

# SPUDBAR IS FOR EVERYONE

We think life would be a bit boring if everyone was the same, which is why we celebrate our little differences with a menu that is highly adaptable to your tastes and dietary needs.

We have dishes that cater for people looking for low sugar, gluten free, high protein, vegan, and dairy-free.

Talk about having you covered!  
Look out for these icons when you are ordering:

## ALL OF OUR SPUDS & BOWLS ARE



AND SOME ARE...



# new Chicken Caesar

spud



- OVEN BAKED POTATO
- FREE RANGE CHICKEN
- CRISPY BACON
- COS LETTUCE
- TASTY CHEESE
- FREE RANGE EGG
- GARLIC BUTTER
- CAESAR DRESSING

\$14<sup>90</sup>

ADD AVOCADO FOR \$2<sup>90</sup>



## NUTRITIONAL INFO

Menu Item	Typical Serve (g)	Energy (kJ) per 100g	Protein (g) per 100g	Fat (g) per 100g	Sat Fat (g) per 100g	Carbs total (g) per 100g	Carbs sugars (g) per 100g	Sodium (mg) per 100g
Poke Bowl	455	643	3.7	8.7	1.2	14.3	4.9	226
Sriracha Chicken Poke Bowl	546	447	7.0	3.5	0.4	11.3	4.9	337
Aloha Salmon Poke Bowl	539	635	5.9	9.8	1.3	9.6	3.2	298
Tuna & Avocado	600	486	5.7	6.3	2.1	8.4	1.4	125
The Classic	518	475	3.9	6.1	3.7	9.6	1.3	114
Bacon & Cheese	545	468	4.9	6	3.2	8.7	1.1	235
Home Style Bolognese	671	438	4.4	5.1	2.7	8.9	1.9	141
The Festival	459	566	5.4	7.9	4.7	9.8	0.9	253
Chicken, Beetroot & Avocado	625	588	6.7	8.7	2.2	8.2	1.6	207
Mexican Chicken	655	433	5.6	4.5	.5	9	1.4	213
Meatlovers	641	466	5.1	5.9	3.1	8.3	1.6	212
Pulled Pork	660	330	4	2.2	1.2	9.6	2.4	148
Chicken Parma	560	565	5.8	7.3	3.9	10.6	1.2	235
Chilli Bean & Salsa	695	438	3.8	4.8	2.5	10.2	1.7	188
Moroccan Chickpea & Kale	323	323	2.4	2.1	0.2	11.3	2.2	128
Hawaiian	710	364	3.1	3.7	2.2	9.3	3.2	102
Fresh Veggie	535	304	2.5	2	.2	9.9	1.1	77
Chicken Caesar Spud	503	590	10.2	7.6	3.6	7.4	1.6	385
SNACK SPUDS								
Chilli Bean, Cheese & Corn Chips	265	605	6.2	6.9	3.6	13.1	0.9	218
Bolognese, Cheese & Mushroom	270	524	6.3	6.7	3.4	8.9	1.2	197
Corn, Peas, Tomato & Cucumber Yogurt	340	253	2.7	0.6	.1	9.9	2.4	61
Pulled Pork, Peas & Corn	300	305	4.2	0.8	0.1	10.8	2.4	173

The average adult daily energy intake is 8700kJ  
These figures are correct at time of printing and may vary from store to store.

## POKE BOWLS



### POKE - 11.90 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 3420kJ

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 - 13.60 2920kJ

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

### BACON & CHEESE - 12.90 2550kJ

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

### THE FESTIVAL - 9.90 2600kJ

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

### HOME STYLE BOLOGNESE - 13.40 2940kJ

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

## SPECIALTY SPUDS



### MEXICAN CHICKEN - 13.90 2840kJ

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

### NEW! CHICKEN PARMA - 14.90 3160kJ

oven baked potato, RSPCA approved crumbed chicken strips, pecorino infused napoli sauce, fresh rocket, tasty cheese, crispy bacon, garlic butter, light sour cream & spring onions.  
**+ add avocado \$2.50**

### CHICKEN, BEETROOT & AVOCADO - 14.40

3670kJ  
oven baked potato, free range chicken, tasty cheese, wild rocket, beetroot & avocado topped with herb mayo.  
**+ add free range egg \$2.50**

### MEATLOVERS - 14.40 2990kJ

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

### PULLED PORK - 14.40 2180kJ

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 - 9.90 2460kJ

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

### CHILLI BEAN & SALSA - 12.90 3040kJ

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 - 10.90 1630kJ

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

### MOROCCAN CHICKPEA & KALE - 11.90

1920kJ  
oven baked potato, warm moroccan chickpea & kale mix, wild rocket, our quinoa grains mix, beetroot, hummus & spring onions.

### HAWAIIAN - 12.90 2590kJ

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 - 7.60 1600kJ

BOLOGNESE, CHEESE & MUSHROOM - 7.60 1420kJ

CORN, PEAS, TOMATO & CUCUMBER YOGURT - 7.60 860kJ

PULLED PORK, PEAS & CORN - 7.90 916kJ

## CREATE YOUR OWN



FULL SIZE SPUD FROM 5.90

SNACK SIZE SPUD FROM 4.90

SALAD FROM 5.40

CHOOSE YOUR ADD ONS:

\$3.50 - hot meat toppings, free range chicken, smoked salmon

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

\$1 - everything else