

## Wraps + PANINIS

Chicken Caesar Salad Panini	6.50
BLAT Turkish (Bacon, Lettuce, Avocado & Tomato Toasted Turkish)	6.50
Salad Wrap Choice of Chicken, Ham, Tuna Mayo, Cheese, or Egg Mayo (All served with Tomato, Cucumber, Lettuce, Grated Carrot & Mayonnaise)	6.50
Salad Panini Choice of Chicken, Ham, Tuna Mayo, Cheese, or Egg Mayo (All served with Tomato, Cucumber, Lettuce, Grated Carrot & Mayonnaise)	6.50
Chicken Caesar Wrap (Poached Chicken, Bacon, Egg, Parmesan, Lettuce & Caesar Dressing)	6.50
Chicken Schnitzel Wrap (Bread Crumbed Chicken, Lettuce & Mayonnaise)	6.50
Ham, Cheese & Tomato Sandwich	5.50
Chicken Mayonnaise, Tomato & Lettuce Sandwich	
Egg Mayonnaise & Lettuce Sandwich	

## THE Salad Bar

Poke Bowl (Mon/Wed/Fri) (Choice of Chicken Schnitzel, Poached Asian Chicken, or Vegetarian with Sushi Rice, Avocado, Pickled Red Cabbage Cucumber, Carrot, Soy Sauce & Mayonnaise)	7.00
Nourish Bowl (Tues/Thurs) (Rice, Feta, Sweet Potato, Avocado, Red Capsicum, Baby Spinach with a Lemon Dressing)	7.00
Chicken Caesar Salad (Poached Chicken, Bacon, Egg, Lettuce, Parmesan Croutons & Caesar Dressing)	7.00
Greek Salad (Feta, Tomato, Cucumber, Lettuce, Olives Spanish Onion & Balsamic Dressing)	7.00
Add Chicken	1.00

## BREAKFAST+ Snacks

Ham/Chicken, Cheese with Tomato or Avocado Toastie	5.50
Ham/Sweet Chilli Chicken/Tomato with Cheese Toastie	5.00
Fruit Salad Pot	4.00
Individual Fruit Pots (Watermelon, Rockmelon)	4.00
Banana Bread/Muffins	4.00
Finger Bun/Cinnamon Scroll/Doughnut	4.00
Hash Browns	4.00
Cheese and Bacon Roll/Cheese & Vegemite Scroll	4.00
Red Rock Chips	3.50
JJ Chips	2.50
Popcorn	2.50
Watermelon Slice	2.50
Chocolate Chip Cookie	1.50

## DRINKS

Oak Flavoured Milk 600ml/300ml (Chocolate, Strawberry, Iced Coffee)	5.00/3.50
The Juice Farm Juice 500ml (Apple, Orange, Lemonade)	5.00
BARE Sparking Flavoured Water (Watermelon, Pine Coconut)	5.00
Liptons Iced Tea (Peach, Mango, Lemon)	5.00
Waterfords (Orange & Passionfruit, Lime)	5.00
Up & Go (Chocolate /Vanilla)	3.50
Water 600ml	2.50

MONDAY	DAILY SPECIAL
Butter Chicken Burrito	6.50

TUESDAY	DAILY SPECIAL
Tuna Mayo, Teriyaki Chicken, Chicken Schnitzel Avocado or Cucumber Sushi Box	7.00

WEDNESDAY	DAILY SPECIAL
Pepperoni Pizza Margarita Pizza	6.50

THURSDAY	DAILY SPECIAL
Beef Nachos with Salsa & Sour Cream Cheese Nachos with Salsa & Sour Cream	6.50/5.50

FRIDAY	DAILY SPECIAL
Chicken, Avocado, Cheese, Baby Spinach & Smoky Chipotle Mayonnaise Toasted Turkish	6.50

## EVERYDAY *Hot Food*

Chicken Burger / Cheeseburger (Optional Toppings)	7.00
Beef Burrito (Friday only)	6.50
Chicken Tenders	6.00
Minced Beef Pie / Potato Pie	5.50
Sausage Roll / Potato Gems	5.50
Vegetarian Spring Rolls / Three Cheese Arancini	4.00
Spinach & Ricotta Triangles	4.00
Regular/Cheesy Garlic Bread	4.00/4.50
Ham & Cheese Toasted Wrap	4.00
Tandoori Chicken & Cheese Toasted Wrap (Mon/Tues/Wed)	4.00
Pepperoni Pizza Pocket (Tues/Thurs)	4.00

## PASTA *Specials*

MONDAY  
Penne Bolognese 6.50

TUESDAY  
Creamy Chicken & Herb Penne 6.50

WEDNESDAY  
Chicken, Bacon & Avocado Pasta Salad 7.00  
(Poached Chicken, Bacon, Avocado, Baby Spinach with Herb Mayonnaise Dressing)

THURSDAY  
Penne Carbonara 6.50

FRIDAY  
Bruschetta Pasta Salad 7.00  
(Feta, Tomato, Baby Spinach, Spanish Onion with Pesto Dressing & topped with Crostini)

## *Special* OFFERS

**All Day Value Pack 14.50**  
Chicken Schnitzel Wrap, Popcorn,  
Chocolate Chip Cookie  
Watermelon Slice & Water

**Lunch Special Offer 10.50**  
Daily Lunch Special, Cookie & Flavoured Milk

**Toasted Wrap Special Offer 9.00**  
Choice of Two Toasted Wraps & Water