

A close-up photograph of a hand holding a light-colored ceramic bowl filled with a vibrant salad. The salad includes green leafy vegetables, white bean sprouts, a piece of golden-brown fried food, and a lime wedge. The background is a blurred beach scene with the ocean and some distant figures. The text 'BEACH The BAR MENU' is overlaid in a bold, yellow, sans-serif font, with 'The' in a smaller, black, cursive font. Two thin yellow horizontal lines separate the words 'BAR' and 'MENU'.

BEACH *The* BAR MENU

Prices subject to change due to seasonal increases.

BREAKFAST



Most menu items available gluten free for free! Just ask!

☉ Until 11:30am

BREAKFAST

SOURDOUGH GF, V, VGO

your choice of: house marmalade | strawberry jam | vegemite | peanut butter | honey | 10

EGGS YOUR STYLE GF, V

sourdough | tomato chutney | spinach | 16.5

EGGS BENNY GF, VO

bacon or pumpkin fritter | poached eggs | spinach | sourdough | hollandaise | 25

OKONOMIYAKI VO

bacon | tonkatsu sauce | japanese mayo | fried egg | chilli | shallot | 25

SPICED PUMPKIN HASH GF, V, VGO

smashed pumpkin | feta | poached egg | chilli oil | pistachio dukkah | pomegranate | 25

FARMHOUSE GF, VO

eggs | brazilian cheese bread | shoulder bacon | pork sausage | mushroom | tomato | housemade hash | chutney | 30

CLASSIC HOTCAKES GF, V

berry compote | maple | whipped butter | 24

BREAKY BURGER GFO

milk bun | bacon | egg | spinach | housemade hash | bbq sauce | 22

PUMPKIN HALOUMI FRITTERS GF, V, VGO

micro greens | labneh | poached egg | harissa | pickled onion | 25



Extras

EGG \$3

HOLLANDAISE \$3.5

TOMATO \$3.5

SPINACH \$3.5

HOUSEMADE HASH BROWN \$4

MUSHROOMS \$5

AVOCADO \$6

PORK SAUSAGE \$6

BACON \$6

HALOUMI \$6

GROMMIES

12 & UNDER

HOTCAKES GF, V

berry compote | maple | 14.5 w/ice cream | 16.5

BACON & EGG ROLL GFO

with tomato sauce | 14.5

BACON & EGGS GFO

sourdough | scramble | 14.5

OUR KITCHEN'S A BUSY PLACE, AND NUTS, DAIRY, FISH, AND OTHER ALLERGENS LOVE TO CRASH THE PARTY. WE CAN'T PROMISE THEY WON'T LEAVE A TRACE.

SCAN THIS BABY FOR ALL THE ALLERGEN INFO



WE ARE
Coeliac Friendly

v-vegetarian | vo-vegetarian option | gf-gluten free | gfo-gluten free option | vgo-vegan option

18% surcharge applies on public holidays

BEVERAGES



Most menu items available gluten free for free! Just ask!

🕒 All day

COFFEE & TEA

BLACK | 4.5

WHITE | 5 | 6

ICED

long black | 4.5
latte | chai | 6
coffee | chocolate | 7
mocha | 7.5

ALTERNATIVE MILKS

oat | almond | soy | zymil | 0.9

SYRUPS

caramel | vanilla | hazelnut | chai | 0.9

EXTRAS

shot | 0.9
decaf | 0.9

TEA

english breakfast | earl grey | malabar chai |
spring green | peppermint | 4.5

SMOOTHIES

500ml | add protein \$3.5

BANANA

banana | cacao nibs | honey | cinnamon | milk | 13

TROPICAL

mango | passionfruit | orange | chia seeds | goji
berries | coconut cream | coconut water | 13

PEANUT CACAO

banana | dates | peanut butter | coconut | cacao |
maca | cinnamon | coconut water | 14

GREEN

mango | passionfruit | pineapple | goji berries |
kale | cucumber | chia seeds | coconut | maca |
honey | mint | coconut water | 14

COLD

MILKSHAKES

chocolate | caramel | vanilla | strawberry | 7.5
make it a thickshake | 2.5

JUICES

orange | apple | guava | pineapple | cranberry | 6.5

SOFT DRINKS

coke | lemonade | diet coke | ginger ale |
soda water | 5
bundaberg ginger beer | lemon lime bitters | 6

