



Menu

TERM 1 2019

PLEASE PRE-ORDER TO GUARANTEE YOUR FIRST CHOICE

SANDWICHES

SALAD CONSISTS OF:
Lettuce, tomato,
cucumber and carrot.

DELI STYLE

Ham and salad	\$5.50
Chicken and salad	\$5.50
Cheese and salad	\$5.20
Ham, cheese and tomato	\$5.00
Egg, lettuce and mayo	\$5.00
Chicken, lettuce and mayo	\$5.00
Ham and cheese	\$4.20
Cheese and tomato	\$4.00

PLAIN SANDWICHES

Chicken	\$3.50
Ham	\$3.50
Cheese	\$2.50
Egg	\$3.50
Tuna	\$3.50

Breads:
Gluten free available for pre-orders
Multigrain
Wholemeal

HOT FOOD

Ham and cheese croissant	\$4.50
Egg and bacon sandwich	\$4.50
Wedges, sour cream and sauce	\$4.50

PIZZA

Pizza - ham and pineapple	\$4.50
Pizza - margherita	\$4.50
Garlic bread	\$3.00

PIE, PASTY, SAUSAGE ROLL

Balfours Better Bite beef pie	\$4.00
Balfours Better Bite sausage roll	\$4.00
Balfours Better Bite vegetarian pasty (V)	\$4.00
Premium vegetable pasty	\$4.50
Meat pasty	\$4.50
Premium beef pie	\$4.50
Premium chicken and vegetable pie	\$4.50
Favourites sausage roll	\$4.50

SAUCES

Tomato, sweet chilli or BBQ	\$0.20
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Term 1 DAILY SPECIALS

SIZE: Small - \$5.50 / Large - \$6.50

Small / large prices as above, unless a price is listed next to an item.

MONDAY

Pulled pork pockets
Chicken burger (\$6.50)
Spinach ricotta burger (V) (\$5.50)

TUESDAY

Chicken tenders and wedges
Beef noodle stir-fry
Vegetable noodle stir-fry (V)

WEDNESDAY

Hotdog with cheese and sauce (\$4.50)
Penne bolognaise
Vegetable pasta (V)

THURSDAY

Beef burger (\$6.50)
Butter chicken with rice (GF)
Vegetable curry with rice (V) (GF)

FRIDAY

Roasted chicken and potatoes (GF)
Baked beef burrito (\$6.50)
Vegetable burrito (V) (\$5.50)

WRAPS

SIZE: Half - \$4.50 / Full - \$6.50

FALAFEL

Falafel, lettuce, tomato, cucumber and tzatziki dressing

CHICKEN CAESAR

Grilled chicken, cheese, bacon, lettuce, tomato and caesar dressing

SWEET CHILLI CHICKEN

Chicken tenders, lettuce, tomato, cucumber and sweet chilli sauce

EGG AND SALAD

HAM AND SALAD

SALADS

CHICKEN CAESAR SALAD

SIZE: Small - \$5.50 / Large - \$6.50

CAESAR SALAD (V)

SIZE: Small - \$5.00 / Large - \$6.00

GARDEN SALAD (V)

SIZE: Small - \$5.00 / Large - \$6.00

THAI CHICKEN SALAD

SIZE: Small - \$5.50 / Large - \$6.50

PASTA SALAD (V)

SIZE: Small - \$4.50 / Large - \$5.50

BAKERY

Muffin	\$3.50
Honey Joy	\$2.00
Assorted Anzac-choc, smiley or choc-chip cookies	\$2.50
Finger buns	\$2.50
Doughnut	\$3.50

ICY TREATS

Frosty Fruits Tropical	\$2.40
Life Saver	\$2.40
Billabong (choc / rainbow)	\$1.80
Frozen juice cup	\$1.00
Zooper Dooper	\$1.00

DRINKS

Mount Franklin spring water 600ml	\$2.80
Pump water 750ml	\$3.80
Pump water flavoured 750ml	\$4.40
Deep Spring flavoured mineral water 500ml	\$4.00
Glacéau Vitaminwater 500ml	\$4.00
Fruit box 250ml	\$2.50
Flavoured milk 300ml	\$3.50
Flavoured milk 600ml	\$4.50
Up & Go 350ml	\$3.80
Farmers Union Iced Coffee 375ml	\$4.00
Farmers Union Iced Coffee 600ml	\$4.80

COOL CHOICES

Fresh fruit salad - small	\$2.00
Fresh fruit salad - large	\$3.00
Yoghurt with fruit topping	\$3.00
Seasonal fresh fruit pieces	\$1.50
Jelly cup	\$1.50
Mousse cup	\$2.00

SNACKS

Sultanas or dried fruit pot	\$1.50
Veggie chips	\$2.60
Red Rock Deli chips	\$2.60
Kettle chips (GF)	\$2.60
Rice crackers and cheese (GF)	\$1.50
Muesli pot / bar	\$1.00

EAT & DRINK WELL

EAT MOSTLY

Green underline

EAT MODERATELY

Yellow underline

EAT LESS

Red underline

V = Vegetarian
GF = Gluten free*

*GF products do not use any ingredients that contain gluten, but as they are prepared in a shared environment, we cannot guarantee they are completely gluten free.