

Homemade= (HM)



Rainbow Wrap	\$5.00
Squash It Sandwich	\$3.50
Restorative Roll	\$4.50
Super Salad Box	\$5.00

FILLINGS - Choose one filling from List 1 and as many as you like from List 2

LIST 1	LIST 2	
Chicken	Beetroot	Cucumber
Ham	Carrot	Corn
Egg	Lettuce	Purple Onion
Cheese	Tomato	Red Capsicum
	Cheese 50c	Lactose Free Cheese 50c
	Mayo 20c	Aioli 20c
	Tzatziki 20c	Sour cream 50c

WARM WRAPS	\$5.00
Chicken Tender: (HM)- mayo, lettuce, tomato, cheese with a <u>baked</u> tender	
Sweet Chilli Tender: (HM)- sweet chilli sauce, lettuce, carrot, cheese with a <u>baked</u> tender	
Tandoori Tender: (HM)- lettuce, cheese, cucumber & yoghurt, with a <u>baked</u> tandoori tender	

BOWLS: All \$6.00 each

Buddha Bowl (suitable for Vegetarians & Vegans) (HM)

Chicken Burrito Bowl - chicken/rice mixture, carrot, corn, tomato, cucumber, red capsicum, avocado, lettuce

Chicken Schnitzel & Noodle Bowl - chicken schnitzel/noodle mixture, carrot, corn, tomato, cucumber, red capsicum, avocado, lettuce and teriyaki sauce

SPECIALS

Tuesday: Taco Boat: (Meat sauce, lettuce, tomato, Cheese) (HM)\$4.50

Wednesday: Cold Rolls (Chicken,Carrot, cucumber, lettuce, noodle, sweet chilli dipping sauce) (HM)\$4.50

Thursday: Fish Finger Salad Box: (lettuce, tomato, cucumber, carrot, mayo)(HM)\$4.50

DRINKS

Oak Lite Milk <i>(strawberry, banana, chocolate)</i>	\$3.00
Plain Milk	\$1.50
Water	\$2.00
Focus Water <i>(lemonade, blackcurrant, lemon/lime)</i>	\$3.00
Fruit Juice <i>(apple, tropical, blackcurrant, orange)</i>	\$1.50




VEGETARIAN HOT FOOD

- All \$4.50**
- Fried Rice (HM)
 - Vegetable Pasta Bake (HM)
 - Nacho Dippers (HM)
 - Vegetarian Pasty
 - Vegetarian burger
 - Fruit cup

HOT FOOD

Beef Burger (sauce, lettuce, tomato) (HM)	\$4.50
Chicken Burger (mayo, lettuce, tomato)	\$5.00
Hot Chicken and Mayo. (HM)	\$4.50
Hot Ham Cheese Roll (HM)	\$4.50
Lasagna	\$4.50
Pie	\$4.00
Pasty	\$4.00
Sausage Roll	\$3.50
Chicken Vegetable Pie	\$4.00
Tomato Sauce	.20c



COMBO LUNCH BOX - \$5.00

Sandwich	Drink	Snack
Ham	Apple	Cheese Wedge
Cheese	Orange	Chocolate Ball
Vegemite	Apple/Blackcurrant	
	Tropical	
	Plain Milk	

Choose 1 option from each column

Hot Combo Lunch

\$5.50

1 small sausage roll, 1 potato puff, 2 chicken chippies, sauce and a drink (juice or water)

Drink
Fruit Box - orange
Fruit Box - apple
Fruit Box - apple/blackcurrant
Fruit Box - tropical
Water (250 ml)

Mexican Combo Lunch

\$6.00

1 chicken burrito, nachos with sour cream and a drink (juice or water)

Drink
Fruit Box - orange
Fruit Box - apple
Fruit Box - apple/blackcurrant
Fruit Box - tropical
Water (250 ml)

Vegan Combo

\$5.50

Vegan pasty, 2 spring rolls, moroccan couscous and a drink (juice, water or milk)

Drink
Fruit Box - orange
Fruit Box - apple
Fruit Box - apple/blackcurrant
Fruit Box - tropical
Water (250 ml)
Plain Milk