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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 $  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 weekly  Chicken burger chicken, lettuce, onion, tom, mayo $  Beef burger beef patty, lettuce, beetroot, cheese $  Vege burger vege patty, lettuce, carrot, cheese, $ mayo  Power salads  Super salad box choice of chicken, turkey, tuna,  egg or ham with lettuce, tomato, carrot, cucumber, $ corn, capsicum and cheese  Zesty 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 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 $  Hawaiian ham, cheese, tomato, pineapple  BBQ Chicken chicken, mushroom, cheese, BBQ sauce Mozzarella tomato, cheese, onion, herbs  Veg out sundried tomato, spinach, mushroom, capsicum, onions, cheese, herbs  Super snacks  Fresh 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 deals  Summer 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) | |