

DAILY SPECIALS

Monday

Lentil Burger

Lentil pattie, lettuce, tomato & chilli aioli

5.50

Tuesday

Haystack

Lettuce, cucumber, tomato, carrot, corn chips, bean/pasta sauce, cheese

5.50

*Optional - lite sour cream

Wednesday

Potato Wedges (oven baked)

*Optional - lite sour cream & chilli or tomato sauce

4.50

Thursday

Thursday Burgers

Burger pattie, sauteed onion, cheese, lettuce, BBQ sauce

5.50

Friday

Nachos

Corn chips, bean/pasta sauce, cheese

5.00

*Optional - lite sour cream

HOT FOOD

Garlic bread	2.50
Potato Gems	2.50
Pumpkin soup	4.00
Pumpkin soup with roll (wholemeal roll)	5.00
Pizza subs	2.50
Pesto/Pine Nut Pasta	3.50
Macaroni Cheese	3.50
Hot Dog	3.50
Hot Dog & Cheese	4.00
Hash Brown (oven baked)	1.00
Spring Roll (oven baked)	1.00
Margherita Pizza Slab	3.50
Pasta Cup (penne, tomato pasta sauce & cheese)	3.50
Fried rice (brown rice/gluten free)	3.50
Spinach & Ricotta Roll	4.00

SANDWICHES & ROLLS

Wholemeal & multigrain bread used

(white - by order only)

Cheese, salad, avocado wrap	5.50
Cheese & salad wrap	5.00
Vegemite	2.20
Tasty Cheese	2.20
Egg	3.40
Salad	3.80
Cheese & salad	4.20
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

Juices

Berri Juice 250ml (apple/blackcurrant, apple, orange)	2.00
Macquarie Valley 100% Juice 375ml (orange, apple, passionfruit)	3.00
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)	2.50
Classic 500ml (choc, straw, vanilla malt)	3.50
Up & Go Energiser (choc)	2.50
Up & Go (choc, strawberry)	2.50

Other Drinks

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

YOGHURT

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

FROZEN

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

SNACKS

Hot Popcorn	2.50
Salted Popcorn	1.00
Snack Pack (hummus, veggie sticks & crackers)	2.50
Vege Chips 50g (natural, salt & vinegar, BBQ)	2.00
Muffins (assorted fruit varieties)	
Small	2.50
Large	3.50

DRINKS

