



Menu

TERM 3 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

SOUP OF THE DAY

Pre-ordering recommended

Daily soup with bread	\$5.00
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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
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Term 3 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

Beef burger with lettuce, tomato, gherkins and burger sauce (\$6.50)

Chicken wrap with salad and tzatziki (GF)

Lentil burger with salad, tzatziki and sweet chili sauce (\$6.50) (V)

TUESDAY

Meatball sub (\$6.50)

Honey soy chicken hokkien noodles (GF)

Veggie stir-fry hokkien noodles (GF) (V)

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)

Penne carbonara

Vegetable curry with rice (V) (GF)

FRIDAY

Roast chicken with wedges (GF)

Beef burrito (\$6.50)

Vegetarian fried rice (V) (GF)

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.

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 chilli 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

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

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

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