



Healthy Options

FRUIT SALAD W YOGHURT	\$4.00
TRIO OF FRESH SEASONAL FRUIT	\$4.00
FRUIT YOGHURT TUB	\$4.00
FRESH FRUIT	\$1.00

Build your own sandwich

WRAP, ROLL, GLUTEN FREE + \$1.00 EXTRA	
FILLINGS:	
TOASTED UPON REQUEST	
VEGEMITE & CHEESE	\$3.50
CHEESE & TOMATO	\$4.00
HAM	\$4.50
HAM, CHEESE & TOMATO	\$5.00
HAM & SEASONAL SALAD	\$5.50
EGG, LETTUCE & MAYO	\$4.50
ROAST CHICKEN	\$5.50
TUNA MIX	\$5.00
BLAT	\$6.50

Weekly Specials \$7.50

MONDAY - - -
CHICKEN SCHNITZEL BURGER W LETTUCE & CHEESE
TUESDAY
VEGETABLE HOKKIEN NOODLE STIRFRY WITH SWEET CHILLI
WEDNESDAY
NACHOS CHILLI CON CARNE WITH GUAC, CORN CHIPS & SOUR CREAM
THURSDAY
BUTTER CHICKEN W STEAMED BASMATI RICE
FRIDAY
PENNE BOLOGNESE W PARMESAN

Lunch

CHICKEN CAESAR SALAD	\$6.50
DAILY MADE PASTA SALAD	\$6.00
GARLIC BREAD	\$3.50
NOODLE POTS	\$4.50
VIETNAMESE RICE PAPER ROLLS, VEGETARIAN OR CHICKEN 2 PIECES	\$6.00
BIG CRUNCH SUSHI ROLLS, VEGETARIAN, CHICKEN, BEEF OR TUNA	\$4.50
SUSHI MUNCH BOX	\$5.00
ASSORTED PIES, MEAT, CURRY, POTATO	\$5.00
TRAVELLER PIE MEAT OR PEPPERED STEAK	\$5.00
SAUSAGE ROLL	\$4.00
WHOLE FRUIT	\$1.00

Drinks

KERI JUICE POPS	\$4.00
FUZE ICED TEA'S	\$4.00
MT FRANKLIN WATER - 400ML	\$3.00
FULL CREAM MILK - 300ML	\$2.00
FLAVOURED MILK - SMALL	\$3.00
FLAVOURED MILK - LARGE	\$4.00
UP & GO	\$3.00

Treats

MUFFINS	\$4.00
SMITHS CHIPS	\$3.50
JELLY CUP - ORANGE OR LIME	\$3.50

