



Healthy Options

FRUIT SALAD W YOGHURT	\$3.50
TRIO OF FRESH SEASONAL FRUIT	\$3.50
FRUIT YOGHURT – BERRY COMPOTE	\$3.00
FROZEN YOGHURT	\$2.00
HOUSE BAKED GARLIC BREAD	\$2.00
FRESH FRUIT	\$1.00

Build your own sandwich

WRAP, ROLL, GLUTEN FREE +50c
 FILLINGS:
 TOASTED UPON REQUEST

VEGEMITE & CHEESE	\$3.00
CHEESE & TOMATO	\$3.50
HAM	\$3.50
HAM, CHEESE & TOMATO	\$4.00
HAM & SEASONAL SALAD	\$4.00
EGG, LETTUCE & MAYO	\$3.50
ROAST CHICKEN	\$4.00
TUNA MIX	\$4.50
BLAT	\$4.50

Weekly Specials \$6.00

MONDAY

SINGAPORE NOODLES W CHICKEN & SWEET CHILLI

TUESDAY

BEEF BURGER W TOMATO & CHEESE

WEDNESDAY

NACHOS CHILLI CON CARNE WITH GUAC, CORN CHIPS & SOUR CREAM

THURSDAY

BUTTER CHICKEN W STEAMED BASMATI RICE

FRIDAY

PENNE BOLOGNASIE W PARMESAN

Lunch

CHICKEN CAESAR SALAD	\$5.50
DAILY MADE PASTA SALAD	\$5.00
GARLIC BREAD	\$2.00
NOODLE POTS	\$3.00
VIETNAMESE RICE PAPER ROLLS, VEGETARIAN OR CHICKEN 2 PIECES	\$5.00
BIG CRUNCH SUSHI ROLLS, VEGETARIAN, CHICKEN, BEEF OR TUNA	\$3.50
SUCH MUNCH BOX	\$5.00
ASSORTED PIES, MEAT, CURRY, POTATO	\$4.00
TRAVELLER PIE MEAT OR PEPPERED STEAK	\$3.50
SAUSAGE ROLL	\$3.00
WHOLE FRUIT	\$1.00

Drinks

ORGANIC ORANGE JUICE POPS	\$2.50
DEEP SPRING MINERAL WATERS	\$4.00
FUZE ICED TEA'S	\$3.50
MT FRANKLIN WATER – 600ML	\$3.00
FULL CREAM MILK – 300ML	\$2.00
FLAVOURED MILK – SMALL	\$2.50
FLAVOURED MILK – LARGE	\$3.50
UP & GO	\$2.50

Treats

MUFFINS	\$3.00
SMITHS CHIPS	\$2.50

