

Choose a Main Course item, then select 1 or 2 Items from the Snack/Drink Menu to make up a 2 or 3 Course Lunch Pack.

Main Course Menu	2 Course Lunch	3 Course Lunch	Snack/Drink Menu	★ = Premium Item (+\$1.00)
SUSHI HAND ROLLS (2pc) Soy Sauce (GF) Provided			FRESH FRUIT & VEGETABLES	
Teriyaki Chicken Hand Rolls (H)	\$11.50	\$13.75	Apple pieces, Lemon juice, Cinnamon & Brown Sugar ★	
Crispy Chicken (Schnitzel) Hand Rolls (H)	\$11.50	\$13.75	Cantaloupe and Honeydew Pieces ★	
Cooked Tuna Hand Rolls (GF)	\$11.50	\$13.75	Fresh Fruit Combo ★	
Avocado Hand Rolls (GF, Vg)	\$11.50	\$13.75	Freshly Chopped Orange Segments	
Cucumber Hand Rolls (GF, Vg)	\$11.50	\$13.75	Freshly Chopped Strawberries with Grapes	
Vegetarian Hand Rolls (GF, Vg)	\$11.50	\$13.75	Freshly Chopped Watermelon Pieces	
Tofu Hand Rolls (GF, V)	\$11.50	\$13.75	Whole Fruit - Apple	
			Whole Fruit - Banana	
			Carrot, Cucumber, Red & Yellow Capsicum	
RICE PAPER ROLLS (2pc)			Celery and Carrot Sticks with Sultanas	
Chicken Rice Paper Rolls (GF, H)	\$13.45	\$15.45	Cherry Tomatoes, Tasty Cheese & Rice Crackers	
Vegetarian Rice Paper Rolls (GF, Vg)	\$13.45	\$15.45	Corn Wheels & Lightly Steamed Broccoli	
			Edamame (Lightly Salted)	
			Sugar Snap Peas, Beans and Cherry Tomatoes ★	
BAKERY All items freshly baked this morning!			BAKERY - SWEET	
Cheese and Vegemite Scroll (V)	\$6.45	\$8.95	Choc Chip Cookie	
Savoury Bite 'Little Frank' Roll	\$6.45	\$8.95	Finger Bun with Sprinkles	
Topped with Only Cheese Roll (V)	\$6.45	\$8.95	Fruit Bun	
Cheese and Bacon Roll	\$7.45	\$9.95	Cinnamon Doughnut	
Semi-dried Tomato, Olive & Cheese Roll (V)	\$8.95	\$11.45	Cornflake Cookie	
Scroll with Ham and Cheese	\$9.95	\$12.85	Choc Cup Cake (GF/DF) ★	
Frankfurt 'in a blanket' with Sauce & Cheese (2)	\$10.95	\$13.65	Blueberry Muffin ★	
			Jam Drop Biscuit (GF) ★	
PIZZA & GOZLEME Served at Room Temp			Banana Slice (GF) ★	
Ricotta & Spinach Pastizzi (2) (V)	\$7.45	\$9.95	SUSHI	
Samosa Pastizzi (2) (Vg)	\$7.45	\$9.95	1pc Tuna Sushi (GF) ★	
Margherita Pita Pizza (V)	\$8.95	\$11.45	POPCORN	
Ham & Pineapple Pizza Slice	\$10.95	\$13.65	Slightly Sweet, Lightly Salted	
Spinach and Cheese Gozleme (V)	\$13.45	\$15.45	Lightly Salted	
Lamb and Beef Gozleme (H)	\$13.45	\$15.45	DRIED FRUIT / LEGUMES	
Mushroom and Spinach Gozleme (Vg)	\$13.45	\$15.45	Lime & Black Pepper Chickpeas	
			Roasted Chickpeas	
SANDWICHES / ROLLS / WRAPS			Balsamic & Sea Salt Fava Beans	
Strawberry Jam Sandwich (1.5) (Vg)	\$7.45	\$9.95	Dried Fruit Medley with Yoghurt Sultanas ★	
Vegemite Sandwich (2) (Vg)	\$8.95	\$11.45	DIPS WITH MINI RICE CAKES	
Plain Cheese Sandwich (2) (V)	\$9.95	\$12.85	Tzatziki Dip with Mini Rice Cakes ★	
Simple Salad Roll (Vg)	\$9.95	\$12.85	Spring Onion Dip with Mini Rice Cakes ★	
Cheese and Salad Roll (V)	\$10.95	\$13.65	Spicy Capsicum Dip with Mini Rice Cakes ★	
Wholegrain Ham & Cheese Sandwich (1.5)	\$10.95	\$13.65	Avocado Dip with Mini Rice Cakes ★	
Roast Chicken and Salad Roll (H)	\$11.50	\$13.75	YOGHURTS / BOWLS	
Roast Beef, Chutney, Cheese & Lettuce Roll	\$11.50	\$13.75	Strawberry Yoghurt (Dairy Farmers) ★	
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5)	\$11.50	\$13.75	Classic Vanilla Yoghurt (Dairy Farmers) ★	
Mild Salami and Salad Roll	\$11.50	\$13.75	Chia Bowl with Banana, Coconut & Strawberries ★	
Wrap w/Chicken, Tzatziki, Lettuce, Tomato Cucumber (H)	\$12.75	\$14.95	Stewed Rhubarb and Apple with Custard ★	
'Banh Mi' Style Roast Chicken Long Roll (H)	\$12.75	\$14.95	DRINKS	
			Apple Juice (Nippy's)	
SALADS / PICNIC BOXES / FRUIT & VEG			Orange Juice (Nippy's)	
Steamed Corn Wheels, Broccoli & Carrot (GF, Vg)	\$9.95	\$12.85	Chocolate Milk (Nippy's)	
Fresh Fruit Salad - Main Course Size (GF, Vg)	\$11.50	\$13.75	Strawberry Milk (Nippy's)	
Vegetarian Picnic Box (GF, V)	\$11.50	\$13.75	So Good Soy Milk	
Ham Picnic Box (GF)	\$11.50	\$13.75	Full Cream Milk	
Greek Style Salad with Feta and Olives (GF, V)	\$12.75	\$14.95		
Tortellini Pasta Salad (V)	\$12.75	\$14.95		
Mexican Inspired Salad (GF, Vg)	\$12.75	\$14.95		
GF SANDWICHES & WRAPS				
GF Ham & Cheese Sandwich (1.5)	\$10.95	\$13.65		
GF Cucumber & Ham Sandwich (1.5)	\$10.95	\$13.65		
GF Wrap - Ham and Salad	\$12.75	\$14.95		
GF Wrap - Garden Salad (GF, Vg)	\$12.75	\$14.95		

GF = Gluten Free, DF= Dairy Free, H= Halal, V= Vegetarian, Vg= Vegan



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