



BREAKFAST

Double Bacon Roll	5.50
Bacon Egg Roll	6.00
Banana Bread	5.00

TOASTIES

Cheese	4.00
Ham Cheese	4.50
Ham Cheese Tomato	5.00

SALAD BOWLS

	<u>Sm.</u>	<u>Lg.</u>
Fruit Salad	6.00	7.00
Seasonal fruit		
Greek Salad	6.50	7.50
Lettuce tomato onion feta olives		
Chicken Caesar	6.50	7.50
Chicken croutons bacon lettuce cheese		

SUSHI

Sushi	5.50
California/Tuna/Chicken/Beef	

SANDWICHES

Salad	6.00
Lettuce tomato cucumber carrots	
Cheese Salad	6.50
Cheese lettuce tomato cucumber carrots	
Chicken Salad	7.00
Chicken lettuce tomato cucumber carrot	
Ham Cheese Salad	7.50
Ham cheese lettuce tomato cucumber carrot	

WRAPS

Garden Fresh Salad	6.50
Lettuce tomato cucumber carrots onion	
Falafel	7.50
Falafel lettuce tomato cucumber humus	
Ham Cheese Salad	8.00
Ham cheese lettuce tomato cucumber onion	
Chicken Farm	8.00
Grilled chicken mixed lettuce sun dried tomato	
Spicy Chicken Tender	8.00
Chicken tenderloin lettuce dressing	

PANINI ROLLS

BLT	8.00
Bacon cheese lettuce tomato bbq sauce	
Spicy Chicken	8.00
Portuguese spices chicken cheese lettuce	
Chicken Schnitzel	8.00
Crumbed chicken cheese lettuce tomato mayo	

PASTAS

	<u>Sm.</u>	<u>Lg.</u>
Lasagne	7.00	8.00
Lasagna with rich Bolognese and cheese sauce		
Gnocchi	7.00	8.00
Gnocchi served with rustic beef Bolognese		
Chicken Pesto Pasta	7.00	8.00
Pasta with creamy bacon and pesto sauce		
Spaghetti Bolognese	7.00	8.00
Ground beef garlic onions spices		

PIZZAS

Pizza Wraps 4 star	7.00
Cheese/Bbq Chicken/Peperoni/Vegetarian	

RICE COMBINATIONS

	<u>Sm.</u>	<u>Lg.</u>
Fried Rice	6.00	7.00
Classic popular Chinese style fried rice		
Butter Chicken	7.00	8.00
Traditional butter chicken with aromatic spices		

PIES

Beef Sausage Roll	5.00
4-star 100% seasoned beef	
Spinach & Feta Roll	5.50
Beef Pie	5.50
4-star 100% minced lean beef	

GLUTEN FREE

Potato Bake	7.00
Fried Rice	7.00
Butter Chicken	7.00
Chicken Tender Wrap	7.00

REFRESHMENTS

Water	2.50
Flavoured Milk	3.50
Chocolate/strawberry/coffee	
Orange Juice	5.00
Apple/orange/orange passionfruit	
Up & Go	4.00
Protein drink	
Zero Sugar Drinks	3.50
Various flavours	

SNACKS

Seasonal Fruit	1.50
Popcorn	2.50
Red Rock Chips	3.00
Garlic Bread	3.50
Gourmet Muffins	5.50