

Wraps + PANINIS

BLAT Toasted Turkish (Bacon, Cheese, Lettuce, Avocado, Tomato & Mayonnaise)	7.00
Chicken Caesar Toasted Turkish (Poached Chicken, Bacon, Parmesan, Lettuce & Caesar Dressing)	7.00
Salad Wrap/Turkish Choice of Chicken, Ham, Cheese, or Egg Mayo (All served with Tomato, Cucumber, Lettuce, Grated Carrot & Mayo)	7.00
Chicken Caesar Wrap (Poached Chicken, Bacon, Egg, Parmesan, Lettuce & Caesar Dressing)	7.00
Chicken Schnitzel Wrap (Chicken Schnitzel, Lettuce & Mayonnaise)	7.00
BLAT Wrap (Bacon, Lettuce, Avocado, Tomato & Mayonnaise)	7.00
Chicken Mayonnaise, Tomato & Lettuce Sandwich Ham, Cheese & Tomato Sandwich Egg Mayonnaise & Lettuce Sandwich	6.00

THE Salad Bar

Poke Bowl (Tues/Thurs) (Choice of Chicken Schnitzel or Poached Asian Chicken with Sushi Rice, Avocado, Pickled Red Cabbage Red Capsicum, Baby Spinach, Carrot, Mayonnaise & Soy Sauce)	7.00
Pesto Pasta Salad (Mon/Wed/Fri) (Baby Spinach, Sun Dried Tomatoes, Parmesan & Pesto Mayonnaise)	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

Create your own Toastie	6.00
Ham/Sweet Chilli or Tandoori Chicken/Cheese/Avocado/Tomato	
Fruit Salad / Watermelon Pot	4.50
Yoghurt & Mixed Berry/Passionfruit Pot	4.50
Banana Bread	4.50
Chocolate Muffin	4.50
Cinnamon Scroll	4.50
Cheese & Bacon Rolls	4.00
Cheese & Vegemite Scrolls	4.00
Red Rock Chips (Honey Soy Chicken/ Sweet Chilli & Sour Cream)	3.50
JJs (Pizza)	3.00
Grain waves (Sour Cream & Chive)	2.50
Popcorn	2.50
Chocolate Chip Cookie	1.50

DRINKS

Oak Flavoured Milk 600ml/300ml (Chocolate, Strawberry, Iced Coffee)	5.50/4.00
Chilli Iced Tea (Mango, Peach)	5.50
Waterfords (Orange & Passionfruit, Lime, Watermelon)	5.50
The Juice Farm Juice (Apple, Orange, Lemonade)	5.50
Glee (Grape, Sour Watermelon)	4.50
Up & Go (Chocolate /Vanilla)	4.00
Water 600ml/1.5L	3.00/4.50

MONDAY	DAILY SPECIAL
Pepperoni Pizza Ham & Cheese Pizza	7.00

TUESDAY	DAILY SPECIAL

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

THURSDAY	DAILY SPECIAL
BBQ Pulled Pork Burrito	7.00

FRIDAY	DAILY SPECIAL
Chicken Parmigiana Toasted Turkish	7.00

EVERYDAY	Hot Food
Loaded Cheese & Bacon Potato Gems	7.00
Loaded Cheese & Sweet Chilli Potato Gems	7.00
Chicken Tenders	6.50
Minced Beef Pie / Potato Pie / Sausage Roll	6.00
Potato Gems	4.50
Vegetarian Spring Rolls	4.50
Garlic Bread	4.50
Open Melts	4.50
Cheese & Bacon / Tandoori Chicken / Pepperoni / Cheese & Tomato	
Toasted Pockets	4.00
Ham & Cheese / Tandoori Chicken & Cheese / Pepperoni / Cheese	

PASTA *Specials*

MONDAY
Penne Bolognese 7.00

TUESDAY
Penne Carbonara 7.00

WEDNESDAY
Macaroni Cheese
With Bacon 7.00
8.00

THURSDAY
Marry Me Chicken Penne 7.00

FRIDAY
Creamy Pesto Chicken Penne 7.00

Special OFFERS

All Day Value Pack 16.00
Chicken Schnitzel Wrap, Popcorn
Chocolate Chip Cookie
Watermelon Slice & Water

Lunch Special Offer 11.50
Daily Lunch Special, Cookie & Flavoured Milk

Toasted Pocket Special Offer 10.00
Choice of Two Pockets & Water

