

SANDWICHES

(On Multigrain unless white ordered)

Leg Ham/Roast Chicken Breast.....	\$3.50
Egg & Lettuce	\$3.50
Cheese & Salad, Cheese & Tomato	\$3.50
Roast Chicken/Ham/Tuna & Salad.....	\$4.50
Chicken & Cheese or Ham & Cheese.....	\$4.00
Extra Fillings 50c Toasting	Free

WRAPS

Chicken, Lettuce,cheese,mayo (CLM)	\$3.50
Chicken/Ham & Salad (1/2 Size \$2.50)	\$4.50
Cheese & Salad (1/2 Size \$2.50)	\$4.00

SALAD BOWLS

Ham, Chicken or Tuna Salad	\$4.50
Cheese, Nuts & Salad	\$4.50
Pasta Salad	\$3.00
Caesar Salad (with chicken add \$1.00) ..	\$5.00

HOT FOOD

Plain Pies	\$3.50
Sausage Rolls	\$3.00
Chicken Satay Kebab	\$2.50
Travel Pie	\$3.00
Lasagne (G.F Pasta Bolognaise Available).....	\$3.50
Chilli Chicken Strips (G.F. Strip available).....	\$1.50
Chicken Chippies (4 in a packet).....	\$2.00
Crumbed Fish.....	\$2.00
Beef Burger (cheese,lettuce,carrot,sauce).....	\$4.00
Chicken Burger (lettuce,carrot,cheese & mayo)	\$4.00
Spinach & Feta Triangle.....	\$3.00

DRINKS

500ml Ice Break.....	\$4.00
320ml Ice Break.....	\$3.00
500ml Flavoured Milk	\$3.50
300ml Flavoured Milk	\$2.50
LOL Drink	\$2.00
600ml Water	\$1.00
500ml White Milk	\$2.00
350ml Focus.....	\$2.00
500ml 100% Juice	\$3.00
300ml Pop Top Juice	\$1.50
600ml Oak Milk.....	\$3.50
Popper.....	\$1.50
Quench	\$2.00
Iced Tea 500ml	\$3.50
Tea, Coffee or Hot Chocolate	\$1.50

TREATS

Chocolate Slice*	\$1.00
Chocolate Cup Thick Shake*	\$2.50
Fruit Salad	\$2.50
Piece of Fruit	\$0.50
Juicy Ice/Yoghurt Stick	\$0.50
Icy Twist	\$1.00
Frozen Yoghurt (Straw/Mango)	\$2.00
Red Rock Chips	\$1.00
Ginger Bread Students	\$1.50
Fruit Bowl	\$2.00
Muffin	\$1.50
Paddle Pop	\$1.30
Yoghurt Tub	\$1.00
Calippo/Vanilla Ice Cream Tub	\$1.00

PRE-ORDERS ONLY – AVAILABLE EVERYDAY

TURKISH ROLLS

Chilli Chicken Wrap	\$4.00	Pesto Chicken, Sundried Tom & Feta, Lettuce.....	\$6.00
Classic Chicken Wrap	\$4.00	Ham/Chicken/Tuna & Salad	\$5.00
Nachos	\$4.00	Cheese & Salad	\$4.50
		½ size Chic, Pesto, Sundried Tom, Feta & Lettuce	\$4.00

Sandwiches/Wraps & Salad Bowls highlighted in Pink also available by Pre-Order Everyday

SPECIAL DAYS – NO PRE ORDERS OF BELOW ITEMS ON THESE DAYS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Toasted Sandwiches	Wraps	Burgers	Pasta	Pizza
Ham/Cheese	Chilli Chicken Wrap	Bacon & Egg	Bolognaise	Meat Lovers
Chicken/Cheese	Classic Chicken Wrap	Chicken	Carbonara	Ham & Pineapple
Ham/Cheese/Tomato		Beef	Lasagne	Supreme
\$3.50	\$3.50	\$3.50	\$3.50	\$3.50