

SpudBAR

A HEALTHY ADDICTION



The average adult daily energy intake is 8700KJ

POKE BOWLS NEW!



POKE - 10.90 2920KJ

beetroot, corn, avocado, edamame, sweet potato chips & seaweed served on sweet potato. Garnished with vegan mayo & black sesame seeds.

SRIRACHA CHICKEN - 14.90 2440KJ

chicken, beetroot, corn, edamame, coriander, seaweed & radish served on sweet potato. Garnished with black sesame seeds, sriracha mayo & a lime wedge.

ALOHA SALMON - 14.90 2440KJ

smoked salmon, cucumber, avocado, edamame, sweet potato chips, seaweed & radish served on sweet potato. Garnished with black sesame seeds, whole egg mayo & edible flowers.

TRADITIONAL SPUDS



TUNA & AVOCADO - 12.90 2471KJ

oven baked potato, our tuna mix (with corn, spring onion & whole egg mayo), shredded cabbage, carrot, tasty cheese, cucumber yoghurt & avocado.

BACON & CHEESE - 12.40 2551KJ

oven baked potato, bacon, tasty cheese, mushrooms, wild rocket, tomato salsa, light sour cream & spring onions.

THE FESTIVAL - 9.40 2690KJ

oven baked potato, melted butter, tasty cheese, bacon, light sour cream & spring onions.

HOME STYLE BOLOGNESE - 12.90 2337KJ

oven baked potato, beef bolognese, tasty cheese, peas, carrot, corn, light sour cream & spring onions.
+ add bacon \$2.50

SPECIALTY SPUDS



MEXICAN CHICKEN - 14.60 3100KJ

oven baked potato, free range chicken, mild chilli bean, wild rocket, carrot & corn with a jalapeño mayo or chipotle mayo .

MEATLOVERS - 14.60 2520KJ

oven baked potato, beef bolognese, bacon, shredded cabbage, mushrooms, tasty cheese, light sour cream & spring onions.
+ add free range chicken \$3.50

CHICKEN, BEETROOT & AVOCADO - 14.60

3319KJ
oven baked potato, free range chicken, tasty cheese, wild rocket, beetroot & avocado topped with herb mayo.

PULLED PORK - 13.90 2173KJ

oven baked potato, tender pulled pork in an American style BBQ sauce, baby spinach, shredded cabbage, corn, peas, light sour cream & spring onions.

VEGIE SPUDS



THE CLASSIC - 9.40 2470KJ

oven baked potato, melted garlic butter, tasty cheese, corn, cabbage, light sour cream & spring onions.
+ add bacon \$2.50

CHILLI BEAN & SALSA - 12.60 2680KJ

oven baked potato, mild chilli bean, tomato salsa, corn, tasty cheese, shredded cabbage, light sour cream & spring onions, topped with corn chips.
+ add avocado \$2.50

FRESH VEGIE - 10.40 1484KJ

oven baked potato, baby spinach, tomato, corn, carrot, peas & hummus.

MOROCCAN CHICKPEA & KALE - 11.40

1555KJ
oven baked potato, warm moroccan chickpea & kale mix, wild rocket, our quinoa grains mix, beetroot, hummus & spring onions.

HAWAIIAN - 12.20 2632KJ

oven baked potato, tasty cheese, shredded cabbage, tomato, corn, beetroot, pineapple, light sour cream & spring onions.
+ add bacon \$2.50

SNACK SPUDS



CHILLI BEAN, CHEESE & CORN CHIPS - 6.90 1635KJ

BOLOGNESE, CHEESE & MUSHROOM - 6.90 1325KJ

CORN, PEAS, TOMATO & CUCUMBER YOGHURT - 6.60 1119KJ

PULLED PORK, PEAS & CORN - 7.50 954KJ

CREATE YOUR OWN



FULL SIZE SPUD FROM 5.40

SNACK SIZE SPUD FROM 4.40

SALAD FROM 5.40

CHOOSE YOUR ADD ONS:

\$3.50 - hot meat toppings or free range chicken

\$2.50 - chilli bean, avocado, pumpkin, moroccan chickpea & kale mix, bacon, tuna

\$1 - everything else