

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 \$10.00
- * Caesar Salad \$10.00
- Salad Extras - chicken/falafel/veggie patty or ham \$2.00*
- * Sushi - single \$4.80 twin \$7.80
- ** 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) \$6.00
- * Ham & Cheese Toastie \$4.50
- * Toasted Turkish:
- * Chicken Pesto / BLT with Aioli \$7.00
- * 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

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 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.