

# Menu 2021

## Breakfast

Toast/Muffin – 2 Slices per serve

Raisin	\$3.50
Vegemite	\$3.00
Peanut Butter	\$3.00
Avocado	\$4.00
Fruit Salad	\$3.50
Bacon & Egg Roll	\$3.50
Savoury Mince on Toast	\$5.00
English Muffin with Jam	\$3.00
Zucchini Slice	\$4.50
Frittata – Veg	\$4.50
Assorted Toasties	from \$3.50

## Fresh Snacks

Assorted Seasonal Fruit	\$1.00
Chocolate Mousse	\$1.50
Assorted Muffins	\$2.00
Fruit Salad Bowl	\$3.50
Assorted Yoghurt	\$3.00
Bean Dip with Crackers	\$4.50
Hommus with Veg Sticks	\$3.00

## Other Snacks

Quelch Fruit Tubes	\$1.50
Popcorn	50c
Water Iceys	\$1.00
Frozen Yoghurt	\$2.50
Protein Balls	\$2.50
Snap Stix	\$1.00

## Salad Bowls

Garden Salad	\$5.00
Garden Salad with Fresh Chicken	\$5.50
Garden Salad with Ham	\$5.50
Garden Salad with Tuna	\$5.50
Caesar Salad – Cos, parmesan, ham, egg	\$5.00
Chicken Caesar – Cos, parmesan, ham, egg	\$5.50
Sweet Chilli Chicken Salad	\$5.50
Grilled Chicken & Salad	\$5.50
Roast Sweet Potato & Feta Salad	\$6.00
Roast Pumpkin Garden Salad	\$5.50
Falafel & Garden Salad	\$5.50
Potato Salad	\$4.50
Pasta Salad	\$4.50
Rice Salad	\$5.50

### Extras

Avocado \$1.00, Cheese 50c or Egg	\$1.00
-----------------------------------	--------

## Toasties

Baked Beans & Cheese	\$4.00
Spaghetti & Cheese	\$4.00
Cheese & Tomato	\$3.50
Salmon, Onion & Cheese	\$4.00
Tuna & Cheese	\$4.00
Avocado, Tomato & Red Onion	\$4.50
Ham, Cheese Tomato	\$4.00
Ham & Cheese	\$3.50
Chicken, Cheese & Avocado	\$4.00
Chicken, Cheese & Mayo	\$4.00
Chicken & Cheese	\$3.50
Cheese (Double Cheese)	\$3.50
Cheese & Onion	\$3.50

## Sambos & Wraps

	S/wich	Wrap
Vegemite or Peanut Butter Salad	\$3.00	N/A
Salad	\$4.00	\$5.00
Salad & Cheese	\$4.50	\$5.00
Avocado, Cheese & Tomato	\$4.00	\$5.00
Cheese	\$3.00	\$4.00
Cheese & Tomato	\$3.50	\$4.50
Egg & Lettuce	\$3.50	\$4.50
Ham & Cheese	\$3.50	\$4.50
Ham, Cheese & Tomato	\$4.00	\$5.00
Chicken, Lettuce & Mayo	\$4.00	\$5.00
Chicken, Cheese, Lettuce	\$4.50	\$5.00
Caesar – Cos, parmesan, ham, egg	N/A	\$5.00
Chicken Caesar Cos, parmesan, ham, egg	N/A	\$5.50
Ham & Salad	\$4.50	\$5.50
Chicken & Salad	\$4.50	\$5.50
Roast Beef & Salad	\$4.50	\$5.50
Corn Meat & Salad	\$4.50	\$5.50
Roast Beef & Relish	\$3.50	\$4.50
Corn Meat & Relish	\$3.50	\$4.50
Tuna & Salad	\$4.50	\$5.50
Salami & Salad	\$4.50	\$5.50
Garlic Aioli, Chicken & Salad	\$4.50	\$5.50
Garlic Aioli, Ham & Salad	\$4.50	\$5.50
Peri Peri Chicken & Salad	\$4.50	\$5.50
Chipotle Chicken & Salad	\$4.50	\$5.50

### Extras

Avocado \$1.00, Cheese 50c or Egg	\$1.00
-----------------------------------	--------

### Gluten Free available on request

Bread – Wraps – Rolls to above list add	\$1.00
Nuggets x 6	\$5.00
Burrito - Cheddar, Rice & Bean	\$6.50
Chicken Tenders Wrap/Roll with Salad	\$6.50

