

## SANDWICHES

E Cheese & Tomato	\$ 4.0
E Ham & Cheese	\$ 4.0
E Ham, Cheese & Tomato	\$ 4.5
E Tuna	\$ 4.5
E Egg & Lettuce 2 eggs with mayo	\$ 4.5
E Curried Egg & lettuce 2 eggs with mayo	\$ 4.5
E Sweet Chilli Chicken lett, sweet chilli & mayo	\$ 4.9
E Chicken, Lettuce & Mayo	\$ 4.9
E Salad lett, tomato, cucumber, beetroot, carrot	\$ 4.9
E Chicken, Cheese & Tomato	\$ 4.9
E Chicken Caesar	\$ 4.9
E Ham & Salad	\$ 4.9
E Chicken & Salad	\$ 4.9

Gluten Free Bread Available - Add 50c

## SUSHI

E Sweet Chilli Chicken	\$ 4.0
E Tuna <i>GF</i>	\$ 4.0
E Vegetarian <i>GF</i>	\$ 4.0

### FOOD CODING

E Everyday Rated	GF	Gluten Free
O Occasional Rated	V	Vegetarian

## WRAPS

	SINGLE \$ 3.6	DBL
E Sweet Chilli Chicken lett, sweet chilli & mayo	\$ 6.5	
E Salad lettuce, tomato, cucumber, beet, carrot	\$ 6.5	
E Chicken, Lettuce & Mayo	\$ 6.5	
E Chicken Caesar Salad	\$ 6.9	
E Ham & Salad	\$ 6.9	

Available By Pre Order Before 10am

E Egg & Lettuce 2 eggs with mayo	\$ 5.5
E Curried Egg & lettuce 2 eggs with mayo	\$ 5.5
E Ham, Cheese & Tomato	\$ 5.5
E Chicken, Cheese & Tomato	\$ 5.5
E Chicken & Salad	\$ 6.9
E Falafel with lettuce, cucumber & mayo	\$ 6.9

## CRUNCHY ROLLS

E Salad lettuce, tomato, cucumber, beet, carrot	\$ 6.5
E Egg & Lettuce with mayo	\$ 6.5
E Sweet Chilli Chicken lett, sweet chilli & mayo	\$ 6.5
E Chicken, Lettuce & Mayo	\$ 6.5
E Ham & Salad	\$ 6.5
E Hot & Spicy Chicken Schnitzel	\$ 6.5
E Hot Chicken & Gravy	\$ 6.5
E Falafel with lettuce, cucumber & mayo	\$ 6.5
E Italian salami, chicken, tomato, lettuce	\$ 6.5

## SALADS

E Watermelon Bowl	\$ 5.5
E Fruit Salad Bowl	\$ 6.0
E Garden <i>GF</i> lett, tomato, cucumber, beet, carrot	\$ 6.0
E Caesar lettuce, croutons, egg, cheese	\$ 6.0
E Sweet Chilli Chicken lett, tom, cheese, sc mayo	\$ 6.5
E Chicken Caesar	\$ 6.5
E Creamy Chicken Pasta Salad	\$ 6.5

Available By Pre Order Before 10am

E Ham & Garden Salad <i>GF</i>	\$ 6.5
E Chicken & Garden Salad <i>GF</i>	\$ 6.5
E Egg & Garden Salad <i>GF</i>	\$ 6.5
E Falafel with lettuce, cucumber & mayo	\$ 6.5
E Greek Salad <i>GF</i> with lettuce, cucumber & mayo	\$ 6.5

Choose any dressing : Caesar, Italian, Mayo, French

NO FEES

\$2  
MINIMUM  
PURCHASE



## BREAKFAST

Before 9:30am

E Seasonal Fruit Pieces <i>GF</i>	\$ 1.5
E Watermelon Bowl	\$ 5.5
E Fruit Salad Bowl	\$ 6.0
O Muffin	\$ 4.2
E Yoghurt Vaalia Yoghurt Vanilla	\$ 3.8
O Hash Brown	\$ 1.5
E Cheese Toasted Wrap	\$ 3.4
E Ham & Cheese Toasted Wrap	\$ 4.2
E Ham, Cheese & Tomato Toasted Wrap	\$ 4.5
O Bacon & Egg Roll	\$ 5.2

## SNACKS

E Popcorn <i>GF</i>	\$ 1.0
O Brownie	\$ 1.2
O Jelly Bowl <i>GF</i>	\$ 2.5
O Banana Bread Or Chocolate Bread	\$ 3.0
O Piranha Rice Snaps <i>GF</i> vege crackers	\$ 3.0
O Chips	\$ 3.5
O Muffin	\$ 4.2
E Sour Snap Stix	\$ 1.0
E Frozen Juice Cup	\$ 1.5

