



Menu

TERM 2 2022

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
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Term 2 DAILY SPECIALS

SIZE: Small - \$5.75 / Large - \$6.75

Small / large prices as above, unless a price is listed next to an item. (L) indicates large only.

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

MONDAY

Chicken Caesar burger, bacon, parmesan, lettuce and tomato (L)

Lentil burger with tzatsiki and salad (L)

Beef lasagna

Gluten free pasta dish available to pre-order (S) (GF)

TUESDAY

Soy chicken noodle stir-fry

Soy veg noodle stir-fry (V)

Pasta carbonara (GF)

WEDNESDAY

Pasta bolognaise (GF)

Pasta with roast vegetable sauce (V) (GF)

Hot dog with cheese and/or sauce (One size)

THURSDAY

Butter chicken with rice (GF)

Vegetable curry with rice (V) (GF)

Tuna mornay

FRIDAY

Crispy pork roll (L)

Vegetable fried rice (V) (GF)

Fried Rice with chicken (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 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