

Breakfast Menu

Variety of Fresh Fruit	E	\$1.00
Yogurt (92% fat free) with Muesli or Fresh Fruit	E	\$4.00
Toasted Sandwiches (Veg, Honey or Jam)	E	\$2.00
Toasted Cheese	E	\$3.00
Ham & Cheese Toasted	E	\$4.00
Croissants Plain	E	\$3.50
Croissants Ham & Cheese	E	\$4.50
Rice Pudding	E	\$4.00
Egg Roll	E	\$4.00
Bacon & Egg Roll	O	\$5.50
Raisin Toast	E	\$1.50
Hash Browns	O	\$1.50

Sandwiches (available Everyday)

Fresh Chicken Full Breast with lettuce and mayo	E	\$5.00
Leg of Ham cheese and tomato	E	\$4.50
Roast Beef with lettuce and tomato	E	\$4.50
Roast Turkey with Cranberry Sauce	E	\$4.00
Tuna Salad	E	\$4.50
Mild or Tasty Cheese	E	\$3.00
Cheese & Tomato	E	\$3.50
Tomato	E	\$2.50
Salad	E	\$4.00
Avocado	E	\$2.80
Vegemite	E	\$2.00
Honey	E	\$2.00
Buttered Bread	E	\$1.00
Egg	E	\$3.00
Egg & Lettuce	E	\$3.50

(White/Wholemeal or Lebanese Bread)

You will also be able to make your own sandwich from a variety of selections.

Sandwiches Toasted available all day

Fresh Salad Combinations (Available Everyday)

		Small	Large
Freshly Cut Fruit Salad	E	\$4.50	\$6.00
Caesar Salad	E	\$4.50	\$6.00
Fresh Chicken Pasta Salad & Avocado	E	\$4.50	\$6.00
Greek Salad	E	\$4.50	\$6.00
Tuna Pasta Salad	E	\$4.50	\$6.00
Potato Salad	E	\$4.50	\$6.00
Tabouli Salad	E	\$4.50	\$6.00
Coleslaw Salad	E	\$4.50	\$6.00
Garden Salad	E	\$4.50	\$6.00
Pumpkin & Baby Spinach Salad	E	\$4.50	\$6.00

Wraps (available everyday)

Salad - Lettuce, Tomato, Carrots, Cucumber, Beetroot, Red Onion	E	\$6.00
Breast Chicken - Lettuce & Mayo,	E	\$6.00
Leg Ham & Salad	E	\$6.00
Chicken - Cheese & Tomato	E	\$6.00
Tuna - Lettuce, tomato & Mayo	E	\$6.00
Roast Beef & Salad	E	\$6.00
Tandoori Chicken - Cucumber & Lettuce	E	\$6.00
Chicken Caesar - Cos Lettuce, Bacon, Cheese, Croutants, Dressing	E	\$6.00
Falafel - Tabouli, Houmos, Lettuce	E	\$6.00
(Available) on a Turkish Roll		\$6.00

Hot Foods

Hamburger	E	\$5.50
<i>(Served on a large 85 gram roll, fresh beef meat made on site daily, lettuce, tomato, beetroot, cooked onions and sauce)</i>		
Cheese Burger	E	\$6.00
<i>(Served on a large 85 gram roll, fresh beef meat, lettuce, tomato, beetroot, cooked onions, grilled cheese and sauce)</i>		
Chicken Burger (Halal)	E	\$5.50
<i>(Served on a large 85gram roll, full crumbed chicken breast, lettuce and mayonnaise.)</i>		
Caesar Burger	E	\$6.00
<i>(Chicken breast fillet, bacon, lettuce and Caesar source)</i>		
Portuguese Burger	E	\$6.00
<i>(Grilled Chicken breast fillet, peri peri source, lettuce)</i>		
Chicken Schnitzel breast roll with lettuce & mayonnaise	E	\$6.00
Sweet Chilly Tender Roll with Lettuce and Sweet Chilly Sauce	O	\$6.00
Hot Dogs (Low Fat or Halal)	O	\$4.00
Hot Dogs with Cheese	O	\$4.50
Chicken Kebab	E	\$4.00
<i>(125 grams of skinned chicken marinated with lemon and pepper)</i>		
Chicken Kebab (on roll with lettuce and mayonnaise)	E	\$6.00
Chicken Nuggets (4 pieces) (Halal)	O	\$3.00
Chicken Wings (each) (Halal)	E	\$1.80
Garlic Bread full roll	E	\$2.00
Hash browns	O	\$1.50
Pizza (variety)	O	\$4.00
Vegetarian Burger	E	\$5.50

Pies / Sausage Rolls

Meat Pie (Low Fat or Halal)	O	\$4.30
Sheppard's Pie (Low Fat or Halal)	O	\$4.30
Sausage Rolls (Low Fat or Halal)	O	\$4.00
Spinach & Ricotta Roll	O	\$4.00
Potato Wedges (oven cooked) with Sweet Chilli or Sour Cream....	O	\$5.00
Cup of Noodles	O	\$3.00

Please note that all foods are cooked in the oven or hot plate.

Hot Meals (available everyday)

2 Dishes Rotating everyday

		Large	Small
Butter Chicken with rice	<i>E</i>	\$6.00	\$4.50
<i>(Fresh chicken served with rice)</i>		\$6.00	\$4.50
Fried Rice (Vegetarian)	<i>E</i>	\$6.00	\$4.50
Chicken Pasta	<i>E</i>	\$6.00	\$4.50
Cheese Macaroni	<i>E</i>	\$6.00	\$4.50
Spagetti Bolognaise	<i>E</i>	\$6.00	\$4.50
Cream & Cheese Potatoes	O	\$6.00	\$4.50
Home-made Lasagne (Beef) or Vegetarian	<i>E</i>	\$6.00	\$4.50
Chinese Noodles	<i>E</i>	\$6.00	\$4.50
Lasagne	<i>E</i>		\$4.50

Juices (available everyday)

Fresh Juice (Large)	<i>E</i>	\$4.00	
Fresh Juice (Small)	<i>E</i>	\$3.00	
Apple Juice	<i>E</i>	\$3.00	
Popper Juice	<i>E</i>	\$2.50	
Aloe Juice Watermelon, Peach or Original	<i>E</i>	\$4.00	
Juice Bomb	<i>E</i>	\$4.00	
Chil J	<i>E</i>	\$3.50	
Ice Tea	O	\$4.50	

Cold Beverages (available everyday)

Spring Water		\$2.50
Waterfords Flavoured Sparkling Water	<i>E</i>	\$4.00
Pepsi Max Cans (no sugar)	O	\$2.50
Pepsi Max Bottles (no sugar)	O	\$4.00

Milk Shakes/Milk (available everyday)

Milk Shakes (no ice-cream)	<i>E</i>	\$4.00
Plain Milk 300 mls	<i>E</i>	\$2.00
Plain Milk 600 mls	<i>E</i>	\$2.50
Oak small (300 mls)	<i>E</i>	\$3.00
Oak Lage (500 mls)	<i>E</i>	\$4.00
Up & Go	<i>E</i>	\$3.00
Ice Blocks	<i>E</i>	RRP
Twist Frozen Yogurt GF	<i>E</i>	RRP
Ice Money TNT	<i>E</i>	RRP
Quelch Berry Ice Block	<i>E</i>	RRP
Snap Sittcs	<i>E</i>	RRP
Custard Cups	<i>E</i>	\$2.00
Jelly Cups	<i>E</i>	\$2.00
Banana Bread	O	\$3.50
Muffins	O	\$3.50