

Cold Food

- *** Fruit Salad \$5.00
- * Yoghurt, Muesli & Fruit Cup \$5.00
- * Sandwich's / Rolls \$6.50
- * Wraps \$7.50
- Filling options - salad, chicken & salad, ham, egg & lettuce, falafel, vegan and vegetarian
- ** Salad Box \$8.00
- * Caesar Salad \$8.00
- ** Nourish Bowl - includes seasonal produce and roasted vegies \$10.00
- ★ Salad Extras - chicken /falafel/veggie patty or ham \$2.00
- * Sushi - single \$4.00 twin \$7.00
- ** Banana Bread \$2.00
- Vegemite Scroll \$1.00
- Cheese & Bacon Roll \$2.50
- Red Rock Chips \$2.50
- *** Piece of Seasonal Fruit \$1.00
- Bulla Ice Cream Cup \$2.00
- Frozen Yoghurt \$3.00
- Frozen Fruit Cup \$1.00

Hot Food

- ** Chicken or Beef Burger \$6.50
- ** Veggie Burger \$6.50
- * Toasted Burrito Wrap \$6.50
- Filling Options – Vegetarian, Chicken, Beef with sour cream, beans & cheese
- * Bacon & Egg Roll (before 9am only) \$5.00
- * Ham & Cheese Toastie \$4.00
- * Toasted Turkish:
 - Chicken Pesto / BLT with Aioli \$6.50
 - Vego \$8.00
- ** Nachos - Chicken/Beef/Vego \$5.00
- * Chicken Pasta \$6.00
- * Beef Bolognese Pasta \$6.00
- * Fried Rice \$6.00
- Pie - assorted flavours \$4.50
- Sausage Roll \$3.50
- Cheese & Spinach Roll \$4.50

Key:

- * Made fresh on premises
- * Gluten Free
- * Dairy Free
- * Vegetarian
- * Oven/Pan baked (not deep fried)

Drinks

- Water sml \$1.50 lge \$2.50
- Norco Milk - Plain \$2.20
- Chocolate / Strawberry / Iced Coffee sml \$2.80 lge \$3.80
- Up&Go Vanilla / Chocolate \$3.00
- Coconut Water \$4.00
- Chill Iced Tea \$4.00
- Nutrient Water \$4.00
- Crazy Lemon \$4.00
- Poppers \$2.00
- Orchy Juice \$3.00

- * Barista Coffee (staff & seniors only)
- * Hot Chocolate
 - Sml \$4.00 or BYO Cup \$3.50
 - Lge \$4.50 or BYO Cup \$4.00
 - Almond/Soy Milk extra 50 cents

Please order by 9am!



We can accommodate for gluten / grain / lactose free, paleo, vegan & vegetarian if ordered early.

We are proud to serve fresh, healthy food made from scratch, sourced from local produce where possible.

Menu is subject to change due to availability.

Students,

To guarantee your meals / snacks are available, please place an order before 9:00am. This will be the fastest way to grab your food!

No waiting in line! 😊

To avoid congestion at service times, please note:

- Only use Tap n Go with your card - no inserting.
- Minimum EFTPOS transaction is now \$2.00
- Check your card is working
- Confirm you have current funds before lining up
- Correct cash is preferable
- No large note will be changed without purchase
- Speak clearly – know what you want

Please be respectful to café staff.