



## *Breakfast*

|   |        |
|---|--------|
| Bacon-egg roll  | \$4.50 |
| Ham-cheese croissant                                  | \$5.00 |
| Banana Bread  | \$4.50 |
| Yoghurt Greek Natural with Muesli-Fresh Berries-Honey | \$4.50 |
| Fruit Pot – mixed fruit                               | \$3.00 |
| Fruit Pot – watermelon                                | \$3.00 |
| Muffins fresh baked – assorted flavours               | \$3.50 |
| Pancake – jam, maple, syrup, butter                   | \$3.50 |

## *Toasted Sandwiches*

Gluten free option available (extra \$0.50)

|                            |        |
|----------------------------|--------|
| Cheese                     | \$3.50 |
| Ham and cheese             | \$4.00 |
| Ham, cheese and tomato     | \$4.50 |
| Chicken and cheese         | \$4.50 |
| Chicken, cheese and tomato | \$5.00 |
| Chicken and avocado        | \$4.50 |
| Ham, cheese and pineapple  | \$4.50 |

## *Cold Food*

|  |             |
|--|-------------|
| Watermelon bowl - small                            | \$3.00      |
| Watermelon bowl – large                            | \$4.50      |
| Fresh fruit salad - small                          | \$3.00      |
| Fresh fruit salad - large                          | \$4.50      |
| Yoghurt with Muesli, Berries & Honey               | \$4.50      |
| Fresh fruit available                              | \$1.00 each |
| <i>Oranges, red/green apples, Banana, Mandarin</i> |             |
| Edamame Beans – small pot                          | \$3.00      |

## *Turkish Fresh (hot)*

|  |        |
|--|--------|
| Caesar dressing, chicken, lettuce, bacon, cheese           | \$6.50 |
| Chicken with sweet chilli sauce                            | \$6.50 |
| Ham, cheese, tomato  | \$6.50 |
| Falafel, hummus, tabouli, cucumber, lettuce                | \$6.50 |
| Salad, lettuce, cheese, carrot, tomato, cucumber, capsicum | \$6.50 |
| Ham salad  | \$6.50 |
| Ham, lettuce, tomato, cheese, carrot, cucumber, avocado    | \$6.50 |

## *Salads*

small \$4.50

large \$6.50

|  |
|--|
| Greek salad (Cucumber, tomato, Spanish onion, capsicum, olives, feta, lettuce)                       |
| Chicken Caesar salad (Chicken, lettuce, bacon, parmesan, cheese croutons)                            |
| Tabouli salad (Tabouli, chicken or falafel, grated carrot, cucumber, hummus, homemade pita crackers) |
| Garden salad (Lettuce, tomato, cucumber, onion, carrot, cheese)                                      |

## *Sandwiches*

Breads – white, whole meal, multigrain  
Gluten free available extra 50cents

|  |        |
|--|--------|
| Chicken, lettuce, mayonnaise                       | \$5.00 |
| Ham, cheese, tomato                                | \$4.50 |
| Chicken, tabouli, hummus                           | \$5.00 |
| Lettuce, tomato, cucumber, beetroot, onion, carrot | \$4.50 |
| Cheese   | \$3.50 |
| Egg, lettuce                                       | \$4.00 |
| Ham-avocado or chicken                             | \$4.50 |
| Add-ons 50 cents                                   |        |

## *Pasta*

Gluten free pasta available (extra 50cents)

|  |        |
|--|--------|
| Spaghetti Bolognese  | \$6.00 |
| Chicken fettucine in white cream sauce with mixed vegetables | \$6.00 |
| Beef Lasagna   | \$6.50 |
| Vegetarian Lasagna   | \$5.50 |
| Mac n Cheese   | \$5.50 |

## *Hot Dishes*

|  |        |
|--|--------|
| Butter chicken rice                                  | \$6.00 |
| Special fried rice                                   | \$6.50 |
| Hokkien noodles with fresh vegetables in honey sauce | \$6.00 |
| Special fried rice – ham or chicken Veggie           | \$6.50 |

