



# CLUB INTERCONTINENTAL®

Good Morning, welcome to Club InterContinental  
*7 days a week from 6:30am to 9pm*

*Weekday breakfast / 6:30am to 10am*  
*Weekend breakfast / 6:30am to 11am*

*Afternoon Tea Service from 2:00pm - 4:00pm*

*Evening Service 5:00pm - 7:00pm*

## FROM THE KITCHEN

### Healthy Bowl *V, NF, H, GF*

Roasted pumpkin, mushrooms, rice, spinach, spring onion, edamame, miso dressing, sunny-side-up eggs

### Classic Benedict *NF*

Free range poached eggs, baby spinach, hollandaise, English muffin  
Add on: ham or smoked salmon  
*Gluten-free option available upon request*

### Eggs Your Way *NF*

Served how you choose, paired with toast and your choice of side;  
Chicken Sausages  
Bacon  
Tomatoes  
Mushrooms  
Potato Rosti *CG*

### Buttermilk Pancakes *V*

Berry compote, whipped cream, with toasted almond flakes

### Homemade Bircher Muesli *V*

Served with yoghurt and fresh berries

### Brookfarm Coconut Granola *V, H, GF*

Choice of natural, low fat, fruit or coconut yoghurt  
Fresh seasonal berries

## KIDS MENU

### Pancakes *V*

Served with ice cream and maple syrup

### Eggs Your Way *V*

Eggs of your choice on white toast with potato rosti

### Porridge *V*

Made with your choice of milk or water

*V - Vegetarian NF - Nut Friendly GF - Gluten Friendly DF - Dairy Friendly  
CG - Contains Gluten H - Healthy Option*

## BUFFET MENU

### Bakers Section *V*

Selection of breads including sourdough, whole meal, multi grain, rustic white and gluten free  
Freshly baked danishes, croissants and mini muffins

### Cereal Bar *V*

All natural, Australian made Brookfarm cereals with choice of milk and toppings  
*Gluten-free option available*

### Natural, Low-fat, Flavored Yoghurt's and Bircher Muesli *V*

### Local Australian Cheese *V*

18-24 month aged Maffra cloth aged cheddar, Tarago River brie, Tarago River Shadows of Blue, Lavosh crackers, grapes, walnuts and dried fruits

### Salad Bar *V, DF, GF*

Selection of greens, seasonal vegetables, grains and sprouts  
Dressings - Italian, Balsamic, Ranch, Rio Vista EVOO

### Seasonal Fruits *V, DF, GF, NF*

Freshly sliced fruits and fruit salad

### Cold Meats and Fish *DF, NF*

Selection on cold meats and Tasmanian smoked salmon, served with pickles, mustard, red onion and capers

## BEVERAGES

### Options:

Cappuccino  
Latte  
Flat White  
Long Black  
Espresso  
Hot chocolate  
Chai latte

### Pressed Juice:

Orange  
Apple  
Tropical Fruits

### Tea:

English Breakfast  
Earl Grey  
Green Tea  
Chamomile  
Vanilla Rooibos

### Milk selection:

Full cream milk  
Skim milk  
Soy, Almond or Oat  
Lactose-free

If you have any special requests/dietaries please ask one of our friendly staff for more options.

Club InterContinental offers a selection of complimentary All Day Snack items served during operating hours. Please ask one of our Club Lounge Attendants for more information.