

BREAKFAST & SNACKS

7:45 - 8:10AM

CHEESE TOASTIES	\$2.0
PIZZA ROUNDAS	\$2.5
EGG AND BACON ROLL	\$4.0
HASH BROWN ROLL	\$2.5
HASH BROWN	\$1.5
SEASONAL FRUIT*	\$1.0
WATERMELON CUP*	\$3.5
FRUIT SALAD CUP*	\$3.5
CUSTARD CUP*	\$1.5
GRANOLA, YOGHURT & BERRY CUP*	\$3.0
HOT CHOCOLATE	\$2.0
BANANA BREAD	\$2.0
FRUIT MUFFINS*	\$2.0
ASSORTED PASTRIES	\$3.0
SEA SALT CHIPS	\$2.0
GRAIN WAVES	\$2.0

HOT FOOD

Butter Chicken	\$5.0
Pasta Bol	\$5.0
Garlic Bread	\$2.0
Cheesy Garlic Naan	\$2.5
Meatball Sub	\$5.0
Cheese Burger	\$5.0
Chicken Burger	\$5.0
Pies	\$4.5
Chicken Enchilada	\$5.0
Sausage Rolls	\$3.5
Spinach & Feta Roll	\$4.0
Beef Burrito Bowl	\$6.0
Chicken or Beef Noodle	\$3.5

FROZEN TREATS

QUELCH STICKS	\$0.8
SNAP STIX	\$1.5
WILDBERRY JUICIE	\$1.5
CHOCOLATE PADDLEPOP	\$2.0
WATERMELON & MANGO FROZEN YOGHURT	\$3.0
FROZEN FRUIT CUPS	\$1.5
WATERMELON TNT	\$1.5

SANDWICHES
WRAPS & SALADS

SANDWICHES

CHEESE	\$2.5
HAM & CHEESE	\$3.50
EGG & LETTUCE	\$4
SALAD	\$3.5
CHEESE & SALAD	\$4.0
CHICKEN, LETTUCE & MAYO	\$4.0
ASH SPECIAL cheese, avo, egg, salad	\$5.0

SALADS

PUMPKIN FETTA SALAD	\$6.5
CAESAR SALAD sm \$4 lg	\$8.0
GARDEN SALAD	\$6.0
NIGEL SALAD sm \$4 lg	\$8.0
(ALL THE PROTEINS)	
VEG FRITTATA & SALAD	\$6.0
BENTO SALAD	\$7.5

EXTRAS

Wraps & Rolls	\$1.0
Egg	\$1.0
Edamame Beans	\$1.0
Chicken, Ham, Tuna	\$1.5
Cheese	\$0.5
Salad	\$1.0
Avocado	\$1.0

BEVERAGES

Juice Poppers	\$1.5
Juice Poptops	\$2.5
Water	\$1.5

Plain Milk

300ml \$1.5 500ml \$2.5

Flavoured Milk

300ml \$3.0 500ml \$4.0

Triple Espresso No Sugar	\$4.5
M2Go Popper	\$2.5
Up & Go	\$2.5
Diet Rite Can	\$3.0
Pepsi Max	\$3.0
Glee or Juice Bombs	\$2.5
Bare Flavored Sparkling	\$3.5