### Summer MENU 2016

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**Breakfast Menu**

STARTS 8am

- Fruit Yoghurt with Granola $4.00
- Watermelon “Pizza” $2.00
- Fresh Fruit Muffin (v) $2.50
- Mini Frittata $2.00
- Egg & Ham Roll $5.00

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**Lunch Menu**

We make it fresh!

**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
- Caesar Salad $5.00
- (with chicken) $6.00
- Cous Cous Salad $5.00
- Risoni, Chickpea & Sweet Potato Salad $5.00

Additional filling each $0.50

**SANDWICHES** Wholemeal, White

- Cheese & Tomato (v) $4.50
- Chicken, Cheese & Avocado $5.50
- Cheese Salad $5.00
- Salad (v) $5.00

- Ham, Cheese & Tomato $5.00
- Chicken, Lettuce & Mayo $5.00
- Vegemite (v) $2.50

Additional fillings each $0.50

**WRAPS**

- Tandoori Chicken
- Sweet Chilli Chicken
- Mexican Beef
- Greek Style Chicken
- Felafel (v)
- Caesar Chicken

Additional fillings each $0.50

Toasted extra $0.50

(Gluten free available)

**SUSHI**

Priced from $4.00 - $7.00

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

**FRUIT SALAD**

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

**BURGERS**

All burger fillings are made in house

- Schnitzel Burger
- Vegie Burger (v)
- Cheese Burger

(v) = vegetarian options

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Menu items are categorised in accordance with the Traffic Light System

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