods bound in a twist of kaffer lime, coconut cream and creamy seafood bisque, served with grilled ciabatta bread.
\$19.50

Crumbed Prawns

Panko crumbed, fried and served with garlic mayonnaise and chilli jam
\$23.50

Tempura vegetables

A mixture of fresh vegies delicately fried to a tender crunch and served with sweet asian dipping sauce.
\$17.50 (V- GF option)

El Nachos

Your call - meaty beef or bean vego
We serve them all with grilled cheese, avocado smash, tomato salsa and sour cream.
\$22.50 (V- GF)

Grazing Platter

A selection of cold meats, cheeses, fruits, hummus and pickles.
\$27.00 (V- GF option)

Steak fries – served with aioli and tomato sauce \$12.00

Falafel fries – served with tzatziki sauce, dusted with rock salt and rasped parmesan \$17.50

Polenta fries - with sun dried tomato + olive relish, dusted with rock salt and rasped parmesan \$12.00

All fries - (V – GF – DF options available)

Hunger Stoppers & Main Events

Bashed Brioche Burger

Angus beef pattie, cheddar cheese, onion marmalade, mushroom

Chicken breast, bacon, brie, cranberry sauce

Battered fish fillet, gherkins, pickled red onion, sauce tartare

Veggie corn fritter, drizzled in pesto oil, guacamole

Pulled lamb shoulder, roasted pumpkin, minted yogurt drizzle

Crispy asian pork belly with Korean BBQ sauce

All burgers served with garden salads, slaw, and steak fries

(GF option available)

\$26.50

Fish N Chips

A model dish that needs no explanation !! salad, fries and sauce tartare finishes this helping.

\$26.50

TLS Smoked Chicken Salad

A foodies crush and we style it like this – smoked chicken, crispy noodles, grapes, muslin lettuce, slaw, tomato, fresh pineapple, pecan nuts, drizzled with caesar dressing and feta.

\$27.00 (Optional GF)

Asian Fried Pork Belly or Tofu

Crispy fried then simmered in vietnamese dipping sauce, rested on fresh salad mix, prawn crackers and maple sauce. One of our favourite dishes.

Pork \$29.50 or Tofu \$25.00

Fettuccini

Smoked chicken, pesto, baby spinach \$26.50

Bacon, mushroom \$26.50

Prawn, basil, chilli jam \$29.00

Seasonal veggie \$24.00

All blended in Tuscan tomato pasta sauce and shaved parmesan cheese

Roast Pumpkin and Spinach Risotto

A creamy combination of slow cooked risotto with roasted pumpkin and fresh baby spinach. Topped with pumpkin seeds and parmesan cheese.

\$25.50 (V- GF)

Skewered Chicken Kebab

Served in fried tortilla based with fresh garden salad + pearl couscous
Topped in tzatziki sauce
\$36.00

*Eye Fillet Tenderloin

King of Steaks!! served with portobello mushroom and caramelised
onion jus
\$42.00

*Pan Seared Salmon Steak

Seared lightly with a sprinkle of dukkah, olive oil,
zucchini, caper and sauce napolitana
\$42.00

*Roulade Chicken Breast

Rolled and wrapped in honey bacon with brie cheese and herb stuffing,
coated in crushed cranberry jus
\$42.00

*Pulled Lamb Wellington

Slow cooked lamb shoulder to a tender pull, enveloped in minted pea puff pastry,
oven baked and served with kumara mash and minted pea compote
\$42.00

* Meals are served with our baked potato dish and seasonal vegetables

Sides

Fresh seasonal vegetables \$12.00

Greek salad \$13.50

Garden salad \$12.50

Mac & Cheese \$15.50