**Daily Specials**

- **Monday**: Chicken Noodle Salad Box
- **Tuesday**: Chicken with Corn Salsa & Flour Tortilla
- **Wednesday**: Chicken, Avocado & Mango Salad
- **Thursday**: Lamb Kofta Wraps
- **Friday**: Greek Style Chicken Skewers with Rice

**Menu Items are categorised in accordance with the Traffic Light System**

- **Green menu items**: EAT MOST
- **Amber menu items**: CHOOSE CAREFULLY

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**Lunch Menu**

**SALADS**
- Greek Salad (v): $5.00
- Garden Salad: $5.00
- Fresh Rice Paper Rolls of the Day: $3.00
- Fresh Pasta Salad of the Day: $3.00
- Caesar Salad: $5.00
- (with chicken): $6.00
  
  Additional filling each: $0.50

**SANDWICHES**

- Cheese & Tomato (v): $4.50
- Egg & Lettuce (v): $4.50
- Chicken, Cheese & Avocado: $5.00
- Cheese Salad: $5.00
- Salad (v): $3.50
- Ham, Cheese & Tomato: $5.00
- Chicken, Lettuce & Mayo: $5.00
  
  Additional fillings each: $0.50

**TOASTED SANDWICHES**
- Cheese & Tomato (v): $4.50
- Ham & Cheese: $4.50
- Capsicum, Pesto & Cheese: $5.00

**WRAPS**

- Tandoori Chicken
- Sweet Chilli Chicken
- Falafel (v)
- Chicken Caesar
- Ham, Cheese & Tomato
  
  Additional fillings each: $0.50
  Toasted extra: $0.50
  (Gluten Free available)

**SUSHI**

- Cooked Tuna & Cucumber
- Vegetarian (v)
- Chicken, Avocado & Mayo
- Smoked Salmon & Avocado

**FRUIT SALAD**

- Fruit Salad (v): $4.50
- Yoghurt extra: $0.50

**Over the Counter**

- Garlic Pita Bread (v): $0.20
- Spring Rolls (two) (v): $1.00
- Lite Party Pie: $1.00
- Mini Fruit Muffins: $1.50
- Fresh Fruit Kebabs: $1.00

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**Occasional Meals**

- **HOT OPTIONS**
  - Ham & Pineapple Pizza: $3.50
  - Vegetarian Pizza: $3.50
  - Junior Cheese Burger: $5.00
  - Junior Chicken Burger: $5.00
  - House made beef patty, cheese & tomato
  - House made chicken patty, lettuce & mayo
  - Pie: $3.50
  - Sausage Roll: $3.50
  - Tomato Sauce: $0.30
  - Cheese & Spinach Roll (v): $3.50
  - Vegetable Pastie: $3.50
  - Nachos ‘Build your Own’
    - Base Price: $2.50
    - Salsa (v): $0.50
    - Greek Yoghurt: $0.50
    - Cheese: $0.50
    - Avocado: $1.00
    - Meat Sauce: $1.00
    - Refried Beans (v): $1.00
    - Wedges: $3.00
    - Greek Yoghurt: $0.50

- **FREEZER FAVOURITES**
  - Cheese & Tomato (v): $4.50
  - Ham & Cheese: $4.50
  - Capsicum, Pesto & Cheese: $5.00
  - Tandoori Chicken
  - Sweet Chilli Chicken
  - Felafel (v)
  - Chicken Caesar
  - Ham, Cheese & Tomato
  - Chicken, Lettuce & Mayo
  - Additional fillings each: $0.50
  - Toasted extra: $0.50
  - Brown rice available: $1.00 extra

- **DRINKS**
  - Mt Franklin Water 400ml: $2.00
  - Plain Milk small: $1.50
  - Fresh Fruit Juice small: $2.50
  - Frozen Fruit Cup: $1.00

- **(v) = vegetarian options**