~ HOT FOOD ~

- Breakfast Meal Deal (A) - Egg & bacon roll or wrap & a small flavoured milk $5.50
- Toasted Sandwiches (G)
  - Cheese $3.50
  - Ham & cheese $3.80
  - Ham, cheese & tomato $4.00
- Toast (G) Jam or honey $2.00

~ COLD BAR ~

- Fresh Fruit Salad (G) (GF) Seasonal Fruit & Yoghurt $4.50
- Yoghurt & Muesli (G) (GF) $4.00
- Yoghurt & Berries (G) (GF) $4.00

~ HOT DISHES ~

- Special Fried Rice (G) $4.50
- Butter Chicken (A) With rice $5.50
- Mongolian Beef (A) With rice $5.50
- Sweet & Sour Pork (A) With rice $5.50
- Stir Fry Vegetarian Noodles (G) $5.50

~ PASTA ~

- Lasagna (G) Homemade beef $5.50
- Pasta (G) Penne Homemade vegetarian $5.50
- Penne Boscaiola (A) Mushroom, ham, cream sauce $5.50
- Fetttucine Chicken (A) Sun-dried tomatoes, chicken, cream sauce $5.50
- Spaghetti Bolognese (G) $5.50

WE CAN ALSO CATER THE ABOVE DISHES GLUTEN FREE

~ PIES ~

- Lean Beef Pie (A) $3.50
- Lean Sausage Rolls (A) $3.30
- Lean Shepherd’s Pie (A) $3.80
- Spinach & Ricotta Roll (A) $3.50

~ HOME MADE PIZZA SLAB ~

- Margarita (G) Cheese & Tomato $4.00
- Vegetarian (G) Olives, eggplant & roast capsicum $4.50
- Hawaiian (G) Ham & Pineapple $4.50

~ HOT MEALS ~

- Gourmet Burger (A) Fresh beef, onion, bbq sauce, beetroot, tomato & lettuce $5.00
- Chicken Caesar Burger (A) Grilled chicken, Caesar dressing, bacon, crouton & cos lettuce $5.00
- Cheese Burger (A) Fresh beef patty, cheese, fresh tomato & tomato sauce $5.00
- Veggie Burger (G) Chickpea & lentil pattie, yoghurt, avocado, beetroot, alfalfa & cheese $5.00
- Peri Peri Portuguese Burger (A) Portuguese chicken, peri peri sauce & lettuce $5.00
- Chicken Burger (A) Fresh chicken pattie, lettuce & mayo $5.00
- Hot Chicken Schnitzel Roll (A) Chicken schnitzel, lettuce & mayo $5.00
- Sweet Chilli Chicken Tender Roll (A) 2 x sweet chilli chicken, lettuce & mayo $5.00
- Oven Baked Wedges (A) With sweet chilli and sour cream $4.00

~ WRAPS (G) ~

Single $3.50  |  Double $5.50

- Sweet chilli chicken, salad & cheese
- Chicken Caesar, croutons, bacon, cheese & Caesar dressing
- Falafel, tabouli, cucumber, lettuce & hommus
- Chicken tandoori, yoghurt, cucumber & lettuce
- Chicken schnitzel, tabouli, hommus, tomato & lettuce

~ SUSHI (G) (GF) ~

- Chicken Teriyaki (G) $3.50
- Tuna (GF) (G) $3.50
- Crab cucumber roll (GF) (G) $3.50
- Vegetable (GF) (G) $3.50
Greek Salad (G) (GF) Small $4.00 ~ Large $5.00
Tomato, cucumber, onion, capsicum, olives and feta

Chicken Avocado pasta salad (G) Small $4.00 ~ Large $5.00
Onions, mayonnaise, avocado, chicken, tomatoes, red pepper and parsley

Tuna pasta salad (G) Small $4.00 ~ Large $5.00
Tuna, capsicum, onion, carrot, parsley & pasta

Pesto pasta salad (G) Small $4.00 ~ Large $5.00
Pesto, olives, sundried tomatoes & carrot

Pumpkin Salad (G) (GF) Small $4.50 ~ Large $5.50
English spinach, pine nuts & feta cheese

Green Bean (G) (GF) Small $3.50 ~ Large $4.50
Mixed beans with dressing

Tabouli Salad (G) Small $4.00 ~ Large $5.00
Parsley, tomato, wheat germ & dressing

Thai Noodle Salad (G) Small $4.50 ~ Large $5.50
Vermicelli noodles, cucumber, mint, coriander, capsicum, carrot & dressing

Ham Delight (A) Small $5.00
Smoked ham, sundried tomatoes, olives & cheese

Turkey Delight (A) Small $5.00
Roast turkey, cranberry sauce & cheese

SAVOURY

BEVERAGES

Juice 250ml (A) $2.50
Orange, orange mango, orange passionfruit, apple

Juice 500ml (A) $3.50
Orange, orange mango, orange passionfruit, apple

Water (G) $2.00
Spring water 600ml

Spring water 750ml $3.00

Aloe Vera (A) $3.00
Grape, original

Low Sugared Cans (A) $2.50
Low Sugared Bottles (A) $4.00

Milks – Low Fat (G) $2.50
300ml (G) Chocolate, strawberry, iced coffee

600ml (G) Chocolate, strawberry

500ml Dare (G) $4.00
Espresso or Mocha

Flavoured Milkshakes (A) $4.00
Chocolate, strawberry, vanilla, caramel

SANDWICH BAR

Chicken (G) $4.00
Lettuce & mayonnaise

Turkey (G) $4.00
Cranberry, alfalfa, cheese

Cheese Tomato (G) $3.50
Cheese & tomato

Smoked Ham (G) $4.00
Cheese & tomato

Chicken Schnitzel (G) $4.00
Hummus & tabouli

Salad $4.00
Lettuce, tomato, cucumber, beetroot, onion & alfalfa

Egg (G) $3.50
Mayo & lettuce

Falafel (G) $4.00
Lettuce, tomato, cucumber & yoghurt

Tuna (G) $4.00
Mayo, cucumber & Spanish onion

Vegetarian (G) $4.50
Grilled eggplant, lettuce, sundried tomato, roast capsicum

Breads (G) White, wholemeal or multigrain

Wrap $1.00
White roll $0.80
Turkish/Focaccia $1.00

TURKISH BREADS

Chicken Schnitzel Delight (A) $5.50
Chicken schnitzel, roast capsicums, pesto & cheese

Chicken Delight (A) $5.00
Roast chicken, avocado, sundried tomatoes & cheese

Mediterranean Delight (A) $5.00
Olives, artichokes, roast capsicum & fetta cheese

Vegetarian Delight (A) $5.00
Eggplant, sundried tomatoes, roast capsicum & cheese

~ COLD DRINKS ~

TURKISH BREADS