

EVERYDAY MENU

Salads

Fresh Fruit	\$3.50
Caesar	\$3.00
Greek	\$4.00
Pasta Salad	\$4.00
Large Salad	\$4.00
With either tuna, ham, chicken, egg or cheese each	
Additional Fillings	per fillings 50c

Gourmet Sandwiches from \$3.00 - \$4.00

Available on wholemeal, white or seeded bread daily

Cheese & Tomato	\$3.00
Salad	\$3.50
Ham, Cheese & Tomato	\$3.50
Roast Beef / Corned Beef	\$3.50
Chicken, Lettuce & Mayo	\$3.50
Homous, Tabouli & Falafel	\$3.50
BLT (Bacon, lettuce & tomato on fresh roll)	\$4.00
Bacon & Egg Roll (served on cheese roll)	\$4.00
Additional Fillings each	50c
Toasted extra	50c

Wraps - plain or toasted \$4.50

Homous, Tabouli Falafel
Garden Salad
Ham, Cheese & Tomato
Chicken, Avocado & Cheese
Chilli Chicken - Lettuce, Mayo & Chilli Sauce
BBQ Chicken w lettuce, mayo & bbq sauce
Bacon & Egg w lettuce, mayo & bbq sauce

Burgers \$4.00

Chicken fillet (Lettuce & Mayo)
Gourmet Beef (Tomato & Lettuce)
Chilli Chicken (Lettuce & Chilli Sauce)
Beef w lettuce, mayo, onion & bbq sauce
Chicken w lettuce, mayo & onion
Teriyaki Chicken w lettuce, tomato, mayo & onion
Pork w lettuce, mayo, onion & bbq sauce
Chicken & bacon w lettuce, mayo, onion & bbq sauce

Subs \$4.00

Chilli Chicken w lettuce, mayo & chilli sauce
BBQ Chicken w lettuce, mayo & bbq sauce
Butter Chicken w lettuce, mayo & sliced tomato

Pies from \$2.00 - \$4.50

Lite Sausage rolls	\$2.00
Lite Pies	\$2.80
Ham and Cheese croissants	\$3.50
Lite Hot Doggies (served in warm roll)	\$2.50
All Sauces each	30c

DRINKS

Fruit Box Fresh Juices from \$1.50 - \$4.00

Diet Drinks
Sports' Drinks
Water
Milk Shakes
Fresh Fruit Smoothies
Frozen Yoghurt
Flavoured Milk - Strawberry, Choc. Plain
300ml
600ml

DAILY SPECIALS

see daily specials board for todays dish

Vegetarian

Fried Rice	\$3.50
Nachos	\$3.00
Nachos with Sour Cream	\$3.50
Wedges (Sour cream .50c extra)	\$2.50
Vegetable Pasta	\$4.50
Macaroni Cheese	\$4.50
Baked Potato	\$3.50
Additional Fillings	50c
Ham, Cheese, Tuna, Tomato, Sour Cream	

Pasta Dishes \$4.50

Lasagne
Bolognese
Napoletana
Macaroni Cheese
Nachos Meat Bolognese

Hot Dishes \$4.50

Stir Fry Beef and Vegetables with Rice
Stir Fry Chicken & Vegetables with Rice
Butter Chicken with Rice
Chicken Kebabs
Shepherds Pie
Tandoori Chicken with Rice

Cakes and Muffins \$2.00

Freshly baked daily

Jelly Cups (made fresh)	\$1.00
Chocolate Mousse (made fresh)	\$2.50

BREAKFAST (starts 8am)

Muffins - Baked Daily (check todays flavour)	\$2.00
(2) Pancakes & Maple Syrup	\$2.50
Hash Browns Oven Baked	\$1.00
Bacon & Egg Roll	sml \$3.00 large \$4.00
Big Breakfast	\$4.80
bacon, egg, hash, tomato & toast	

Toasted Sandwiches

Cheese & Tomato	\$3.50
Ham Cheese Tomato	\$4.00
Additional Fillings	50c
Raisin Toast	\$2.50
Vegemite Toast	\$2.00

Drinks & Yoghurts

Hot Chocolate	\$4.00
Fruit Salad & Yoghurt	\$4.00
Fresh Fruit Smoothies	\$2.00
Frozen Yoghurt	\$2.50
Yoghurt - Fruit & Muesli	Small \$2.20 Large \$3.30
Selection of Juices	
Juice Cups Frozen	\$1.00
Apple/Orange	