

Wraps + PANINIS

BLAT Turkish (Bacon, Lettuce, Avocado & Tomato Toasted Turkish)	7.00
Salad Wrap Choice of Chicken, Ham, Cheese, or Egg Mayo (All served with Tomato, Cucumber, Lettuce, Grated Carrot & Mayonnaise)	6.50
Salad Panini Choice of Chicken, Ham, 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
Chicken Mayonnaise, Tomato & Lettuce Sandwich Ham, Cheese & Tomato Sandwich Egg Mayonnaise & Lettuce Sandwich	5.50

THE Salad Bar

Mexican Chicken Burrito Bowl (Mon/Wed) (Spiced Chicken, Rice, Corn Chips, Tomato, Lettuce, Spanish Onion, Salsa & Guacamole)	7.00
Asian Chicken Crispy Noodle Salad (Tues/Thurs) (Poached Chicken, Crispy Noodles, Wombok, Carrot, Shallots & Asian 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

BREAKFAST+ Snacks

Ham /Chicken, Cheese with Avocado or Tomato Toastie	5.50
Ham/Sweet Chilli Chicken/Tomato with Cheese Toastie	5.00
Fruit Salad Pot	4.50
Individual Fruit Pots (Watermelon, Rockmelon)	4.50
Banana Bread	4.00
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 (Honey Soy Chicken/Sea Salt/Sweet Chilli & Sour Cream)	3.50
Popcorn	2.50
Watermelon Slice	2.50
Chocolate Chip Cookie	1.50

DRINKS

Oak Flavoured Milk 600ml/300ml (Chocolate, Strawberry, Iced Coffee)	5.00/4.00
The Juice Farm Juice 500ml (Apple, Orange, Lemonade)	5.00
Liptons Iced Tea (Peach, Mango, Lemon)	5.00
Waterfords (Orange & Passionfruit, Lime)	5.00
Up & Go (Chocolate /Vanilla)	4.00
Water 600ml	2.50

MONDAY	DAILY SPECIAL
Mexican Chicken Burrito	6.50

TUESDAY	DAILY SPECIAL
Chicken Caesar Toasted Turkish	7.00

WEDNESDAY	DAILY SPECIAL
Beef Nachos with Salsa & Sour Cream	7.00/6.00
Cheese Nachos with Salsa & Sour Cream	

THURSDAY	DAILY SPECIAL
Butter Chicken Pizza	6.50
Cheesy Garlic Pizza	

FRIDAY	DAILY SPECIAL
Greek Chicken, Feta, Spinach, Sun Dried Tomato	7.00
Spanish Onion & Aioli Turkish	

EVERYDAY	Hot Food
Chicken Burger / Cheeseburger (Optional Toppings)	7.00
Butter Chicken Burrito (Friday only)	6.50
Chicken Tenders	6.00
Minced Beef Pie / Potato Pie	6.00
Sausage Roll	6.00
Loaded Bacon & Cheese Potato Gems/Potato Gems	6.50/5.50
Vegetarian Spring Rolls	4.00
Spinach & Ricotta Triangles	4.00
Garlic Bread / Cheesy Garlic Bread	4.00/4.50
Ham & Cheese Toasted Wrap	4.00
Tandoori Chicken & Cheese Toasted Wrap (Mon/Wed/Fri)	4.00
Sweet Chilli Chicken & Cheese Toasted Wrap (Tues/Thurs)	4.00

PASTA *Specials*

MONDAY
Macaroni Cheese 6.50

TUESDAY
Penne Bolognese 6.50

WEDNESDAY
Creamy Pesto Chicken Penne 6.50

THURSDAY
Penne Carbonara 6.50

FRIDAY
Chicken Caesar Pasta Salad 7.00
(Poached Chicken, Bacon, Penne, Lettuce
Spanish Onion & Parmesan with Caesar Mayonnaise)

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 9.50
Choice of Two Toasted Wraps & Water