

Breakfast



Hash Browns (2)	\$3.00
Bacon & Egg Roll or Muffin	\$4.50
Ham & Cheese Toasted Sandwich	\$4.00
Hot Chocolate Medium \$4.50 Large \$5.00	
Breakfast deal: Bacon/Egg Muffin & Hot Choc	\$7.00
Yoghurt & Muesli	\$3.50

Drinks



Water 600ml	\$2.50
Water 1 litre	\$3.50
1.5 litre	\$4.00
Flavoured Milk – small	\$3.50
Flavoured Milk – large	\$5.00
Up and go	\$3.00
Oak – Chocolate Protein	\$5.50
Juice - small	\$4.00
Juice – large	\$4.50
Assorted Drinks from	\$4.50

Snacks



Jelly	\$2.00
Chips	\$3.00
Watermelon Tub	\$3.50
Fruit Salad Tub	\$4.50
Crackers, Cheese, Dip & Carrot Sticks	\$5.00
Assorted Ice blocks from	\$1.00

Cold Food

Sandwiches, Wraps, Tubs, Rolls



Lettuce, carrot, tomato, cucumber, Cheese,

Cheese & Tomato Sandwich	\$4.00
Ham & Cheese Sandwich	\$4.00
Egg & Lettuce Sandwich	\$4.00
Salad – Lettuce, Tomato, Cucumber, Carrot, Cheese	\$5.00
Ham, Cheese & Tomato Sandwich	\$4.50
Chicken, Cheese & Mayo Sandwich	\$4.50
Chicken, Cheese & Tomato Sandwich	\$4.50
Ham, Cheese, Tomato & Lettuce Sandwich	\$4.50
Chicken, Cheese, Tomato & Lettuce Sandwich	\$4.50
Falafel Salad Wrap	\$6.50
Ham & Salad Wrap	\$6.50
Chicken & Salad Wrap	\$6.50
Chicken Caesar Wrap Large	\$7.00
Chicken, Cheese, Lettuce, mayo, wrap	\$6.00
Salad Tub	\$5.50
Ham & Salad Tub	\$6.50
Chicken & Salad Tub	\$6.50
Chicken Caesar Salad Tub	\$7.00

Hot Food

Spicy Chicken Burger	\$7.00
Sausage roll	\$5.00
Beef Pie, Bacon & cheese	\$6.50

Hot dog with sauce	\$5.00
Chicken Nuggets	\$5.00
Potato Wedges cup oven baked	\$4.50
Chicken Burger - lettuce,cheese,Mayo	\$7.00
Hot Chicken Wrap	\$6.50
Flamed Grilled Chicken Burger	\$6.50
Hamburger – Lettuce, Cheese, Burger sauce	\$6.50
Turkish Roll – Chicken, Cheese, Mayo	\$7.00
Turkish Roll – Chicken, Bacon, Cheese	\$7.00
Turkish Roll – Chicken, Pesto Mayo, Cheese	\$7.00

Homemade Meals

Chicken Pasta Bake - Tuesday	\$6.50
Butter Chicken with rice - Wednesday	\$6.50
Sushi - Thursday	\$4.50
Teriyaki chicken rice bowls - Friday	\$6.50

***Gluten free options**

Chicken Breast Tenders GF	\$6.00
Chicken & Salad wrap GF	\$7.00
Chicken Tender Wrap GF	\$6.50

Halal

Halal Meat pie	\$7.00
Halal Chicken Burger	\$7.00
Chicken Nuggets	\$5.00
Brownie	\$2.00
Hamburger	\$6.50

*Please order over the counter in the morning before 8.45am.

