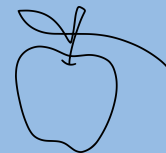


prep north sydney menu



beverages

oak chocolate milk	\$3.80
oak vanilla malt milk	\$3.80
up and go chocolate	\$3.25
apple juice	\$3.50
water - still	\$1.50
water - sparkling lime	\$3.25

bakery

lamington	\$5.00
banana bread	\$4.00
beef pie	\$5.00
traveller pie	\$5.00
sausage roll	\$5.00
selection of gourmet cookies	\$4.50
tomato sauce	\$0.25
bbq sauce	\$0.25

fresh

whole fruit	\$1.00
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daily lunch specials

gourmet hot item	\$7.00
daily salad	\$7.00

traditional sandwiches*

ham, cheese, lettuce and tomato	\$5.50
chicken, mayo, lettuce	\$5.50
lettuce, tomato, cucumber, beetroot and tasty cheese and pesto	\$5.50
tuna, mayo, lettuce, cucumber	\$5.50
egg, mayo, lettuce	\$5.50
ham	\$3.00
ham, cheese	\$3.50
cheese	\$3.00
vegemite, cheese	\$3.00
vegemite	\$3.00

**all sandwiches are available with gluten-free bread
for an extra \$1*

snacks

grainwaves	\$3.00
red rock deli chips - honey soy, sea	\$3.00
salt, sour cream & onion, salt and vinegar	
cobbs popcorn	\$2.50

