

## Cold Food

- \*\*\*\* Fruit Salad \$5.00
- \* Yoghurt, Muesli & Fruit Cup \$5.00
- \* Sandwich's / Rolls \$6.50
- \* Wraps \$8.00
- Filling options - salad, chicken & salad, ham, egg & lettuce, falafel, vegan and vegetarian
- \*\*\* Salad Box \$8.00
- \* Caesar Salad \$8.00
- Salad Extras - chicken/falafel/veggie patty or ham \$2.00
- \* Sushi - single \$4.50 twin \$7.50
- \*\* 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 \$7.00
- \*\*\* Veggie Burger \$7.00
- \* Toasted Burrito Wrap \$7.00
- Filling Options – Vegetarian, Chicken, Beef with sour cream, beans & cheese
- \* Bacon & Egg Roll (before 9am only) \$6.00
- \* Ham & Cheese Toastie \$4.50
- \* Toasted Turkish:
- \* Chicken Pesto / BLT with Aioli \$7.00
- \* Vego \$8.00
- \*\* Nachos - Chicken/Beef/Vego \$5.50
- \* Chicken Pasta \$6.50
- \* Beef Bolognese Pasta \$6.50
- \* Fried Rice \$6.00
- Pie - assorted flavours \$5.00
- Sausage Roll \$3.80
- Cheese & Spinach Roll \$5.00

### 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 \$2.50
- Chocolate / Strawberry / Iced Coffee sml \$3.00 lge \$4.00
- Up&Go Vanilla / Chocolate \$3.00
- Coconut Water \$4.50
- 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 \$4.50 or BYO Cup \$4.00
- Lge \$5.00 or BYO Cup \$4.50
- 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.