

## Cold Food

- \*\*\*\* Fruit Salad \$5.00
- \* Yoghurt, Muesli & Fruit Cup \$5.00
- \* Sandwich's / Rolls \$7.00
- \* Wraps from \$8.00 (Salad)  
Add ons - Avo, egg, chicken, ham, egg, falafel, vegan and vegetarian
- \*\*\* Salad Box \$10.00
- \* Caesar Salad \$10.00  
*Salad Extras - chicken/falafel/veggie patty or ham \$2.00*
- \* Sushi - single \$5.00 twin \$8.00
- \*\* Banana Bread \$3.00
- Vegemite Scroll \$1.20
- Cheese & Bacon Roll \$2.50
- Red Rock Chips \$2.50
- \*\*\*\* Piece of Seasonal Fruit \$1.00
- Ice Cream Cup \$2.00
- Frozen Yoghurt \$3.00

## Hot Food

- \*\* Chicken or Beef Burger \$8.00
  - \*\*\* Veggie Burger \$8.00
  - \* Toasted Burrito Wrap \$8.00  
Filling Options – Vegetarian, Chicken, Beef with sour cream, beans & cheese
  - \* Bacon & Egg Roll (before 9am only) \$7.00
  - \* Ham & Cheese Toastie \$5.00
  - \* Toasted Turkish:
  - \* Chicken Pesto / BLT with Aioli \$8.00
  - \* Vego \$10.00
  - \*\* Nachos - Chicken/Beef/Vego \$6.00
  - \* Chicken Pasta \$7.00
  - \* Beef Bolognese Pasta \$7.00
  - \* Fried Rice \$6.00
  - Pie - assorted flavours \$5.00
  - Sausage Roll \$4.00
  - Cheese & Spinach Roll \$5.00
  - \* Quiche \$5.00
- Key:**
- \* Made fresh on premises
  - \* Gluten Free
  - \* Dairy Free
  - \* Vegetarian
  - \* Oven/Pan baked (not deep fried)

## Drinks

- Water sml \$2.00 lge \$3.00
- 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 \$4.50
- Crazy Lemon \$4.50
- 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/Oat extra 50 cents



**Please order by 9am! Orders are Encouraged**  
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.