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| Fresh sandwiches, rolls & wraps  Wholemeal, multigrain or high fibre white bread  Chef’s specials  Wicked chicken chicken, 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 $  Optional fillings / spreads  Filling options:  cheese, ham, chicken, egg, tuna $  lettuce, tomato, carrot, onion, banana, sultanas $  Spread options:  margarine, mayo, honey, jam, vegemite $  avocado, ricotta cheese, hummus, tzatziki, salsa $  Fresh salads  Energy salad $ rice, ham, cheese, tomatoes, grated carrot & corn  Mexican salad $ three bean mix, tomato, capsicum, corn, cheese  with pita chips and Greek or natural yoghurt  Cool drinks  Plain water $  Plain milk $  Flavoured milk, 250ml: choc, vanilla, strawberry $  100% juice popper, 200ml: apple, orange **$** | Tasty hot foods  Toasted sandwiches (up to 3 fillings) $  Additional fillings: no charge for herbs/spices  Savoury cheese, ham, chicken, baked beans, sliced tomato, mushrooms, pineapple, grated carrot, corn kernels, avocado  Sweet banana, canned apple or peaches, sultanas, cottage cheese, ricotta, cinnamon, nutmeg  Baked potatoes $  Lean ham pineapple, corn and reduced fat cheese  Nacho beans tomato salsa and sour cream  Tuna corn, reduced fat cheese and mayonnaise  Mini pizzas $  Offer 1 pizza & rotate options weekly  Hawaiian ham, cheese, tomato, pineapple  BBQ Chicken chicken, mushroom, cheese, BBQ sauce  Cheesy veg tomato, cheese, capsicum and herbs  Super snacks  Fresh and frozen fruit pieces $  Mixed fruit salad with yoghurt $  Yoghurt tubs - variety of flavours $  Reduced fat frozen yoghurt / ice cream tubs $  Dried fruit and nuts nibble mix $  Veggie sticks with reduced fat cheese cubes $  Popcorn $  Raisin toast with margarine $ |
| Specials and meal deals\* (insert details of weekly / monthly specials and/or meal deals) | |