



ON WEST

summer menu 2011

all day breakfast

eggs and toast <small>GFAV e</small>		7.00
your choice of poached (e), scrambled or fried eggs and toast (thick cut white, wholemeal (e) or turkish)		
extras		
beef chipolata sausages, bacon, spinach (e), mushroom, avocado (e)		ea 2.50
tomato (e), baked beans, hash brown, home-made hollandaise		ea 1.00
big breakfast	mini 12.50	big 15.90
two eggs, poached scrambled or fried, bacon, beef chipolata sausages, mushroom, tomato, hash brown, baked beans and toast (also available in a mini version)		
veggie breakfast <small>v</small>		14.20
two eggs, poached scrambled or fried, mushroom, tomato, avocado, sauteed spinach, hash brown and toast		
eggs benedict <small>GFA</small>	bacon or ham 13.90	salmon 15.90
poached eggs, spinach with your choice of bacon, ham or smoked salmon on an english muffin with home-made hollandaise		
whole roasted mushrooms <small>GFAV</small>		10.90
with scrambled eggs and cheese melt on turkish		
the 304 <small>GFA</small>		15.90
smoked salmon, asparagus spears and spinach topped with a poached egg, served w dill hollandaise, shaved parmesan and a slice of toasted turkish bread		
turkish baked eggs <small>GFA</small>		12.90
two eggs, spinach, fetta and sucuk (turkish spiced sausage) served in the pan w toasted turkish bread		
bacon and egg roll <small>GFA</small>		5.80
on a cafe created turkish bread roll with your choice of sauce		
omelet <small>GFAV</small>	with 'the lot' 14.00	two fillings 10.90
light and fluffy omelet w cheese, two fillings and toast. fillings: mushroom, onion, tomato, ham, spinach		
bircher muesli <small>ve</small>		9.50
a cafe created blend of oats, almonds, strawberries and apple soaked in yoghurt and topped with berry compote		
fruit salad <small>ve</small>		8.90
a selection of fresh fruit, natural yoghurt, honey drizzle and cinnamon toasted seeds		
thick pancakes <small>v</small>		9.50
w fresh strawberries, maple syrup and your choice of yoghurt or ice-cream		
french toast <small>v</small>		9.50
w mixed berry compote, maple syrup and your choice of yoghurt or ice-cream		
turkish toast <small>v</small>		4.00
w vegemite, jam, honey, peanut butter or nutella		
raisin toast <small>v</small>		3.50
thick cut with a selection of preserves		
scones <small>v</small>		3.00
fresh made scone (plain or date) w cream and jam		
banana bread <small>v</small>		4.00
pear and raspberry bread <small>v</small>		4.20
fruit and nut bread <small>v</small>		4.20
all served toasted with butter		

304 On West . BYO wine and beer . 10% public holiday surcharge

GF = gluten free GFA = gluten free version available (add 50c) V = vegetarian e = emit fitness approved meal



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lunch

bruschetta <small>GFAV</small>	9.90
tomato, basil, capers and olives on turkish toasts w crumbled fetta and balsamic	
macadamia encrusted chicken strips <small>GFA</small>	14.90
w garden salad, hand cut chips and sweet mango salsa	
beer battered flathead	16.50
local flathead w hand cut chips, garden salad and cafe created tartare	
lamb cutlets <small>GF e</small>	19.20
lemon and thyme marinated lamb cutlets filled w ricotta, chargrilled, w a zucchini and chickpea salad	
salt and pepper squid	13.20
304's own blend of salt and spices on fried squid served w hand cut chips, garden salad and sweet chilli sauce	
smoked salmon, grapefruit and watercress salad <small>GF e</small>	16.90
smoked salmon, watercress, radish, onion and fennel salad w grapefruit segments, pear and avocado	
caesar salad <small>GFAV</small>	10.90
cos, bacon, parmesan cheese, garlic croutons, egg and cafe made caesar dressing	
add grilled chicken breast	14.90
avocado salad <small>GFV e</small>	10.90
avocado, sun-dried tomato, pine nuts, tomato, capsicum, cucumber, onion, mixed greens and balsamic vinaigrette	
add grilled chicken breast	14.90

sides

thick cut chips <small>GFV</small>	sml 3.50	reg 5.50
garden salad w balsamic dressing <small>GFV e</small>		5.00
garlic turkish bread		4.00

kids menu

cheeseburger and chips <small>GFA</small>	6.00
crumbed chicken strips and chips	6.00
pancakes maple syrup and ice-cream	5.00

burgers

lamb burger <small>GFA</small>	12.50
spiced lamb patty, eggplant salsa, sumac onion, tomato, mixed lettuce and garlic yoghurt on turkish with thick cut chips	
beef burger <small>GFA</small>	9.90
w tomato, lettuce, beetroot, house made onion jam and melted cheese on turkish with thick cut chips	
chicken burger <small>GFA</small>	10.20
chicken breast, avocado, salad, cafe created mayo and mango salsa on turkish with thick cut chips	
portuguese chicken burger	10.20
peri peri marinated chicken breast w cheese, lettuce, tomato and mayo on turkish with thick cut chips	
veggie burger <small>V</small>	9.20
zucchini fritter, hommus, lettuce, tomato, red onion and hot chilli sauce on cafe made turkish with thick cut chips	
chicken caesar wrap	9.20
chicken, bacon, cos lettuce, parmesan cheese, egg and 304's caesar dressing wrapped in flat bread and lightly toasted	

create your own sandwich/wrap/melt GFAV e

start with.. wrap (e), turkish roll or white, wholemeal, gluten-free bread	4.00
add.. tomato, cucumber, capsicum, onion, lettuce, beetroot	ea 0.50
tasty cheese, fetta, pineapple	ea 1.00
ham, bacon, sun dried tomato, avocado	ea 1.50
smoked salmon, chicken breast	ea 2.50
condiments.. whole egg mayo, dijon mustard, wholegrain mustard	ea .20



emit fitness specialises in energising, motivating, inspiring and transforming lives. Exercise is just part of the equation to a happy, healthier you. At emit fitness, we provide a holistic approach to health. All services are tailored to suit your health needs and can incorporate wellness coaching and fitness training through to nutrition consultations and massage. Contact us www.emitfitness.com.au or call Rhiannon on 0410 467 179.