



EVERYDAY MENU

SANDWICHES & WRAPS

Ham & Salad Wrap	\$4.50
Chicken & Salad Wrap	\$4.50
Falafel & Hummus Wap (v)	\$4.50
Various fresh and toasted sandwiches	from \$3.00

DAILY FRESH SALADS

Garden Salad (gf)	\$5.50
*with your choice of protein: Ham, Tuna or Egg (v)	
Chicken Caesar Salad	\$5.50

SNACKS

Assorted Fresh Fruit (v, gf)	from .50c
Melon Pots (v, gf)	\$2.00
Frozen Grapes (v, gf)	\$1.50
Rice Crackers & Cheese (v, gf)	\$2.50
Rice Crackers & Hummus (v, gf)	\$2.00
Corn Chips & Salsa (v, gf)	\$2.00
Assorted Chips	Assorted
Ice Blocks	Assorted

BAKERY

Daily muffins	\$1.50
Cookies	\$1.00
Homebake	from \$1.00

SUSHI

Teriyaki Chicken	\$3.50
Tuna Cucumber	\$3.50
Avocado (v)	\$3.50
Chicken & Avocado	\$3.50

PASTRIES

Hearty Beef Pie	\$4.50
Sausage Roll	\$3.50

HOT FOOD

Garlic Bread (v)	\$2.00
Penne Tomato w Cheese (v)	\$3.50
Hot Dog	\$3.50
Hot Dog with cheese	\$4.00

DAILY SPECIALS

MONDAY

Mexican Chicken Crunch Bowl (gf)	\$5.50
Nachos (v)	\$4.20
Beef Burrito	\$5.20
Vegetarian Burrito (v)	\$5.00

TUESDAY

Vegetarian Dumplings (3) (v)	\$3.00
Chicken Dim Sims (4)	\$4.50
Fried Rice w Bacon (gf)	\$5.00
Vegetarian Fried Rice (v, gf)	\$4.00
Chicken Bao Buns with slaw	\$5.00

WEDNESDAY

Wedges (v)	\$4.50
Chicken Parma Burger	\$5.50
Beef Burger	\$5.50
Vegetarian Pattie Burger (v)	\$5.00
Meatball Sub	\$5.00

THURSDAY

Butter Chicken & Rice	\$5.50
Vegetable Samosas 5 (v)	\$2.50
Karaage Chicken Poke Bowls	\$5.50

FRIDAY

Chicken Pesto Pasta	\$4.50
Pesto Pasta (v)	\$4.00
Spaghetti Bolognese	\$5.50
Margarita Pizza (v)	\$3.50
Pepperoni or Ham & Cheese Pizza	\$4.00

DRINKS

Breaka Milk	from \$2.20
Emma & Toms Juice	from \$3.50
Bottled Water	from \$2.00
Waterfords Sparkling	\$3.50

BREAKFAST

Yoghurt Pots (Granola & Fruit) (v)	\$3.50
Cheese Toastie (v)	\$2.00
Raisin Toast (v)	\$1.50
Bacon & Egg Muffin	\$3.50