WATER

lentini sparkling 750ml | 9
coconut water | 7

KOMBUCHA

ginger & lemon myrtle | 7.5

BEACH BAR NIGHTS FROM 5PM

MONDAYS

MEXICAN MONDAY

\$7 tacos & \$17 margs

TUESDAYS

TRADIES TUESDAY

\$25 parmy w/ chips & salad

WEDNESDAYS

PASTA NIGHT

\$25 handmade pastas

THURSDAYS

CURRY CLUB

any of our curry bowls for \$29

FRIDAYS

BURGER NIGHT

\$22 burger & fries

SUNDAYS

SUNDAZE SPRITZ

\$16 spritzes from 10am

t&cs apply

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LUNCH & DINNER



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🕒 from 11:45am

SHARE PLATES

SEASONED FRIES GF, V, VGO

rosemary salt | aioli | 12

BRAZILIAN CHEESE BREAD (5) GF

parmesan | chutney | black garlic butter | 14.5

CHICKEN DUMPLINGS (5)

ponzu | fried shallot | pickled ginger | chilli oil | 19

KARAAGE MUSHROOMS GF, V, VGO

roasted sesame dressing | chilli oil | sunomono | 18.5

SALMON TATAKI GF

ponzu | sunomono | japanese mayo | wasabi pea furikake | 24

FISH TACOS (2 OR 3) GFO

mahi mahi | lettuce | pickled slaw | tomatillo salsa | 19/27

HOT HONEY CHICKEN GF

fried tenders | pickles | hot honey glaze | 20

CALAMARI GF

housemade wasabi pea furikake | kaffir lime aioli | watercress | lime | 20

HONEY BAKED BRIE GFO, V

sourdough | pistachio dukkah | pickles | quince | 25.5



join us for

HAPPY HOUR

3-5PM
MONDAY
TO FRIDAY

t&cs apply

CRAFT BURGERS

TOASTED BUN, CRISPY FRIES & AIOLI

+ BACON | 4

BEACH BAR BEEF GFO

beef patty | bacon jam | lettuce | swiss cheese | onion rings | bbq | aioli | 26.5

HOT HONEY CHICKEN GFO

cabbage slaw | japanese mayo | pickles | 26

CLASSIC AMERICAN CHEESEBURGER GFO

beef patty | cheese | lettuce | tomato | mustard | aioli | tomato sauce | pickles | 26

KARAAGE MUSHROOMS GFO, V, VGO

cabbage slaw | roasted sesame dressing | sunomono | 25.5

ARVO DELIGHT Cocktails

MARGARITA

tequila | triple sec | lime | salt | 22

PIÑA COLADA

rum | coconut | pineapple | lime | 22

APEROL SPRITZ

aperol | prosecco | soda | 19

MOJITO

white rum | lime | mint | soda | 22

LYCHEE MARTINI

vodka | lychee | cloudy apple | lime | aquafaba | 22

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LUNCH & DINNER



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🕒 from 11:45am

OUR FAVOURITES

SATAY CHICKEN GFO

coconut rice | cucumber | peanut sauce | candied nuts | thai herbs | roti | 34.5

PORK KATSU BOWL GF

cutlet | coconut rice | japanese curry sauce | sunomono | shallots | 34.5

FISH & CHIPS GF

battered coral trout | mushy peas | dill aioli | 29.5

ROOT VEGETABLE SALAD GF, V, VGO

spiced labneh | radicchio | sherry vinaigrette | pistachio dukkah | 26.5
+ grilled chicken | 34.5

POKE BOWL GF, VGO

coconut rice | assorted pickled veg | fresh greens | edamame | japanese mayo | ponzu | housemade wasabi pea furikake
+ salmon sashimi | 29.5
+ chilli caramel tofu | 27

THAI CALAMARI SALAD GF

green pawpaw | pickled onion | thai herbs | cucumber | candied peanuts | pad thai dressing | 29.5

SEARED MAHI MAHI GF

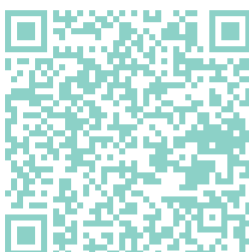
duck fat potatoes | romesco | fennel | micro green salad | sherry vinaigrette | 32.5

