



**2 COURSE LUNCH PACK from \$6.45**

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

Standard Choice Snack/Drinks included in Pack Prices

\*Premium Choice Snack/Drink + \$1.00 each

**MAIN COURSE MENU**

**SUSHI HAND ROLLS (2pc)**

(GF Soy Sauce provided with Sushi)

	Standard Choice 2 Course Lunch From \$	Standard Choice 3 Course Lunch From \$
Teriyaki Chicken Hand Rolls (H)	\$11.50	\$13.75
Crispy Chicken (Schnitzel) Hand Rolls (H)	\$11.50	\$13.75
Cooked Tuna Hand Rolls (GF)	\$11.50	\$13.75
Avocado Hand Rolls (GF)	\$11.50	\$13.75
Cucumber Hand Rolls (GF)	\$11.50	\$13.75
Vegetarian Hand Rolls (GF)	\$11.50	\$13.75
Tofu Hand Rolls (GF)	\$11.50	\$13.75

**RICE PAPER ROLLS (2pc)**

Chicken Rice Paper Rolls (GF)	\$13.45	\$15.45
Vegetarian Rice Paper Rolls (GF)	\$13.45	\$15.45

**BAKERY (All items freshly baked this morning!)**

Cheese and Vegemite Scroll	\$6.45	\$8.95
Savoury Bite 'Little Frank' Roll	\$6.45	\$8.95
Topped with Only Cheese Roll	\$6.45	\$8.95
Cheese and Bacon Roll	\$7.45	\$9.95
Semi-dried Tomato, Olive & Cheese Roll	\$8.95	\$11.45
Scroll with Ham and Cheese	\$9.95	\$12.85
Spanakopita	\$10.95	\$13.65
Frankfurt 'in a blanket' with Sauce & Cheese (2)	\$10.95	\$13.65

**PIZZA & GOZLEME**

(Served at Room Temp)

Margherita Pizza Twist	\$8.95	\$11.45
Ham & Pineapple Pizza Slice	\$10.95	\$13.65
Spinach and Cheese Gozleme	\$13.45	\$15.45
Lamb and Beef Gozleme	\$13.45	\$15.45
Mushroom and Spinach Gozleme	\$13.45	\$15.45

**SANDWICHES/ ROLLS/ WRAPS**

Strawberry Jam Sandwich (1.5)	\$7.45	\$9.95
Vegemite Sandwich (2)	\$8.95	\$11.45
Plain Cheese Sandwich (2)	\$9.95	\$12.85
Simple Salad Roll	\$9.95	\$12.85
Cheese and Salad Roll	\$10.95	\$13.65
Wholegrain Ham & Cheese Sandwich (1.5)	\$10.95	\$13.65
Roast Chicken and Salad Roll	\$11.50	\$13.75
Roast Beef, Chutney, Cheese & Lettuce Roll	\$11.50	\$13.75
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5)	\$11.50	\$13.75
Mild Salami and Salad Roll	\$11.50	\$13.75
Wrap w/ Chicken, Tzatziki, Lettuce, Tomato Cucumber	\$12.75	\$14.95
'Banh Mi' Style Roast Chicken Long Roll	\$12.75	\$14.95

**SALADS/ PICNIC BOXES/ FRUIT & VEG**

Steamed Corn Wheels, Broccoli & Carrot (GF)	\$9.95	\$12.85
Fresh Fruit Salad - Main Course Size (GF)	\$11.50	\$13.75
Vegetarian Picnic Box	\$11.50	\$13.75
Ham Picnic Box	\$11.50	\$13.75
Greek Style Salad with Feta and Olives (GF)	\$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	\$12.75	\$14.95

**SNACK / DRINK MENU**

**FRESH FRUIT & VEGETABLES**

Apple pieces, Lemon juice, Cinnamon & Brown Sugar*	+ \$1.00 each
Cantaloupe and Honeydew Pieces*	+ \$1.00 each
Fresh Fruit Combo*	+ \$1.00 each
Freshly Chopped Strawberries with Grapes*	+ \$1.00 each
Freshly Chopped Orange Segments	Std Inc.
Freshly Chopped Watermelon Pieces	Std Inc.
Whole Fruit - Apple	Std Inc.
Whole Fruit - Banana	Std Inc.
Carrot, Cucumber, Red & Yellow Capsicum	Std Inc.
Celery and Carrot Sticks with Sultanas	Std Inc.
Cherry Tomatoes, Tasty Cheese & Rice Crackers	Std Inc.
Corn Wheels & Lightly Steamed Broccoli	Std Inc.
Edamame (Lightly Salted)	Std Inc.
Sugar Snap Peas, Beans and Cherry Tomatoes*	+ \$1.00 each

**BAKERY - SWEET**

Choc Chip Cookie	Std Inc.
Finger Bun with Sprinkles	Std Inc.
Fruit Bun	Std Inc.
Cinnamon Doughnut	Std Inc.
Cornflake Cookie	Std Inc.
Choc Cup Cake (GF/DF)*	+ \$1.00 each
Blueberry Muffin*	+ \$1.00 each
Jam Drop Biscuit (GF)*	+ \$1.00 each
Banana Slice (GF)*	+ \$1.00 each

**SUSHI (1 GF Soy Sauce)**

1pc Tuna Sushi (GF)*	+ \$1.00 each
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**POPCORN**

Slightly Sweet, Lightly Salted	Std Inc.
Lightly Salted	Std Inc.

**DRIED FRUIT/ LEGUMES**

Lime & Black Pepper Chickpeas	Std Inc.
Roasted Chickpeas	Std Inc.
Balsamic & Sea Salt Fava Beans	Std Inc.
Dried Fruit Medley with Yoghurt Sultanas*	+ \$1.00 each

**DIPS WITH MINI RICE CAKES**

Tzatziki Dip with Mini Rice Cakes*	+ \$1.00 each
Spring Onion Dip with Mini Rice Cakes*	+ \$1.00 each
Spicy Capsicum Dip with Mini Rice Cakes*	+ \$1.00 each
Avocado Dip with Mini Rice Cakes*	+ \$1.00 each

**YOGHURTS/ BOWLS**

Strawberry Yoghurt (Dairy Farmers)*	+ \$1.00 each
Classic Vanilla Yoghurt (Dairy Farmers)*	+ \$1.00 each
Chia Bowl with Banana, Coconut & Strawberries*	+ \$1.00 each
Stewed Rhubarb and Apple with Custard*	+ \$1.00 each

**DRINKS**

Apple Juice (Nippy's)	Std Inc.
Orange Juice (Nippy's)	Std Inc.
Chocolate Milk (Nippy's)	Std Inc.
Strawberry Milk (Nippy's)	Std Inc.
So Good Soy Milk	Std Inc.
Full Cream Milk	Std Inc.

We are a NUT FREE Kitchen. Descriptions, Dietary and Allergen Information available on our Website.