



Menu

TERM 3 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 3 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)

Meatballs and mashed potato

TUESDAY

Chicken hoi sin noodles

Soy veg noodle stir-fry (V)

Beef lasagne

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)

Tempura-battered fish with wedges

FRIDAY

Beef burrito with corn chips and salsa (L)

Vegetable fried rice (V) (GF)

Pork and spring roll fried rice (GF)

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.