TIGER PRAWN LINGUINE

black garlic purée | roasted fennel | chilli | parmesan | 37.5

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GROMMIES

12 & UNDER, CHIPS CAN BE SWAPPED FOR SALAD

CHEESEBURGER | chips | 17.5 GFO

CHICKEN TENDERS | chips | 16 GF

BATTERED FISH | chips | 16 GF

VANILLA ICE CREAM WITH TOPPING | 4.5

BEACH BAR NIGHTS

FROM 5PM

MONDAYS

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\$7 tacos & \$17 margs

TUESDAYS

TRADIES TUESDAY

\$25 parmy w/ chips & salad

WEDNESDAYS

PASTA NIGHT

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THURSDAYS

CURRY CLUB

any of our curry bowls for \$29

FRIDAYS

BURGER NIGHT

\$22 burger & fries

SUNDAYS

SUNDAZE SPRITZ

\$16 spritzes from 10am

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ask about our
DESSERT
menu

AVAILABLE UNTIL 9PM

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COCKTAILS



🕒 From 10:00am

SUNDAZE

Spritz



🍷 APEROL SPRITZ

aperol | prosecco | soda | 19

🍷 LIMONCELLO SPRITZ

limoncello | lemon | prosecco | 19

🍷 PINK ROSE SPRITZ

pink gin | strawberry vermouth | sparkling rose | pink grapefruit | 19

🍷 MIXED UP MEXICAN SPRITZ

coconut tequila | triple sec | mandarin | pineapple | cherry | brut | 19

🍷 GENTLEMAN'S AFTERNOON SPRITZ

bourbon | peach bitters | dry ginger | mint | 19

MOCKTAILS

🍷 APPLE MOJITO

apple | lime | mint | soda | 14

🍷 PASSION, MANGO, COCO, DAIQUIRI

passionfruit | mango | pineapple | whipped coconut | 14

🍷 BERRY BRAMBLE

berries | lemon | cranberry | soda | 14



🍷 CLASSIC

tequila | triple sec | lime | salt | 22

🍷 PALOMA

tequila | lime | grapefruit | agave | 22

🍷 TOMMYS

cristalino tequila | lime | agave | 24

BEACH BAR BANGAS

🍷 COSMOPOLITAN

vodka | triple sec | lime | cranberry | 20

🍷 MOJITO

white rum | lime | mint | soda | 22

🍷 ESPRESSO MARTINI

tim adams espresso | vodka | licor43 | mozart | 22

🍷 PIÑA COLADA

rum | coconut | pineapple | lime | 22

🍷 FRENCH MARTINI

vodka | chambord | pineapple | 22

🍷 BEACH BAR HOLD UP

vodka | aperol | pineapple | lime | passionfruit | 22

🍷 LYCHEE MARTINI

vodka | lychee | cloudy apple | lime | aquafaba | 22

🍷 LONG ISLAND ICED TEA

tequila | vodka | white rum | gin | triple sec | lemon | cola | 24

🍷 GOOD JUJU

blood orange gin | montenegro | orange | lime | prosecco | aquafaba | 22

🍷 PORNSTAR MARTINI

vanilla vodka | passionfruit | pineapple | lime | 22

🍷 INTO THE FUTURE

vodka | watermelon | peach & plum bitters | lime | cranberry | 22

🍷 SUNSHINE PARFAIT MARTINI

sunshine & sons parfait gin | pineapple | passionfruit | mango | lime | 22

🍷 BEE Z KNEEZ

barrel aged gin | guava | diddillabah honey | lemon | 22

🍷 SPICY MARGARITA

tequila | triple sec | lime | jalapeño juice | chilli salt | 22

🍷 MANGO CHILLI MARGARITA

tequila | triple sec | mango | chilli | lime | 22

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BEER & WINE



☀ From 10:00am

BEER

JUST A WORD ABOUT OUR TAPS...

below is a list of our favourite beers on tap. we've got 8 in total, so pop up to the bar to see what's pouring. you can also check out our large selection in the fridge.

BEACH BAR MID

Your Mates, Sunshine Coast, QLD 10 | 13

YOUR MATES 'LARRY'

Sunshine Coast, QLD | 10 | 13

COOLUM BEER CO. HAZY XPA

Sunshine Coast, QLD | 10 | 13

YOUR MATES 'TILLY' GINGER BEER

Sunshine Coast, QLD | 12 | 15

WHITE

PAULETTE RIESLING

Clare Valley, SA | 48

GIBSON FIANO

Barossa, SA | 52

THREE VINEYARDS SAUVIGNON BLANC

Nagambie Lakes, VIC | 9 | 17 | 40

BEACHWOOD SAUVIGNON BLANC

Marlborough, NZ | 12 | 19 | 48

YARRAN MOSCATO

Yenda, NSW | 10 | 16 | 40

BANFI 'LE RIME' PINOT GRIGIO

Toscana, Italy | 12 | 20 | 50

PETAL & STEM PINOT GRIS

Marlborough, NZ | 11 | 19 | 48

THREE VINEYARDS CHARDONNAY

Nagambie, VIC | 9 | 14.5 | 38

ARTISAN CHARDONNAY

California, USA | 10 | 16 | 48

TARRAWARRA CHARDONNAY

Yarra Glen, VIC | 70

SPARKLING

THREE VINEYARDS BRUT

Nagambie, VIC | 9 | 40

VALLATE PROSECCO

Veneto, Italy | 13 | 60

JANSZ SPARKLING ROSE

Pipers River, TAS | 13 | 75

JANSZ CUVÉE

Pipers River, TAS | 75

POL ROGER CHAMPAGNE

Epernay, France | 150

ROSE

THE HIDDEN SEA ROSE

Limestone Coast, SA | 12 | 20 | 50

JARDIN DES CHARMES

Beziers, France | 12 | 20 | 50

RED

THE HIDDEN SEA PINOT NOIR

Limestone Coast, SA | 12 | 20 | 50

MR. SMITH PINOT NOIR

Mornington Peninsula, VIC | 55

RUNNING WITH BULLS GRENACHE

Barossa Valley, SA | 12 | 18 | 48

STEP BY STEP CABERNET SAUVIGNON

Langhorne Creek, SA | 10 | 15 | 42

GIBSON NERO D'AVOLA

Barossa, SA | 60

THREE VINEYARDS SHIRAZ

Nagambie, VIC | 9 | 17 | 40

DANDELION SHIRAZ

McLaren Vale, SA | 55

BISCAY SHIRAZ

Barossa, SA | 10 | 16 | 50

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