Lunch Menu

SALADS
- Greek Salad (v) ....... $5.00
- Garden Salad .......... $5.00
- Fresh Rice Paper Rolls of the Day .. $3.50
- Fresh Pasta Salad of the Day ....... $3.00
- Cous Cous Salad .......... $5.00
- Caesar Salad ........... $5.00
- With chicken ........... $6.00

Additional filling each .......... $0.50

SANDWICHES Wholesome, White
- Cheese & Tomato (v) .... $4.50
- Chicken, Cheese & Avocado ...... $5.50
- Cheese Salad ............. $5.50
- Salad (v) .................. $5.00
- Ham, Cheese & Tomato (v) ..... $5.00
- Chicken, Lettuce & Mayo ...... $5.00

Additional fillings each .......... $0.50
Toasted (add) .................. $0.50

TOASTED SANDWICHES
- Cheese & Tomato (v) .... $4.50
- Ham & Cheese .......... $4.50

WRAPS All $6.00
- Tandoori Chicken
- Sweet Chilli Chicken
- Falafel (v)
- Mexican Beef
- Greek Style Chicken
- Ham, Cheese & Tomato
- Chicken Caesar

Additional fillings each .......... $0.50

SUSHI Price From $4.00 to $7.00
- Cooked Tuna & Cucumber
- Vegetarian (v)
- Teryaki Chicken & Cucumber
- Smoked Salmon & Avocado

FRUIT SALAD
- Fruit Salad (v) ........... $4.50
- Yoghurt extra .......... $0.50

Over the Counter
(Options may change daily)
- Garlic Pita Bread (v) .... $0.20
- Spring Rolls (two) (v) .. $1.00
- Lite Party Pie ............ $1.00
- Mini Fruit Muffins ...... $1.00
- Fresh Fruit Kebabs ...... $1.00
- Watermelon “Pizza” ...... $2.00

Occasional Meals

HOT OPTIONS
- Ham & Pineapple Pizza .......... $4.00
- Vegetarian Pizza .............. $4.00
- Junior Cheese Burger .......... $5.50
- House made beef patty, cheese & tomato
- Junior Chicken Burger .......... $5.50
- House made chicken patty, lettuce & mayo
- Pie ..................................... $3.50
- Sausage Roll ............... $3.50
- Tomato Sauce ............ $0.30
- Cheese & Spinach Roll (v) .. $4.00
- Vegetable Pastie (v) ........ $4.00
- Nachos ‘Build your Own’

FREEZER FAVOURITES
- Paddlepops (Chocolate or Rainbow) ....... $1.50
- Frozen Juice Cup (Apple or Orange) .... $1.00
- Quelch Fruit Sticks (99% juice) ........ $1.00

Drinks
- Mt Franklin Water 400ml ........ $2.00
- Plain Milk small .......... $2.00
- Fresh Fruit Juice small .... $3.00
- Frozen Fruit Cup .......... $1.00

(v) = vegetarian options

Daily Specials
Priced from $5.50 to $6.50
- Monday: Ravioli with Napolitana Sauce
- Tuesday: Potato Curry with Roll Bread (v)
- Wednesday: Mexican Rice and Beef Bowls
- Thursday: Pad Thai
- Friday: “Better for You!” Butter Chicken

Menu items are categorised in accordance with the Traffic Light System
- Green menu items - EAT MOST
- Amber menu items - CHOOSE CAREFULLY