

**SANDWICHES** Fresh or Toasted MULTIGRAIN BREAD

Cheese or Vegemite	\$ 2.00
Cheese & Tomato	\$ 2.50
Egg or Curried Egg	\$ 3.00
Egg or Curried Egg & Lettuce	\$ 3.50
Ham	\$ 2.50
Ham & Cheese	\$ 3.00
Ham, Cheese & Tomato	\$ 3.50
Ham & Salad	\$ 5.00
Chicken	\$ 3.50
Chicken & Salad	\$ 5.00
Chicken, Cheese, Mayo & Avocado	\$ 5.50
Salad	\$ 4.50
BLT Bacon, Lettuce, Tomato & Mayo	\$ 4.50
BLAT Bacon, Lettuce, Tomato & Avo	\$ 5.00

(Salad-Cheese, Lettuce, Tomato, Cucumber, Carrot, Beetroot & Red Onion)

**FOCACCIAS & PANINIS**- Toasted

Chicken, Cheese & Mayo	\$ 5.50
Chicken, Cheese & BBQ	\$ 5.50
Chicken, Cheese, Mayo & Sweet Chilli	\$ 5.50
Salad	\$ 5.00
Ham & Salad	\$ 6.50
Chicken & Salad	\$ 6.50
Chicken, Cheese & Avocado	\$ 6.50
Ham & Cheese	\$ 4.50
Ham, Cheese & Pineapple	\$ 5.00
Ham, Cheese & Tomato	\$ 5.00
Tomato, Cheese & Avocado	\$ 5.00

**EXTRAS**

Cheese	\$ 1.00
Chicken, Bacon, Ham, Avocado, Egg	\$ 1.50

**SUSHI**- includes soy sauce

Chicken Avocado Long Roll	\$ 3.50
Teriyaki Chicken Long Roll	\$ 3.50
Tuna Mayo Long Roll/Tuna Avocado Long Roll	\$ 3.50
Grilled Chicken Avocado Long Roll	\$ 3.50
Sushi Mayo	\$ 0.50

**HOT FOOD**

Beef Lasagne	\$ 4.50
Chicken Burger with cheese, tomato, lettuce & mayo	\$ 5.00
Chicken Sticks (4)	\$ 2.80
Hamburger with cheese, tomato, lettuce & tomato sauce	\$ 5.00
Hotdog & Tomato Sauce	\$ 3.00
Hotdog, Cheese & Tomato Sauce	\$ 3.50
Nachos	\$ 4.50
Noodles - Chicken, Beef	\$ 3.00
Pizza - Cheese & Bacon (Homemade)	\$ 3.00
Pizza BBQ Chicken Large	\$ 5.00
Cheese & Spinach Roll 110gm	\$ 3.00
Sausage Roll	\$ 3.50
Traveller Pie	\$ 4.50
Veggie Burger with cheese, tomato, lettuce, mayo & sweet chilli	\$ 5.00
Wedges	\$ 2.80
Tomato Sauce	\$ 0.30
BBQ / Sweet Chilli Sauce	\$ 0.50
Sour Cream Tub	\$ 1.00

**HOT DRINKS**

Homemade Hot Chocolate	\$ 1.50
Hot Chocolate Latte	\$ 3.00
Cappuccino/Mochaccino	\$ 3.00
Flat White	\$ 3.00
Café Latte	\$ 3.00
Chai Latte/Iced Chai	\$3.00/\$4.00



**WRAPS/ROLLS/CIABATTA** Fresh, Toasted or Warm

Chicken, Cheese & Mayo Toasted	\$ 5.50
Chicken, Cheese & BBQ Toasted	\$ 5.50
Chicken, Cheese, Mayo & Sweet Chilli Toasted	\$ 5.50
Chicken & Salad - Fresh	\$ 6.00
Ham & Salad - Fresh	\$ 6.00
Salad Wrap - Fresh	\$ 5.00
Chicken Caesar Wrap - Fresh	\$ 5.00
Burrito Chicken Wrap Warm	\$ 4.00
Sweet Chilli Chicken Tender Wrap Warm	\$ 4.00
Sweet Chilli Chicken Tender Wrap - Fresh	\$ 4.50
Sweet Chilli Chicken Tender Roll - Fresh	\$ 5.00
Falafel Salad Wrap - Fresh	\$ 5.00
Sweet Chilli Tender Salad Mayo & Sweet Chilli Wrap - Fresh	\$ 5.00
Teriyaki Chicken Lettuce Cucumber Carrot & Teri Mayo Wrap	\$ 5.00
Chicken Cheese & Avocado Ciabatta Toasted	\$ 5.50

**SALAD TUBS** Dressings - Balsamic, Mayonnaise & French Included

Salad	\$ 5.80
Ham Salad	\$ 6.80
Chicken Salad	\$ 6.80
Peri Peri Chicken Salad- No Cheese	\$ 6.50
Caesar Salad	\$ 6.00
Chicken Caesar Salad	\$ 6.50
Sweet Chilli Chicken Salad- No Cheese	\$ 6.50
Falafel Salad- No Cheese	\$ 6.00
Hummus Tub Small/Large	\$2.00/\$3.50
Avocado Tub Small/Large	\$2.00/\$3.50
Extra Salad Items/Extra Dressing	\$ 0.50

(Salad - Cheese, Lettuce, Tomato, Cucumber, Carrot, Beetroot & Red Onion)

**SNACKS**

Bliss Balls (2)	\$ 2.00
Cheese & Crackers	\$ 2.00
Fruit Tub - Watermelon, Rockmelon/Fruit Salad	\$3.00/\$3.50
Homemade Banana Bread	\$ 2.00
Hummus Crackers & Carrot Sticks	\$ 2.50
Muffins-Blueberry, Banana, Choc Chip	\$ 1.50
Raisin Toast	\$ 2.00
Greek Yoghurt and Homemade Museli	\$ 3.50
Greek Yoghurt Tub -Natural, Berry, Mango, Passionfruit	\$ 3.00
Lemonade Ice Block	\$ 1.50
Frozen Yoghurt - Strawberry or Mango	\$ 2.50
Milky Mates - Rainbow or Chocolate	\$ 2.00
Icecream Tub	\$ 2.00
Raspberry Split/Mango Split/Treasure Trove	\$ 2.50
Chips - Honey Soy, Sea Salt	\$ 1.50
Double Choc Chip Biscuit	\$ 1.50
Boiled Egg	\$ 1.50

**DRINKS**

500ml - Chocolate, Strawberry	\$ 4.00
300ml - Chocolate, Coffee, Strawberry	\$ 3.00
Norco 500ml Real Iced Chocolate, Real Iced Strawberry	\$ 4.00
Milk Full Cream 500 ml	\$ 2.00
Water Nu 600ml	\$ 2.00
Water 1.5 lt	\$ 3.00
Golden Circle 350ml - Apple, ABC	\$ 3.00
Popper 250ml - Orange, Apple, ABC	\$ 1.50
Daily Juice - Orange	\$ 4.00
Bundy Juice - Apple, Apple & Blackcurrant, Lemonade	\$ 4.00
Homemade Smoothie - Banana or Fruit Salad	\$ 4.00
Frappé - Chocolate, Coffee	\$ 4.00