

SANDWICHES Fresh or Toasted MULTIGRAIN BREAD

Cheese or Vegemite	\$ 2.00
Cheese & Tomato	\$ 2.50
Egg or Curried Egg	\$ 3.30
Egg or Curried Egg & Lettuce	\$ 3.80
Salad	\$ 5.50
Ham	\$ 2.50
Ham & Cheese	\$ 3.00
Ham, Cheese & Tomato	\$ 3.50
Ham & Salad	\$ 6.50
Chicken	\$ 4.00
Chicken Cheese & Mayo	\$ 4.50
Chicken, Cheese Mayo & Avocado	\$ 6.00
Chicken & Salad	\$ 6.50
BLAT Bacon, Lettuce, Tomato & Avo	\$ 5.50
BLT Bacon, Lettuce, Tomato & Mayo	\$ 4.50

(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	\$ 6.00
Ham & Salad	\$ 7.50
Chicken & Salad	\$ 7.50
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/\$1.80

SUSHI- includes soy sauce

Chicken Avocado Long Roll	\$ 3.80
Teriyaki Chicken Long Roll	\$ 3.80
Tuna Mayo Long Roll/Tuna Avocado Long Roll	\$ 3.80
Grilled Chicken Avocado Long Roll	\$ 3.80
Sushi Mayo	\$ 0.50

HOT FOOD

Beef Lasagne	\$ 4.80
Chicken Burger with cheese, tomato, lettuce & mayo	\$ 5.50
Chicken Sticks (4)	\$ 3.00
Hamburger with cheese, tomato, lettuce & tomato sauce	\$ 5.50
Veggie Burger (patty - carrot, onion, pea, potato, lentils, herbs & spices)	\$ 5.50
Hotdog, Cheese & Tomato Sauce	\$ 3.00
Hotdog & Tomato Sauce	\$ 2.50
Nachos	\$ 4.80
Noodles - Chicken, Beef	\$ 3.50
Pizza 7" - Cheese & Bacon	\$ 5.00
Cheese & Spinach Roll 220gm	\$ 4.80
Sausage Roll	\$ 3.80
Traveller Pie	\$ 4.80
Wedges	\$ 3.50
Tomato Sauce	\$ 0.30
BBQ / Sweet Chilli Sauce	\$ 0.50
Sour Cream/Sriracha Tub	\$ 1.00

HOT DRINKS

Homemade Hot Chocolate	\$ 2.00
Hot Chocolate Latte	\$ 3.00
Hot Chocolate Latte & Marshmallows	\$ 3.50
Cappuccino/Mochaccino/Flat White	\$ 3.00
Café Latte	\$ 3.00
Chai Latte/Iced Chai	\$3.00/\$4.50

WRAPS/ROLLS 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	\$ 7.00
Ham & Salad - Fresh	\$ 7.00
Salad Wrap - Fresh	\$ 6.00
Chicken Caesar Wrap - Fresh	\$ 6.00
Burrito Chicken Wrap Warm	\$ 4.50
Sweet Chilli Chicken Tender Wrap Warm	\$ 4.00
Chicken Cheese & Avocado	\$ 6.50
Sweet Chilli Tender Salad Mayo & Sweet Chilli Wrap - Fresh	\$ 6.50
Falafel Salad Wrap - Fresh	\$ 6.50

SALAD TUBS Dressings - Balsamic, Mayonnaise & French Included

Salad	\$ 6.50
Ham Salad	\$ 7.50
Chicken Salad	\$ 7.50
Peri Peri Chicken Salad- No Cheese	\$ 7.50
Caesar Salad	\$ 7.00
Chicken Caesar Salad	\$ 7.50
Sweet Chilli Chicken Salad- No Cheese	\$ 7.50
Falafel Salad- No Cheese	\$ 7.00
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 - Plain, Mango, Strawberry	\$ 3.00
Lemonade Ice Block, Frosty Fruit	\$ 1.50
Frozen Yoghurt - Strawberry or Mango	\$ 2.50
Paddlepop - Rainbow	\$ 2.00
Icecream Tubs - Chocolate, Vanilla, Lemon, Coconut	\$ 2.00
Treasure Trove	\$ 2.50
Chips - Honey Soy, Sea Salt	\$ 1.50
Double Choc Chip Biscuit	\$ 1.50
Boiled Egg	\$ 1.80

DRINKS

500ml - Caramel Latte, Double Shot	\$ 4.50
300ml - Chocolate, Coffee, Strawberry	\$ 3.00
500ml - Chocolate, Coffee, Strawberry	\$ 4.00
Milk Full Cream 500 ml	\$ 2.00
Water Nu 600ml	\$ 2.00
Water Nu 1.5lt	\$ 3.00
Daily Juice Orange	\$ 4.50
Popper 250ml - Orange, Apple, ABC	\$ 1.50
Sparkling Water Lime	\$ 3.50
Bundy Juice - Apple, Apple & Blackcurrant, Lemonade	\$ 4.00
Homemade Smoothie - Banana & Honey	\$ 5.00
Frappé - Chocolate, Coffee, Strawberry	\$ 5.00