



**Sails**

• ON THE MARINA •

# Sails Cafe Menu

## ICED DRINKS

**SML K15 | MED K17 | LRG - K19**

### Iced Tea

*Earl Grey with Ginger, Lemon and Honey*

### Iced Chocolate

*Milo and Milk Topped with Chocolate*

### Iced Coffee

*Espresso and Coffee Topped with Whipped Cream*

### Thick Shakes

*Chocolate, Strawberry, Caramel or vanilla served with a Scoop of Ice Cream*

### Spider

*Coke, Fanta or Lemonade with Vanilla Ice Cream*

### Pacific Green

*Protein Powder, Spinach, Cucumber and Coconut Water*

### Blueberry Protein Supreme

*Blended Vanilla, Protein Powder, Frozen Blueberries and Vanilla Ice Cream*

## JUICES

**SML K15 | MED K17 | LRG - K19**

### Fresh Juices

*Orange; Watermelon; Pineapple; Apple; Papaya*

### Energy Lift

*Pear, Cranberry, Cucumber, Lemon and Ginger*

### Gym Junkie

*Green Apple, Cucumber, Celery and Lemon*

### Wonder Melon

*Watermelon, Fresh Mint and a Hint of Ginger*

### Wake Up

*Orange, Carrot Juice with Ginger and Honey*

## HOT BEVERAGE

### Pot of Tea (350mL)

*English Breakfast, Earl Grey, Assam Ceylon, Camomile or Green Tea served with choice of Milk, Lemon or Honey*

**K12**

### Coffee

**SML**

**MED**

**LRG**

Espresso

K9

-

-

Plunger

-

-

K14

Specialty Coffee T/A

K9

K11

K13

*Cappuccino; Café Latté; Flat White; Macchiato; Americano*

*Specialty Coffee Dine-in*

**CUP**

**MUG**

K9

K11

## SMOOTHIES

**SML K15 | MED K17 | LRG - K19**

Add two scoops of protein powder to your favorite smoothie or shake at K6.00 for an after-gym protein hit

### Coconut Squeeze

*Fresh Coconut, Pineapple, Banana and Mint*

### Tango Mango Madness

*Mango, Pineapple, Orange and Lemon*

### Banana Buzz

*Milk, Banana, Yoghurt, Honey and Cinnamon*

### All Berry Bang

*Mixed Berries, Ice Cream, Yoghurt and Apple Juice*

### Pineapple Energizer

*Pineapple, Vanilla Yoghurt and Ginger*

**BEVERAGE**



# Sails Cafe Menu

See your Hot & Cold Cabinets for our selection of freshly Baked Pies, Sausage Rolls and Savory Pastries and freshly made Poke Salad Bowls, assorted Deli Sandwiches and Sushi Maki Packs

## HOUSE MADE FRESH PIZZA

SML - K20 | MED - 30 | LRG - K40  
Herb & Cheese Garlic Pizza

SML - K36 | MED - K50 | LRG - K62  
Italian Savory Crust

Garlic & Cheese Crust, Crispy Bacon, Grilled Eggplant, roasted Capsicum topped with Parmesan & Mozzarella Cheese on a Pesto Base

**Fireball**  
Lean Mince Beef, Pepperoni, Leg Ham, Red Onion, Jalapenos on a BBQ Base

**Three little Pigs**  
Popular choice for a Tribe Pork, Ham, Bacon, Caramelized Onion with Mozzarella Cheese on a BBQ Base

**Vegetarian Supreme**  
Mixed market Vegetables, Topped with Crumbled Feta & Mozzarella Cheese on a Tomato & Herb Base

**Hercules the Hawaiian**  
Members favorite, Pineapple, Leg Ham off the Bone, smothered with Mozzarella Cheese on a Tomato and Herb Base

## BREAKFAST

**Vegetarian Combo** K30  
*Baked Beans, Hash brown, Mediterranean char-grilled Vegetables and Wholemeal Toast*

**Savory Mince on Toast with Poached Egg** K28

**Fluffy Pancake Stack with Honey Pot & Natural Yogurt** K28

**Poached Eggs on Thick Wholemeal Toasted Loaf with Smashed Avocado & Smoked Salmon** K36

**Fresh Baked Bap Filled with Fried Egg & Bacon and Tomato Relish** K24

**Tropical Breakfast Fruits with Toasted Coconut & Oats with Natural Yogurt** K30

**Cafe Morning Breakfast Plate** K42  
*Bacon, Chipolata Sausages, Potato Hash, Champignon, Mushroom, Grilled Tomato & Eggs (Cooked to your choice on Thick Toast)*

**Eggs Benedict with Crispy Bacon Rashers on Toasted Sour Dough** K34

**Sailors Breakfast** K34  
*Fried Eggs, Crispy Bacon, Grilled Tomato & Thick Toast*

FOOD

## LUNCH & DINNER MENU

**Vegetarian Chickpea & Lentil Pattie** K32  
*served with steamed Jasmine Rice & spicy Tomato Jam*

**Classic Thai Red Curry Noodles** K40  
*Grilled Prawns, Lemon Grass and Thin Rice Noodles with Pappadums*

**Indonesian Chicken Sate** K34  
*Spicy Fried Rice with Chicken Skewers, Fried Egg and Sambal Oelek*

**Fried Empanada** K30  
*Pastry Parcel Filled with Savory Beef, Spicy Dipping Sauce and Plate Salad*

**Vegetarian Burrito** K30  
*Flour Tortilla Wraps, Lettuce, Tomato, Red Onion, Kidney Bean, Shredded Cheese*

**The Club Sandwich** K38  
*Chicken, Bacon, Avocado, Lettuce, Tomato, Aioli and French Fries*

**Fish & Chips** K44  
*Battered Local Fish Fillets served with Fries, Salad & Tartare Sauce*

## HOUSE BURGERS

**Yachtie Burger** K40  
*Beef Patty Cooked to Perfection served with Shoestring Fries, Salad & topped with Onion Rings*

**Spicy Chicken Burger** K40  
*Fillet of Chicken, Jalapeno, Cheese, Spicy Mayonnaise & Salad with Shoestring Fries*

**Vegetarian Burger** K36  
*Chick Pea & Lentil Pattie with spicy Tomato Jam served with Shoestring Fries*