### EXTRAS

E Sauce Or Dressing Portions	\$ 0.5
E Sour Cream - Gravy - Cheese	\$ 0.6
Container & Lid	\$ 0.9
Utensils	\$ 0.2
Wicked Fizz	3 For \$2 Each \$ 0.7

## DRINKS

E Popper Juice Apple, Orange, ABC	\$ 2.4
E Water Mt Franklin	\$ 2.8
E Mineral Water	\$ 4.0
E Ice Tea	\$ 4.5
E Aloe Vera	\$ 4.5
E Pump Water	\$ 5.0
E Oak Milk 300ml	\$ 3.0
E Oak Milk 500ml	\$ 5.0
E Ice Break Coffee	\$ 5.5
E Up N Go	\$ 3.5
E Hot Chocolate	\$ 3.5
E Soft Drink 300ml No Sugar	\$ 3.2
E Soft Drink Bottle No Sugar	\$ 5.5
E Powerade No Sugar	\$ 5.5

## HOT BITES

E Spicy Chicken Wings	\$ 1.8
E Chicken Tenders sweet chilli	Each \$ 2.2
	X 3 \$ 6.0
E Garlic Bread Loaf	\$ 3.0
E Hot Dog tomato or BBQ sauce	\$ 3.9
O Potato Wedges	\$ 4.4
O Chicken Nuggets 100% breast	x 6 \$ 5.0
O Cup Of Noodles	\$ 3.8

Tom Yum - Beef - Chicken - Oriental V

## PIZZA

E Cheese tomato sauce	\$ 4.5
E Pepperoni cheese, tomato sauce	\$ 5.4
E BBQ Chicken cheese, BBQ sauce	\$ 5.4

## RICE & PASTA

	REG	LGE
E Butter Chicken with rice <i>GF</i>	\$ 4.5	\$ 6.9
E Bolognese Pasta rich beef sauce	\$ 4.5	\$ 6.9
E Fettucine Carbonara with chicken	\$ 4.5	\$ 6.9
E Roast Vegetable Pasta tomato sauce	\$ 4.5	\$ 6.9
E Fried Rice chicken & veg	\$ 4.5	\$ 6.9
E Creamy Chicken & Pasta Salad cold	\$ 6.5	
E Vegetarian Lasagna <i>GF</i>	\$ 5.9	

## PASTRIES

O Sausage Roll regular	\$ 4.0
O Meat Pie	\$ 5.2
O Spinach & Ricotta Roll V	\$ 5.5
O Pepper Steak Pie	\$ 5.5
O Potato Top Pie	\$ 5.5

## MEXICAN NACHOS

O Beef <i>GF</i> beef mince, cheese	\$ 6.0
O Vegetarian <i>GF</i> salsa, lettuce, cheese	\$ 6.0
O Cheese <i>GF</i> cheesy sauce	\$ 6.0
O The Lot beef, lett, tomato, cheese, sour cream	\$ 7.0

## BURGERS

E Chicken Burger lettuce & mayo	\$ 5.5
E Chicken & Cheese Burger	\$ 5.5
E Hot & Spicy Chicken Burger lettuce & mayo	\$ 6.0
E Cheese Burger	\$ 6.0
E Aussie Burger lettuce, tomato, beetroot, BBQ	\$ 6.2
E Vege Burger lettuce, tomato, beetroot, mayo	\$ 6.2

## DONER KEBABS

E Doner Kebab & Cheese BBQ sauce	\$ 7.0
E Doner Kebab & Salad BBQ sauce	\$ 8.0

## SNACK PACKS

O Spicy Chicken Wings (2) & Potato Wedges	\$ 7.0
O Doner Kebab Meat & Potato Wedges	\$ 9.0
E Doner Kebab Meat & Salad	\$ 9.0

## TOASTED WRAPS

E Sweet Chilli Chicken cheese, sweet chilli mayo	\$ 6.0
E BBQ Chicken & Cheese	\$ 6.0
E Mexican Chicken	\$ 6.0

## GLUTEN FREE

	REG	LGE
E Butter Chicken with rice <i>GF</i>	\$ 4.5	\$ 6.9
E Vegetarian Lasagna <i>GF</i>	\$ 5.9	
O Chicken Nuggets x 6 <i>GF</i>	\$ 5.5	
O Beef <i>GF</i> beef mince, cheese	\$ 6.0	
O Vegetarian <i>GF</i> salsa, lettuce, cheese	\$ 6.0	
O Cheese <i>GF</i> cheesy sauce	\$ 6.0	

Ask at the counter for many more Gluten Free Items