

## DAILY SPECIALS

### Monday

**Lentil Burger** 5.00  
Lentil pattie, lettuce, tomato & chilli aioli

### Tuesday

**Haystack** 5.00  
Lettuce, cucumber, tomato, carrot, corn chips, bean/pasta sauce, cheese  
\*Optional - lite sour cream

### Wednesday

**Potato Wedges (oven baked)** 4.50  
\*Optional - lite sour cream & chilli or tomato sauce

### Thursday

**Thursday Burgers** 5.00  
Burger pattie, sauteed onion, cheese, lettuce, BBQ sauce

### Friday

**Nachos** 4.80  
Corn chips, bean/pasta sauce, cheese  
\*Optional - lite sour cream

## HOT FOOD

Garlic bread 2.00  
Potato Gems 2.50  
Pumpkin soup 3.50  
Pumpkin soup with roll 4.50  
(wholemeal roll)  
Pizza subs 2.00  
Pesto/Pine Nut Pasta 3.50  
Macaroni Cheese 3.50  
Hot Dog 3.20  
Hot Dog & Cheese 3.60  
Hash Brown 1.00  
(oven baked)  
Spring Roll 1.00  
(oven baked)  
Margherita Pizza Slab 3.50  
Pasta Cup 3.00  
(penne, tomato pasta sauce & cheese)  
Fried rice 3.50  
(brown rice/gluten free)  
Spinach & Ricotta Roll 4.00

## SANDWICHES & ROLLS

Wholemeal & multigrain bread used

(white - by order only)

Cheese, salad, avocado wrap 5.00  
Cheese & salad wrap 4.50  
Vegemite 2.20  
Tasty Cheese 2.20  
Egg 3.20  
Salad 3.40  
Cheese & salad 3.80

### Extras

Cheese 0.50  
Lettuce 0.50  
Tomato 0.50  
Avocado 1.00  
Bread roll 1.00  
GF bread 1.00

## SALAD & FRUIT

### Salad with egg & avocado

Small 4.50  
Large 6.50

### Fruit Cup (seasonal fruit)

Small 1.00  
Medium 2.00  
Large 3.00

## DRINKS

### Juices

Berri Juice 250ml 2.00  
(apple/blackcurrant, apple, orange)  
Macquarie Valley 100% Juice 375ml 3.00  
(orange, apple, passionfruit)  
Macquarie Valley 100% Orange Juice 500ml 3.50  
Fruit Slushies - Small (assorted flavours) 2.00  
Fruit Slushies - Large (assorted flavours) 3.00

### Milks

Moove - low fat (choc, strawberry) 2.00  
Classic 500ml (choc, straw, vanilla malt) 3.50  
Up & Go Energiser (choc) 2.00  
Up & Go (choc, strawberry) 2.00

### Other Drinks

Fruit20 sparkling fruit drink 3.00  
(lemon/lime, orange/mango, pomegranate/blueberry, dragonfruit)  
Focus - Flavoured Water 350ml 2.50  
(raspberry, fruit fix, blackcurrant, lemon/lime)  
Bottled water 2.20

## YOGHURT

Berries & Vanilla Yoghurt (low fat) 3.50  
Yoghurt with Muesli 3.50  
(mixed berry, mango or passionfruit)  
Frozen Yoghurt 2.20  
(mango or strawberry)  
Twisted Frozen Yoghurt 2.00  
(mango/watermelon, strawberry/vanilla, chocolate/vanilla)

## FROZEN

Icy cups 1.00  
(orange, apple, apple/blackcurrant)  
Frozen juicy tubes 1.00  
(lemon, tropical, berry)

## SNACKS

Hot Popcorn 2.00  
Salted Popcorn 1.00  
Snack Pack 2.00  
(hummus, veggie sticks & crackers)  
Vege Chips 50g 2.00  
(natural, salt & vinegar, BBQ)  
**Muffins**  
(assorted fruit varieties)  
Small 2.00  
Large 3.00

