

HOT FOOD

Bacon & Egg Muffin	3.00	with cheese	3.20
Cheese & Bacon Sausage Roll			3.00
Chicken Crackles			2.20
Chicken Burger/Chick Chilli Burger			4.50
Garlic Bread			0.50
Hamburger			5.50
Hash Brown			0.60
Hot Dog with Sauce			2.50
Nachos			3.50
Plain Beef Pie			4.00
Potato Pie			4.50
Pizza Rounda			3.00
Pizza ¼			3.00
Potato Wedges			3.50
Sausage Roll			2.50
Spinach & Ricotta Roll			3.00

Assorted SANDWICHES...from 3.50

SALAD ROLLS..from 5.00

LAVASH WRAPS .. ½ from 3.00

SUSHI 3.00

****Sandwiches are made with one slice white Hi Fibre**

and 1 slice Multi Grain Bread**

SALADS

Chicken Caesar Salad	5.50
Garden Salad Box	5.00
Roast Beef or Chicken Salad Box	6.00

FRESH FRUIT

Cup of Watermelon	1.50
Assorted Fruit in Season	1.00
Fresh Fruit Salad Pack	3.50

“ SMART CHOICE “ SNACKS

Corn Chips, Dip & Carrot Sticks	3.00
Gingerbread People	1.80
Banana Bread	2.50
Choc or Vanilla Cake Slice	1.00
Assorted low fat snacks ...from	0.70

DRINKS

Plain Milk 500ml	1.50
Flavoured Milk.. small	2.50
Flavoured Milk..large	4.00
Poppers (100% Juice) 250ml	1.50
Fruit Juice.....from	2.50
Natural Spring Water 600ml	1.50
Up N Go...assorted flavours	2.00

ICE BLOCKS.....Big Lunch Only

Assorted Ice Blocks....from	0.70
Frozen Yoghurt	2.00

TERM 1 DAILY ADDITIONS TO MENU

MONDAY	Small Cheese Burger	3.50
TUESDAY	<u>1/4 PIZZA Margherita</u>	3.00
	BBQ Chicken OR Pepperoni	3.50
WEDNESDAY	Chicken Schnitzel Burger	6.00
THURSDAY	CHICKEN TWIST	5.00
	CHICKEN CHILLI TWIST	5.00
	KENTUCKY CHICKEN TWIST	5.50
FRIDAY	LAMB OR CHICKEN KEBABS	6.50

EFTPOS IS AVAILABLE

BREAKFAST....8.15AM TO 8.40AM DAILY

Special requests are available.....Order and Payment to be made by 8.30am daily