



Food Coding
 G- Green fill the menu
 A- Amber select carefully
 R- Red only occasionally
 GF- Gluten Free

Hot Food

Bacon Roll (A)		\$3.50
Bacon Egg Roll/Wrap (A)		\$4.00
Toasted Sandwiches (G)	Cheese	\$3.50
	Ham & cheese	\$3.80
	Ham, cheese & tomato	\$4.00
Hash Brown (A)		\$2.00
Hash Brown Burger (A)	Two hash browns, slice of cheese, tomato, lettuce & bbq sauce	\$5.00
Slice of Toast (A)	One slice of toast with vegemite or jam	\$1.50

Healthy Beginnings

Cereal (G)	Assorted cereal with milk	\$2.50
Fresh Fruit Salad (G) (GF)	Seasonal Fruit & Yoghurt	\$4.00
Yoghurt (G) (GF)		\$4.00
Yoghurt & Muesli (G) (GF)		\$4.00
Yoghurt & Berries (G) (GF)		\$4.00
Fruit (G)	Fruit available daily	\$1.00
	Fresh Fruit Salad	\$4.00
Muffin (Low Fat) (A)	Chocolate, choc chip, blueberry, raspberry, apple cinnamon	\$4.00
Banana Bread (A)		\$4.00
Up & Go (G)	Chocolate, strawberry, banana, vanilla	\$2.50





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HOT MEALS

PASTA

Lasagna (G)	Homemade traditional beef	\$5.50
	Homemade char-grilled vegetable	\$5.50
Pasta (Penne) (G)	Vegetarian:	\$5.00
	Char grilled vegetables & salsa	
Fettuccine Boscaiola (A)	Mushroom, bacon with a cream sauce	\$5.50
Mac n Cheese (A)	Homemade macaroni pasta with a cheese sauce	\$5.50
Arancini	Bolognese and cheese	\$4.50
	Chicken, mushroom and cheese	\$4.50
	Spinach and cheese	\$4.50
Special Fried Rice (G)		\$4.50
Butter Chicken (A)	With rice	\$5.50
Mongolian Beef (A)	With rice	\$5.50
Sweet & Sour Pork (A)	With rice	\$5.50

VALUE PACKS

Schnitzel Pack	Chicken schnitzel, tabouli, hommus dip, and Lebanese bread	\$7.00
Falafel Pack	Falafel, tabouli, red cabbage, hommus and Lebanese bread	\$7.00





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PASTRIES

Lean Beef Pie (A)	\$3.50
Lean Sausage Rolls (A)	\$3.50
Lean Shepherd's Pie (A)	\$4.00
Spinach & Ricotta Roll (A)	\$4.00

ITALIAN PIZZA BAR

Margarita (G)	Cheese & Tomato	\$4.00
Vegetarian (G)	Olives, eggplant & roast capsicum	\$4.50
Hawaiian (G)	Ham & Pineapple	\$4.50





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COLD BAR

JAPANESE BAR (G) (GF)

Chicken Teriyaki Sushi (G)	\$3.50
Tuna Sushi (GF) (G)	\$3.50
California Roll Sushi (G)	\$3.50
Crab cucumber roll Sushi (GF) (G)	\$3.50
Vegetable Sushi (GF) (G)	\$3.50
Vietnamese rice paper roll (G)	\$4.00
Honey Soya Chicken Wingettes (G)	\$3.50

WRAPS (G)

Sweet chilli chicken, salad & cheese	Single \$3.50 Double \$5.50
Chicken Caesar, croutons, bacon, cheese & Caesar dressing	Single \$3.50 Double \$5.50
Falafel, tabouli, cucumber, lettuce & hommus	Single \$3.50 Double \$5.50
Chicken schnitzel, tabouli, hommus, tomato & lettuce	Single \$3.50 Double \$5.50
Salad	Single \$3.00 Double \$5.00





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SALADS

Greek Salad (G) (GF)	Tomato, cucumber, onion, capsicum, olives and feta	Small \$4.50 Large \$5.50
Chicken Avocado pasta salad (G)	Onions, mayonnaise, avocado, chicken, tomatoes, red pepper and parsley	Small \$4.50 Large \$5.50
Tuna pasta salad (G)	Tuna, tomatoes, cucumber, parsley, pasta, topped with egg	Small \$4.50 Large \$5.50
Pesto pasta salad (G)	Pesto, sundried tomatoes, olives, penne pasta and carrot	Small \$4.50 Large \$5.50
Garden Salad (GF)	Mescaline lettuce, cherry tomatoes, cucumber, carrot, capsicum & sprouts	Small \$3.50 Large \$4.50
Potato Salad (G) (GF)	Potato, parsley, Spanish onion & mayo	Small \$4.00 Large \$5.00
Chicken Caesar (G)	Cos lettuce, Caesar dressing, bacon and croutons	Small \$4.50 Large \$5.50
Mixed Beans (G) (GF)	Mixed beans, cucumber, capsicum and Spanish onion with dressing	Small \$3.50 Large \$4.50
Tabouli Salad (G)	Parsley, tomato, wheat germ & dressing	Small \$4.00 Large \$5.00





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COLD DRINKS

Juice 500ml (A)	Orange, orange mango, orange passionfruit, apple	\$3.50
Water (G)	Spring water Sparkling water	\$2.50 \$2.50
Milks – Low Fat (G)		
300ml (G)	Chocolate, strawberry and iced coffee	\$2.50
500ml (G)	Chocolate, strawberry and iced coffee	\$4.00
500ml Dare (G)	Espresso or Mocha	\$4.50
Flavoured Milkshakes (A)	Chocolate, strawberry, vanilla, caramel	\$3.50
Ice Tea (A)	Lemon, mango, peach or green citrus	\$4.00

