



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
Katsu Chicken Wrap [Chicken Schnitzel, Lettuce & Katsu 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

EVERYDAY Hot Food

Chicken Tenders	6.50
Minced Beef/Potato/Butter Chicken Pie	6.50
Sausage Roll	6.00
Open Melts – Cheese & Bacon/Butter Chicken	5.00
Potato Gems	4.50
Vegetarian Spring Rolls	4.50
Garlic Bread	4.50
Ham & Cheese/Pepperoni/Cheese Pocket	4.00

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, Orange, Apple & Mango]	5.50
Raw C Pure Coconut Water [Chocolate/Pineapple/Natural]	5.00
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/Watermelon Pot	4.50
Chocolate Mousse Pot	4.50
Chocolate Muffin/Cinnamon Scroll	4.50
Hash Browns	4.00
Pizza Roll/Cheese & Vegemite Scroll	4.00
Red Rock Chips [Sea Salt/Sweet Chilli & Sour Cream/Honey Soy Chicken]	4.00
Grain waves [Sour Cream & Chive]	2.50
Chocolate Chip Cookie	1.50

THE Salad Bar

Mexican Chicken Burrito Bowl [Tues/Thurs] [Spiced Chicken, Rice, Corn Chips, Tomato, Lettuce Spanish Onion, Salsa & Guacamole]	7.50
Bruschetta Pasta Salad [Mon/Wed] [Feta, Tomato, Baby Spinach Spanish Onion with Pesto Dressing & topped with Crostini]	7.50
Katsu Poke Bowl [Friday] [Choice of Chicken Schnitzel or Tuna with Sushi Rice, Avocado, Cucumber, Baby Spinach Spanish Onion, Katsu 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

DAILY Specials

MONDAY – Beef/Cheese Nachos with Sour Cream & Salsa	7.50
TUESDAY – Penne Carbonara	7.50
WEDNESDAY – Greek Chicken Toasted Turkish	7.50
THURSDAY – Butter Chicken Penne	7.50
FRIDAY – Cheesy Bolognese Burrito	7.50