



# Menu

TERM 1 2021

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

### HOT FOOD

Ham and cheese croissant	\$4.60
Egg and bacon sandwich	\$4.70
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

Angus beef pie	\$4.50
Sausage roll	\$4.50
Vegetarian pasty (V)	\$4.50
Pasty	\$4.50
Chicken and vegetable pie	\$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

- Penne with meatballs, basil & parmesan (GF)
- Chicken parmi roll & spicy wedges (\$6.50)
- Lentil burger, salad and tzatziki (\$6.50) (V)

### TUESDAY

- Soy, lime, ginger chicken and veg stir fry noodles (GF)
- Soy, lime & ginger veg stir fry noodles (V) (GF)
- Double beef burger with tomato, gherkins and relish (\$6.50)

### WEDNESDAY

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

### THURSDAY

- Butter chicken with rice (GF)
- Vegetable curry with rice (V) (GF)
- Beef burrito with salsa and guac (\$6.50)

### FRIDAY

- Tempura fish with wedges & lemon mayo
- Pulled pork and slaw roll (GF) (\$6.50)
- Vegetarian toasted Turkish roll (V) (6.50)

## WRAPS

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

### FALAFEL

Falafel, lettuce, tomato, cucumber, carrot and tzatziki dressing

### CHICKEN CAESAR

Chicken, egg, bacon, cucumber, parmesan, lettuce & caesar dressing

### SWEET CHILLI CHICKEN

Shredded chicken, lettuce, tomato, cucumber and sweet chili dressing

### HONEY MUSTARD HAM WRAP

Ham, cheese, carrot, cucumber, tomato, lettuce & honey mustard

### EGG AND SALAD

Egg, mayo, cucumber, tomato, carrot and lettuce.

### HAM AND SALAD

Ham, mayo, cucumber, tomato, carrot and lettuce.

## BAKERY

Muffin	\$3.50
Honey Joy	\$1.00
Assorted Anzac-choc, smiley or choc-chip cookies	\$2.50
Finger buns	\$3.00
Doughnut	\$3.50

## COOL CHOICES

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

## SNACKS

Veggie chips	\$1.00
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

## SALADS

### CHICKEN CAESAR SALAD

Lettuce, parmesan, cucumber, chicken, bacon, egg, red onion, caesar dressing and croutons.

\* Vegetarian option available (V)

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

### GARDEN SALAD (V)

Lettuce, tomato, cucumber, carrot, red onion and balsamic dressing.

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

### THAI CHICKEN SALAD

\* Vegetarian option available (V)

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

## 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	\$4.50
Fuze Tea	\$4.50
Fruit box 250ml	\$2.50
Up & Go 350ml	\$3.80

## ICY TREATS

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

## 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.