## Burgers

**Beef Burger** \$5.50

*Beef patty (low fat) & salad & cheese.  
BBQ sauce – Add Bacon \$1- Egg \$1-*

**Chicken Burger** \$5.00

*Crumbed chicken patty, lettuce & mayo*

**Sweet Chilli Burger** \$5.50

*Sweet chilli tenders, cheese,  
Salad & sweet chilli sauce*

**Southern Style Chicken Burger** \$5.50

*Southern Style Chicken patty, salad,  
cheese & Mayo*

## Flame Grilled or Crispy Chicken Burgers all \$5.50

**Satay Chicken Burger**

*Chicken, Cheese, Tomato  
Satay Sauce*

**Chicken Caesar Burger**

*Chicken, parmesan cheese  
lettuce, ham, Caesar dressing*

**Parmy Burger**

*Chicken, Cheese, lettuce, Ham  
Parmy Sauce*

**Peri Peri Chicken Burger**

*Chicken, Cheese, salad  
Peri Peri Sauce*

**Garlic Aioli Chicken Burger**

*Chicken, cheese, salad, aioli mayo*

**Chipotle Chicken Burger**

*Chicken, salad, cheese & Chipotle Sauce*

## Hot Wraps all \$5.50

*Flame Grilled  
or  
Crispy Chicken*

**Sweet Chilli Chicken Wrap**

*Sweet chilli chicken tender,  
cheese, sour cream & salad*

**Warm Chicken Caesar Wrap**

*Chicken, lettuce, ham,  
parmesan cheese & dressing*

**Satay Wrap**

*Chicken, salad,  
cheese & satay sauce*

**Parmy Wrap**

*Chicken, Cheese, lettuce, Ham  
Parmy Sauce*

**Peri Peri Chicken Wrap**

*Chicken, Cheese, salad  
Peri Peri Sauce*

**Flame Grilled Chicken Wrap**

*Chicken, cheese, salad, mayo*

**Garlic Aioli Chicken Wrap**

*Chicken, cheese, salad, aioli mayo*

**Chipotle Chicken**

*Chicken, salad, cheese & Chipotle Sauce*

**Chipotle Beef Wrap**

*Beef patty, salad, cheese & Chipotle Sauce*

## Homemade Hot Dishes all \$5.50

- Butter Chicken & Rice
- Curry Chicken & Rice
- Veg Curry & Rice
- Satay Chicken & Rice
- Mongolian Beef & Rice
- Beef Stroganoff & Rice
- Pasta Bolognese –Meat
- Pasta & Napoli Sauce - Vegetarian
- Beef Lasagne
- Veg Lasagne
- Spinach & Ricotta Lasagne
- Spaghetti & Meatballs
- Spinach & Ricotta Ravioli with Napoli Sauce
  
- Beef Ravioli with Napoli Sauce
- Chicken Enchilada
- Refried Been Enchilada
- Beef Nachos
- Chicken Nachos
- Bean Nachos
- Potato Bake
- Jacket Style Potato  
with Cheese/Bacon/Spring Onion
- Mini Bacon & Cheese Cobloaf

## Homemade Muffin Pizzas

all \$4.50

Ham & Pineapple  
Meat Lovers  
Supreme  
BBQ Chicken  
Margaretta - Vegetarian

## Other Hot Food

6 Chicken Nuggets	\$4.00
Large Bucket Wedges	\$4.00
Chicken & Gravy Roll	\$5.50
Sausage Roll	\$4.00
Traveller Meat Pie	\$4.50
Traveller Steak, Cheese, Bacon Pie	\$4.50
Chicken Noodle Cup	\$3.00
Spinach & Ricotta Roll – Veg	\$4.50
Vegetable Pastie – Veg	\$4.50
Lg Spring Roll – Veg	\$3.50
Jalapeno Poppers x 6 - Veg	\$4.00
Mozzarella Stix x 6 - Veg	\$4.00
Meat Hot Dog	\$4.00

*Add*

*Cheese 50c*  
*Diced Bacon \$1.00*  
*Onion 50c*

## Sushi All \$3.50 or 2 For \$6.50

Tuna.....Tuna & Avocado.....Vegetable Tempura  
Chicken Teriyaki.....Chicken & Avocado  
Avocado.....Chicken Karagee

## Vegetarian & Vegan

<b>Falafel Wrap- Vegan</b>	\$5.50
<i>Falafel, hommus &amp; salad, sweet chilli sauce</i>	
<b>Falafel Burger</b>	\$5.50
<i>Falafel Patty, salad &amp; Sauce</i>	
<b>Vegie Burger</b>	\$5.50
<i>Vegie patty &amp; salad &amp; cheese, tomato sauce</i>	
<b>Schnitzel Burger or Wrap</b>	\$6.50
<i>Veg Schnitzel, salad, choice of sauce</i>	
<b>Hot &amp; Spicy Burger or Wrap</b>	\$6.50
<i>Vegan Patty, salad, choice of sauce</i>	
<b>Smokey BBQ Burger or Wrap</b>	\$6.50
<i>Vegan Burger, salad, choice of sauce</i>	
<b>Lentil Burger or Wrap</b>	\$6.50
<i>Lentil Patty, salad, choice of sauce</i>	
<b>Garden Salad with Vegan Fillets</b>	\$6.50
<b>Garden Salad with</b>	
<b>Thai Chilli &amp; Lime Cakes</b>	\$6.50
<b>Veg Hot Dog</b>	\$4.00
<i>add Cheese 50c / Onion 50c</i>	
<b>Nuggets x 6</b>	\$5.00
<b>Meat Free Sausage Roll</b>	\$5.00
<b>Spaghetti &amp; Meatless Meatballs</b>	\$6.50
<b>Spicy Bean Pastie</b>	\$5.00

**All Food is best Pre Ordered by 9am  
so you do not miss out 😊**

## Drinks

<b>Water</b>	
600ml	\$2.50
1.5 Lt	\$4.00
<b>Milk</b>	
Plain Milk 300ml	\$3.50
Chocolate Nippys 250ml	\$3.50
Strawberry Nippys	\$3.50
Coffee Milk 300ml	\$3.50
Chocolate Milk 300ml	\$3.50
Chocolate Milk 500ml	\$4.50
Strawberry Milk 500ml	\$4.50
Coffee Milk 500ml	\$4.50
Up & Go Chocolate	\$3.50
Up & Go Vanilla	\$3.50
Up & Go Banana	\$3.50
Up & Go Strawberry	\$3.50
Plain 2litre Milk	\$4.50
<b>Other</b>	
Apple/Blackcurrant Popper	\$2.50
Sweet FA	\$4.00
Fresh Juices	\$4.50
Boost Juices	\$4.50
Aloe Drinks	\$4.50
Iced Teas	\$4.50
Juice Bombs	\$3.50

**Just let Sam know if you need any of the  
items modified eg no tomato or  
sauce/dressing different 😊**