



Menu

BREAKFAST: 7:30 – 8:20AM

- Self-serve options: selection of toasties, fresh fruit, yoghurt, milk and fruit juices
- Ham & cheese toastie \$3.50
- Yoghurt + Muesli \$4.50
- Bacon, egg, cheese & BBQ sauce muffin \$5.50
- Fresh Fruit Salad (seasonal only) \$3.50

SANDWICHES

- Chicken & salad (let, tom, carrot, cucumber) + cheese \$7.00
- Ham & salad (let, tom, carrot, cucumber) + cheese \$6.50
- Ham, Cheese & Tomato \$4.50
- Egg & Lettuce \$5.00
- Chicken, lettuce & mayo \$5.00
- Ham, cheese, lettuce, tomato & mayo \$5.00

SALADS

- Greek salad (lettuce, red onion, cucumber, tomato, feta, olives, dressing) \$7.50
- Garden salad (lettuce, tomato, carrot, cucumber, red onion, capsicum, egg & Italian dressing) \$7.00
- Chicken Caesar Salad \$8.50

WRAPS

- Sweet Chilli Tender (2 x Chic tender, lettuce, carrot, cheese, tomato, sweet chilli mayo) \$8.00
- Ham & Salad (lettuce, cheese, tomato, carrot, cucumber) \$7.50
- Chicken & Salad (lettuce, cheese, tomato, carrot, cucumber) \$8.00
- Salad & Cheese (lettuce, cheese, tomato, carrot, cucumber) \$6.50

BURGERS

- Cheese Burger (cheese, lite beef pattie, tomato sauce) \$7.00
- Chicken Burger (japanese mayo, southern fried chicken burger breast, lettuce, cheese, BBQ sauce) \$8.00
- Big Mac Burger (lite beef pattie, lettuce, cheese & special sauce) \$7.00

HOT FOOD

- Traveller pie and sausage rolls with sauce \$4.80
- Cheese & spinach roll \$5.50
- Steamed Dim Sims (3) \$4.00
- Noodle Cup (chicken/beef) \$3.00
- Garlic Bread sml \$3.00 lg \$4.00
- Potato Gems \$3.20
- Chicken Goujons (5) \$3.20
- Homemade pizza (ham, cheese) \$6.00
- Nachos (corn chips, salsa, cheese, sour cream, refried beans) \$6.50
- Butter Chicken \$6.50
- Spaghettie Bolognaise \$6.50

SNACKS

- Cheese & Crackers \$3.00
- Boiled egg \$1.00
- Fresh watermelon cup (seasonal only) \$3.00
- Fresh Fruit Salad (seasonal only) \$3.50
- Yoghurt + Muesli \$4.50
- Yoghurt cups \$3.50
- Homemade muffins (3) \$1.00
- Cookie (chocolate chip/M&M) \$1.50
- Popcorn \$1.50
- Assorted Large muffins \$5.00
- Assorted Slices muffins \$5.00
- Banana Bread \$2.00
- Chocolate mud cake \$3.50
- Brownies \$3.50

DIETARY OPTIONS

- Sausage Rolls GF, DF, EF, NF, SF, VF \$6.50
- Garlic Bread GF, VF \$4.00
- Toastie, Cheese GF, DF, VF \$4.00
- Toastie, Ham & Cheese GF, DF \$4.50
- Toastie Ham, Cheese & Tomato GF, DF \$5.00
- Popcorn, Butter GF, NF \$2.00
- Popcorn, Lightly Salted & Slightly Sweet GF, NF, VF \$2.00
- Lamingtons GF, DF, NF, SF \$5.00
- Sushi Long Roll, Tuna GF \$4.00
- Sushi Long Roll, Tuna & Avocado GF \$4.00
- Sushi Long Roll, Avocado GF \$4.00

ICE CREAM

- Frozen Juice Cup (apple/blackcurrant) \$1.00 Lifesaver \$2.50
- Billabong (chocolate/rainbow) \$2.00 Milo cup \$4.00
- Icy Pole (lemonade/raspberry) \$1.50 Cyclone \$2.50
- Maxibon - Assorted Flavours \$4.50

COLD DRINKS

- Orchy Juice 350ml \$3.50 (apple, pineapple, blackcurrant, orange)
- Chocolate Up N Go \$3.00
- Oak Protein Plus (chocolate, vanilla) \$5.00
- Waterford Lite Sparkling (lime, orange & passionfruit, watermelon) 475ml \$3.50
- Flavoured milk (iced coffee, strawberry, chocolate) 300ml \$3.00 500ml \$4.50
- Poppers (apple, apple/blackcurrant) \$2.50
- Protein Up N Go \$3.50
- Lactose free iced coffee \$5.00
- Water 600ml \$2.00 Litre \$3.00

KEY

- GF: Gluten Free
- DF: Dairy Free
- EF: Egg Free
- NF: Nut Free
- SF: Sugar Free
- VF: Vegan Friendly

WEEKLY Specials

- MONDAY**
 - Chicken Karaage Bowl (rice, lettuce, carrot, cucumber, sauce & kewpie mayo) \$8.50
 - Sushi (chicken & avo, avocado, chicken teriyaki, tuna, tuna & avo) \$4.00
- TUESDAY**
 - Chicken tacos (soft tortilla, lettuce, tomato, chicken breast tender, cheese & lime aioli) \$8.00

- WEDNESDAY**
 - Chicken Karaage Wrap Large \$8.50 Reg \$5.00
- THURSDAY**
 - Homemade Beef Nachos (minced beef, Cheese corn chips + sour cream optional) \$7.50
- FRIDAY**
 - Chicken Karaage \$8.50