## *Other Hot Food*

|   |              |
|---|--------------|
| Lean beef pie                               | \$4.50       |
| Lean sausage roll                           | \$4.00       |
| Spinach Ricotta Roll                        | \$4.50       |
| Garlic bread                                | \$2.50       |
| Oven baked wedges (only available Tuesdays) | \$4.50       |
| Pizza (only available Mondays)              | \$5.00 slice |
| Ham pineapple                               |              |
| Chicken cheese                              |              |
| Four cheeses                                |              |
| Meat Lovers                                 |              |
| Sushi (Tuesdays only)                       | \$4.50       |

## *Burgers*

|  |        |
|--|--------|
| Grilled chicken burger   | \$6.50 |
| Grilled chicken, lettuce, mayo   | \$6.50 |
| Cheeseburger   | \$6.50 |
| Beef patty, cheese, sauce  | \$6.50 |
| Beef, cheese, BBQ sauce, tomato, beetroot, lettuce                                     | \$6.50 |
| Vegetarian burger (Veggie pattie, lettuce, tomato, beetroot, cheese, BBQ or Tom sauce) | \$6.50 |
| Chicken, pineapple, cheese   | \$6.50 |

## *Fresh Wraps*

|   |                 |
|---|-----------------|
| Single wrap - \$4.50                            | Double - \$6.50 |
| Chicken, bacon, cheese, lettuce Caesar dressing |                 |
| Sweet chilli sauce, chicken, cheese             |                 |

## *Other snacks*

|  |        |
|--|--------|
| Red rock chips – honey soy, salt n vinegar, sweet chilli, sea salt | \$3.00 |
| Assorted jelly cups  | \$2.50 |

### Snack pots:

|   |        |
|---|--------|
| Carrot sticks, cherry tomatoes, celery sticks, hummus dip, crackers | \$4.00 |
| Mainland cheese-cracker packs (assorted flavours)                   | \$3.00 |
| Popcorn snack packs   | \$3.00 |
| Cheese bacon rolls  | \$3.00 |
| Vegemite scrolls  | \$3.00 |
| Mixed dried fruits  | \$2.50 |
| Sultanas  | \$2.00 |

### *Frozen treats*

|  |        |
|--|--------|
| Twisted yoghurt – vanilla-chocolate strawberry/mango | \$3.00 |
| Moosies Chocolate Bluemoon                           | \$3.00 |
| Apple blackcurrant slushies                          | \$2.50 |
| Lemonade icy pole                                    | \$2.50 |

### *Drinks*

|  |        |
|--|--------|
| Boost Smoothie   | \$5.00 |
| Chilly J's sparkling mineral water                                   | \$3.50 |
| <i>Grape, watermelon, orange, lemonade</i>                           |        |
| Assorted poppers   | \$2.50 |
| <i>Apple</i>   |        |
| Flavoured milk - small   | \$3.00 |
| Flavoured milk – large   | \$4.50 |
| <i>Chocolate, strawberry, iced coffee, vanilla, Ice Break coffee</i> |        |

### *Specials*

|                                   |               |
|-----------------------------------|---------------|
| Dumplings with soy sauce          | \$6.00        |
| Arancini balls                    | \$6.00        |
| Fried rice, chicken wings         | \$6.00        |
| Spring rolls                      | \$6.00        |
| Nachos – beef, cheese, sour cream | \$6.00        |
| Sushi                             | \$4.50-\$5.00 |
| Satay Vegetable curry             | \$6.00        |
| Risotto                           | \$6.00        |
| Ravioli                           | \$6.00        |
| Burrito                           | \$6.50        |
| Spinach ricotta triangles         | \$5.00        |
| Vietnamese paper rolls – Roll'd   | \$6.50        |
| Vegetarian spring rolls           | \$6.00        |
| Chicken wings                     | \$6.00        |