

## DELIBAR SANDWICHES

<b>Salad</b> lettuce tomato cucumber carrots	<b>4.50</b>
<b>Cheese Salad</b> tasty cheese lettuce tomato cucumber carrots	<b>5.00</b>
<b>Chicken</b> grilled chicken baby spinach olives feta aioli	<b>4.50</b>
<b>Ham Cheese Tomato</b> smoked leg ham tasty cheese tomato	<b>4.50</b>
<b>Chicken Salad</b> chicken cheese lettuce tomato cucumber carrot	<b>5.00</b>
<b>Ham Cheese</b> salad smoked leg ham tasty cheese tomato cucumber carrots	<b>5.00</b>

## WRAPS

<b>From the Garden</b> lettuce tomato cucumber carrots onion	<b>5.50</b>
<b>Garden of Eden</b> falafel lettuce tomato cucumber carrot humus	<b>5.50</b>
<b>Harvest Collection</b> ham cheese lettuce tomato cucumber carrots onion	<b>6.00</b>
<b>Chicken Farm</b> grilled chicken baby spinach olives feta aioli	<b>6.00</b>
<b>The Safari</b> ham salami feta cheese lettuce tomato cucumber carrots onion	<b>6.00</b>
<b>Chicken Caesar</b> grilled chicken bacon lettuce dressing	<b>6.00</b>

## SALAD BOWLS

<b>Fruit Salad</b> seasonal fruit	<b>4.50</b>
<b>Greek Salad</b> lettuce tomato onion feta olives	<b>5.00</b>
<b>Tabouli</b> parsley tomato wheat onion	<b>5.00</b>
<b>Chicken Caesar</b> chicken croutons lettuce cheese dressing	<b>7.00</b>
<b>Pesto Pasta</b> chicken bacon pesto cream	<b>6.00</b>
<b>Hokkien Noodle</b> noodles cooked with chicken and flavours of the tropics	<b>6.00</b>

## SUSHI/RICE PAPER

<b>Sushi</b> tuna spicy/tuna/salmon/teriyaki chicken/beef	<b>3.80</b>
<b>Rice Paper Rolls 2 pcs</b> bbq chicken/pork/vegetarian	<b>4.00</b>
<b>Sashimi Salmon Nigiri Pack</b> 4 x salmon	<b>8.00</b>
<b>Mixed Seafood Sushi &amp; Nigiri</b> 4 x tuna, 3 x salmon	<b>8.00</b>

## BREAKFAST

<b>Hash brown</b> oven baked	<b>1.00</b>
<b>Assorted Cereal bowl</b> with milk	<b>2.50</b>
<b>Banana Bread</b>	<b>4.00</b>
<b>Bacon Roll</b>	<b>4.50</b>
<b>Bacon Egg Roll</b>	<b>5.00</b>

## TOASTIES

<b>Cheese</b>	<b>3.00</b>
<b>Ham Cheese</b>	<b>3.50</b>
<b>Ham Cheese Tomato</b>	<b>4.00</b>

## MILKSHAKES

<b>Chocolate</b>	<b>3.50</b>
<b>Caramel</b>	<b>3.50</b>
<b>Strawberry</b>	<b>3.50</b>
<b>Vanilla</b>	<b>3.50</b>
<b>Granola and Yoghurt</b> banana mango strawberry	<b>3.50</b>

*sandwiches/wraps are made daily using the finest and freshest ingredients*

## HOT FOOD

<b>Lasagne</b>	<b>5.00</b>
home style layered with cheese with baked in meat sauce	
<b>Spaghetti Bolognaise</b>	<b>6.00</b>
ground beef garlic onions spices	
<b>Tortellini</b>	<b>6.00</b>
pasta stuffed with meat served creamy mushroom sauce	
<b>Chicken Pesto Pasta</b>	<b>6.00</b>
grilled chicken with creamy pesto sauce	
<b>Calamari &amp; Chips</b>	<b>6.00</b>
<b>Grilled Fish &amp; Chips</b>	<b>7.00</b>

## RICE COMBINATIONS

<b>Honey Soy Chicken</b>	<b>6.00</b>
chicken with noodle vegetable in a honey & soy sauce	
<b>Thai Curry Chicken</b>	<b>6.00</b>
traditional thai curry with vegetables	
<b>Butter Chicken</b>	<b>6.00</b>
chicken mildly spiced tomato sauce	

*rice combinations are served on a bed of jasmin rice*

## PIES

<b>Beef Sausage Roll</b>	<b>4.50</b>
4-star 100% seasoned beef encased in a flaky pastry	
<b>Beef Pie</b>	<b>4.50</b>
4-star 100% minced lean beef	
<b>Shepard's Pie</b>	<b>5.00</b>
3.5-star lean beef topped with mash potato	

## BURGERS & ROLLS

<b>Angus Beef</b>	<b>5.50</b>
lettuce tomato onion bbq sauce	
<b>Classic BLT</b>	<b>5.50</b>
bacon cheese lettuce tomato bbq sauce	
<b>Portabella Burger</b>	<b>5.50</b>
marinated breast chicken lettuce dressing	
<b>Chicken Oporto Style</b>	<b>6.00</b>
marinated chicken bacon cheese lettuce dressing	
<b>Old School</b>	<b>6.00</b>
beef cheese lettuce tomato onion beetroot bbq sauce	
<b>Burritos</b>	<b>6.00</b>
beef beans lettuce tomato onions cheese salsa	
<b>Chicken Tender</b>	<b>6.00</b>
baked breast chicken lettuce dressing	
<b>Chicken Schnitzel Roll</b>	<b>6.00</b>
crumbed chicken lettuce dressing	
	<i>add wedges for \$1 extra</i>

## GLUTEN FREE

<b>Fried Rice</b>	<b>5.00</b>
<b>Butter chicken</b>	<b>6.00</b>
<b>Chicken Tenders</b>	<b>6.00</b>

## REFRESHMENTS

	Sml	Reg
<b>Plain Milk</b>	1.50	2.00
<b>Flavoured</b>	2.50	4.20
<b>Water</b>		2.50
<b>Orange Juice</b>		3.50
<b>Up &amp; Go</b>	2.50	
<b>Zero Sugar Drinks</b>		4.20
various flavours		

## SNACKS

<b>Seasonal Fruit</b>	<b>1.00</b>
<b>Popcorn</b>	<b>1.50</b>
<b>Red Rock Chips</b>	<b>2.50</b>
<b>Garlic Bread</b>	<b>2.00</b>
<b>Herb Bread</b>	<b>2.00</b>
<b>Muffins</b>	<b>4.50</b>