

BREAKFAST

| | |
|------------------------------|------|
| Toasted Sandwiches | 2.50 |
| Leg Ham, Cheese, Tomato etc. | |
| Hash Brown | .80 |
| Egg and Bacon | 2.70 |

SUBROLL BAR

| | |
|---|------|
| Hot Freshly Roasted Breast Chicken | 3.90 |
| or Falafel with your choice of: Salads and Dressings | |
| Parmagiana | 4.50 |

SALAD BAR

| | | |
|-----------------------------|--------------|------|
| Tossed Salad Tub | small | 2.50 |
| | large | 3.50 |
| with chicken, ham or salmon | add | .50 |

SALAD OF THE WEEK

| | | |
|----------------------------------|--------------|------|
| Noodle, Pasta, Rice, caesar etc. | 3.50 | |
| Fruit Salad | small | 2.50 |
| | large | 3.50 |

HOT FOOD SPECIALS

MONDAY

| | |
|-------------------|------|
| BBQ Meatball Wrap | 2.90 |
|-------------------|------|

TUESDAY

| | |
|---------------|------|
| Lamb Souvlaki | 2.90 |
|---------------|------|

WEDNESDAY

| | |
|----------------|------|
| Wedges | 3.00 |
| Sour Cream add | .40c |

THURSDAY

| | |
|-----------------------------|------|
| BLT- Bacon, Lettuce, Tomato | 3.50 |
|-----------------------------|------|

FRIDAY

| | |
|------------|------|
| Hot Dog | 2.70 |
| Cheese add | .40c |

ROLLS & SANDWICHES & ½ PITAS

| | |
|---|------|
| SALAD | 2.50 |
| (cheese, carrot, tomato, beetroot & lettuce) | |

FREE RANGE EGG:

| | |
|---------|------|
| with: | 2.20 |
| Lettuce | 2.40 |
| Salad | 2.80 |

LEG HAM with:

| | |
|-----------------|------|
| Cheese | 2.30 |
| Cheese & Tomato | 2.50 |
| Salad | 3.00 |

ROAST CHICKEN

| | |
|---------------------------------|------|
| with: | |
| Lettuce | 2.80 |
| Cream Cheese, Avocado & Lettuce | 3.30 |
| Salad | 3.50 |

SALMON with:

| | |
|-------------------------|------|
| Cream Cheese & Cucumber | 3.30 |
| Salad | 3.70 |

EXTRAS

| | | |
|------------------------|-----|-----|
| Grilled Rolls & Bagels | add | .20 |
| Avocado or Pineapple | add | .30 |
| Sauce | add | .5c |

- We will be trialling new items all year.
These will be advertised in the **Daily Bulletin**.
- Suggestions welcome
- Prices subject to change

PASTA

| | | | |
|---|------|--------------|------|
| Choice of 3 Homemade Pasta Sauces Tomato, Bolognaise, Cheese | | | |
| Small | 3.00 | Large | 4.00 |

BAKED POTATO with:

| | |
|------------------|------|
| cheese and salsa | 3.20 |
| the lot | 3.50 |
| sour cream- add | .40 |

FRIED RICE

| | | | |
|--------------|------|--------------|------|
| Small | 3.00 | Large | 4.00 |
|--------------|------|--------------|------|

SNACKS

| | |
|-------------------------------|------|
| Steamed Dim Sims .80 or 3 for | 2.00 |
| Corn on the Cob | 1.00 |
| Quiche | 2.70 |
| Low Fat Fruit Yoghurt | 1.50 |
| Hot Chicken Wrap | 2.90 |

DRINKS (All drinks are diet or zero sugar)

| | |
|--------------------------|------|
| Light Small Big M | 2.40 |
| Light Large Big M | 3.40 |
| Up & Go | 2.70 |
| Cans | 2.10 |
| 390ml Bottled | 2.40 |
| 600ml Bottled | 2.80 |
| 600 ml Mt Franklin Water | 2.40 |
| 750ml Pump Water | 2.80 |
| Fruit Slushy | 1.70 |
| 100% Fruit Juice | 2.60 |
| Hot Chocolate | 1.00 |