

Wraps + PANINIS

BLAT Toasted Turkish (Bacon, Cheese, Lettuce, Avocado, Tomato & Mayonnaise)	7.50
Chicken Caesar Toasted Turkish (Poached Chicken, Bacon, Parmesan, Lettuce & Caesar Dressing)	7.50
Salad Wrap/Turkish Choice of Chicken, Ham, Cheese, or Egg Mayo (All served with Tomato, Cucumber, Lettuce, Grated Carrot & Mayo)	7.00
BLAT Wrap (Bacon, Lettuce, Avocado, Tomato & Mayonnaise)	7.00
Chicken Caesar Wrap (Poached Chicken, Bacon, Egg, Parmesan, Lettuce & Caesar Dressing)	7.00
Chicken Schnitzel Wrap (Chicken Schnitzel, Lettuce & Mayonnaise)	7.00

DRINKS

Oak Flavoured Milk 600ml/300ml (Chocolate, Strawberry, Iced Coffee)	6.00/4.00
Peach Chilli Iced Tea	5.50
Waterfords (Orange & Passionfruit, Lime)	5.50
The Juice Farm Juice (Apple, Lemonade)	5.50
Up & Go (Chocolate/Vanilla)	4.00
Water 600ml	3.00

BREAKFAST+ Snacks

Create your own Toastie Ham/Sweet Chilli/Chicken/Cheese/Avocado/Tomato	6.00
Banana Bread	5.00
Fruit Salad Pot	4.50
Watermelon Pot	4.50
Chocolate Muffin	4.50
Cinnamon Scroll	4.50
Hash Browns	4.00
Cheese and Bacon Roll	4.00
Cheese & Vegemite Scroll	4.00
Red Rock Chips (Sea Salt/Sweet Chilli & Sour Cream)	4.00
Grain waves (Sour Cream & Chive)	2.50
Chocolate Chip Cookie	1.50

EVERYDAY Hot Food

Chicken Tenders	6.50
Minced Beef Pie	6.50
Potato Pie	6.50
Sausage Roll	6.00
Potato Gems	4.50
Vegetarian Spring Rolls	4.50
Garlic Bread	4.50
Ham & Cheese Pocket	4.00
Pepperoni Pocket	4.00
Cheese Pocket	4.00

THE Salad Bar

Mexican Chicken Burrito Bowl (Mon/Thurs) (Spiced Chicken, Rice, Corn Chips, Tomato, Lettuce Spanish Onion, Salsa, Sour Cream & Guacamole)	7.50
Poke Bowl (Tues/Wed) (Choice of Chicken Schnitzel or Poached Asian Chicken with Sushi Rice, Avocado, Pickled Red Cabbage, Red Capsicum, Baby Spinach, Carrot, Mayonnaise & Soy Sauce)	7.50
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

MONDAY	DAILY SPECIAL
Penne Bolognese	7.50

TUESDAY	DAILY SPECIAL
Penne Carbonara	7.50

WEDNESDAY	DAILY SPECIAL
Chicken Caesar Toasted Turkish	7.50

THURSDAY	DAILY SPECIAL
Creamy Pesto Penne	7.50

FRIDAY	DAILY SPECIAL
Butter Chicken Burrito	7.50



CANTEEN CATERING FOR THE CENTRAL COAST