

Wraps + PANINIS

BLAT Turkish (Bacon, Lettuce, Avocado & Tomato Toasted Turkish)	7.00
Chicken Caesar Turkish (Poached Chicken, Bacon, Parmesan, Lettuce & Caesar Dressing)	7.00
Salad Turkish Choice of Chicken, Ham, Cheese, or Egg Mayo (All served with Tomato, Cucumber, Lettuce, Grated Carrot & Mayo)	7.00
Salad Wrap Choice of Chicken, Ham, Tuna Mayo, Cheese, or Egg Mayo (All served with Tomato, Cucumber, Lettuce, Grated Carrot & Mayo)	7.00
Chicken Caesar Wrap (Poached Chicken, Bacon, Egg, Parmesan, Lettuce & Caesar Dressing)	7.00
Chicken Schnitzel Wrap (Bread Crumbed Chicken, Lettuce & Mayonnaise)	7.00

THE Salad Bar

Poke Bowl (Mon/Wed/Fri) (Choice of Chicken Schnitzel, Poached Asian Chicken, or Vegetarian with Sushi Rice, Avocado, Pickled Red Cabbage Cucumber, Carrot & Mayonnaise)	7.00
Chicken Pesto Pasta Salad (Tues/Thurs) (Chicken, Penne, Baby Spinach, Sun Dried Tomatoes Parmesan & Pesto Mayonnaise)	7.00
Chicken Caesar Salad (Poached Chicken, Bacon, Egg, Lettuce, Parmesan Croutons & Caesar Dressing)	7.00
Greek Salad (Feta, Tomato, Cucumber, Lettuce, Olives Spanish Onion & Balsamic Dressing)	7.00

BREAKFAST+ Snacks

Ham/Chicken, Cheese with Avocado or Tomato Toastie	6.00
Ham/Sweet Chilli Chicken/Tomato with Cheese Toastie	5.50
Fruit Salad Pot	4.50
Individual Fruit Pots (Watermelon/Rockmelon)	4.50
Banana Bread	4.50
Muffins	4.50
Finger Bun/Cinnamon Scroll/Doughnut	4.50
Hash Browns	4.00
Cheese and Bacon Roll	4.00
Cheese & Vegemite Scroll	4.00
Red Rock Chips (Honey Soy/Sea Salt/Sweet Chilli & Sour Cream)	3.50
Watermelon Slice	3.00
Popcorn	2.50
Chocolate Chip Cookie	1.50

DRINKS

Oak Flavoured Milk 600ml/300ml (Chocolate/ Strawberry/Iced Coffee)	5.50/4.00
Liptons Iced Tea (Peach/ Mango/Lemon)	5.50
The Juice Farm Juice 500ml (Apple/ Orange/ Lemonade)	5.00
Waterfords (Orange & Passionfruit/Lime)	5.00
Up & Go (Chocolate /Vanilla)	4.00
Water 600ml	3.00

MONDAY

DAILY SPECIAL

Honey Soy Chicken Stir Fry & Rice 7.00

TUESDAY

DAILY SPECIAL

Mexican Pulled Pork Burrito 7.00

WEDNESDAY

DAILY SPECIAL

Beef Nachos with Salsa & Sour Cream
Cheese Nachos with Salsa & Sour Cream 7.00/6.00

THURSDAY

DAILY SPECIAL

Chicken, Bacon, Cheese, Avocado & Baby Spinach
Toasted Turkish 7.00

FRIDAY

DAILY SPECIAL

Pepperoni & Cheese Pizza Toasted Focaccia
Hawaiian Pizza Toasted Focaccia 7.00

EVERYDAY

Hot Food

Loaded Cheese & Bacon Potato Gems	7.00
Chicken Tenders	6.50
Potato Gems	6.00
Minced Beef Pie / Potato Pie	6.00
Sausage Roll	6.00
Cheese & Bacon /Cheesy Garlic Bread	5.00
Garlic Bread	4.50
Vegetarian Spring Rolls	4.50
Ham & Cheese Pocket	4.00
Pepperoni Pizza Pocket	4.00
Two Cheese & Spinach Pocket	4.00

PASTA

Specials

MONDAY

Penne Bolognese 7.00

TUESDAY

Penne Carbonara 7.00

WEDNESDAY

Macaroni Cheese 7.00

THURSDAY

Creamy Herb Chicken Penne 7.00

FRIDAY

Butter Chicken Burrito 7.00

Special OFFERS

All Day Value Pack 16.00

Chicken Schnitzel Wrap, Popcorn,
Chocolate Chip Cookie
Watermelon Slice & Water

Lunch Special Offer 11.50

Daily Lunch Special, Cookie & Flavoured Milk

Toasted Wrap Special Offer 10.00

Choice of Two Toasted Wraps & Water