



Menu

TERM 1 2020

PLEASE PRE-ORDER TO GUARANTEE YOUR FIRST CHOICE

SANDWICHES

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

DELI STYLE

| | |
|---------------------------|--------|
| Ham and salad | \$5.70 |
| Chicken and salad | \$5.50 |
| Cheese and salad | \$5.20 |
| Ham, cheese and tomato | \$5.20 |
| Egg, lettuce and mayo | \$5.20 |
| Chicken, lettuce and mayo | \$5.20 |
| Ham and cheese | \$4.20 |
| Cheese and tomato | \$4.00 |

PLAIN SANDWICHES

| | |
|--------------------------------------|--------|
| Chicken | \$3.70 |
| Ham | \$3.70 |
| Cheese | \$2.70 |
| Egg | \$3.70 |
| Tuna | \$3.70 |
| Vegemite | \$3.00 |
| Breads: | |
| Gluten free available for pre-orders | |
| Multigrain | |
| Wholemeal | |

HOT FOOD

| | |
|------------------------------|--------|
| Ham and cheese croissant | \$4.60 |
| Egg and bacon sandwich | \$4.70 |
| Wedges, sour cream and sauce | \$4.50 |

PIZZA

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|---------------------------|--------|
| 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 |
|-----------------------------|--------|

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.

Items with (GF) can be made **gluten free** on request, but they **must be pre-ordered**.

MONDAY

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| Chicken chow mein noodles (GF) |
| Veg chow mein noodles (V) (GF) |
| Beef burger with burger sauce, pickles and lettuce |

TUESDAY

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| Vermicelli noodle salad with pork and spring rolls (GF) |
| Vermicelli noodle salad with veggies (V) (GF) |
| Battered fish and wedges with tartare sauce |

WEDNESDAY

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| Hotdog with cheese and/or sauce (\$4.50) |
| Penne bolognaise (GF) |
| Pasta with veggies and Napoletana sauce (V) (GF) |

THURSDAY

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| Butter chicken with rice (GF) |
| Vegetable curry with rice (V) (GF) |
| Beef enchiladas with salsa & sour cream |

FRIDAY

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| Chorizo, chicken and tomato pasta (GF) |
| Lentil burger (V) |
| Crispy pork roll (banh mi) (\$6.50) |

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 | \$2.70 |
| Doughnut | \$3.50 |

ICY TREATS

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|----------------------------|--------|
| Frosty Fruits Tropical | \$2.50 |
| Life Saver | \$2.50 |
| Billabong (choc / rainbow) | \$2.00 |
| Frozen juice cup | \$1.00 |
| Zooper Dooper | \$1.00 |

DRINKS

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|---|--------|
| 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 | \$4.50 |
| Fuze Tea | \$4.50 |
| Fruit box 250ml | \$2.50 |
| Flavoured milk 300ml | \$3.50 |
| Flavoured milk 600ml | \$4.50 |
| Up & Go 350ml | \$3.80 |
| Farmers Union Iced Coffee 300ml | \$3.90 |
| Farmers Union Iced Coffee 600ml | \$4.90 |

COOL CHOICES

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|-----------------------------|--------|
| 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

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|-------------------------------|--------|
| 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 |
| Yoghurt and muesli | \$2.90 |

EAT & DRINK WELL

EAT MOSTLY

Green underline

EAT MODERATELY

Yellow underline

EAT LESS

Red underline

V = Vegetarian
GF = Gluten free on request*

*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. Gluten free daily specials must be pre-ordered.