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| Fresh sandwiches, rolls & wrapsWholemeal, multigrain or high fibre white breadChef’s specials Wicked chickenchicken, cucumber, lettuce, and tzatziki mayo $Tropicana ham, cheese, pineapple and tomato $Gone fishin’ tuna, corn, carrot, celery, mayo mix $Veggie delight cheese, salad and hummus $Falafel deluxe falafels, lettuce, tabouli, tzatziki $Other filling options: cheese, ham, chicken, egg, tuna $lettuce, tomato, grated carrot, onion, mushrooms, beetroot, spinach, cucumber, banana, sultanas $Other spread options: margarine, mayo, honey, jam, vegemite $avocado, ricotta cheese, hummus, tzatziki, salsa $Grilled burgers Offer 1 burger & rotate options weeklyChicken burger chicken, lettuce, onion, tom, mayo $Beef burger beef patty, lettuce, beetroot, cheese $Vege burger vege patty, lettuce, carrot, cheese, $ mayo Power saladsSuper salad box choice of chicken, turkey, tuna, egg or ham with lettuce, tomato, carrot, cucumber, $corn, capsicum and cheeseZesty pesto pasta salad lemon pesto pasta, lettuce, shallots, tomatoes & chickpeas $Mexican salad 3 bean mix, tomato, capsicum, corn, cheese with pita chips & Greek or $natural yoghurtCool drinksPlain water $Plain milk $Flavoured milk, 250ml (choc, vanilla, strawberry) $100% juice popper, 200ml (apple, orange) **$** | Tasty hot foodsToasted sandwiches (up to 3 fillings) $Additional fillings: no charge for herbs/spicesSavoury cheese, ham, chicken, baked beans, sliced tomato, mushrooms, pineapple, grated carrot, corn kernels, avocadoSweet banana, canned apple or peaches, sultanas, cottage cheese, ricotta, cinnamon, nutmegBaked potatoes $Lean ham pineapple, corn and reduced fat cheeseNacho beans tomato salsa and sour creamTuna corn, reduced fat cheese and mayonnaiseMini pizzas $Hawaiian ham, cheese, tomato, pineappleBBQ Chicken chicken, mushroom, cheese, BBQ sauceMozzarella tomato, cheese, onion, herbsVeg out sundried tomato, spinach, mushroom, capsicum, onions, cheese, herbsSuper snacksFresh and frozen fruit pieces $Fruit kebabs: fruit salad with yoghurt &/or muesli $ Yoghurt tubs: strawberry, vanilla $ Corn cobs: with sweet chilli or lemon & herbs $ Garlic bread $Dried fruit and nuts nibble mix $ Veggie sticks with hummus, tzatziki or salsa $Cheese and cracker packs $ Raisin toast with margarine $ Meal dealsSummer Soother any sandwich/wrap/roll or salad, frozen snack and water $Winter Warmer any toasted sandwich, baked potato or mini pizza, piece of fruit and $hot chocolate  |
| Specials and meal deals\* (insert details of weekly / monthly specials and/or meal deals) |