

Cold Food

COLD MEAT & SALAD
SANDWICH - \$5.00

Lettuce, carrot, cheese, tomato, beetroot, capsicum, onion cucumber, your choice or meat, in wholemeal, white, multigrain bread or roll.

COLD MEAT & SALAD - \$10.00

Lettuce, carrot, cheese, tomato, beetroot, capsicum, onion cucumber, your choice or meat

CHICKEN & SALAD WRAP - \$ 6.00

Lettuce, carrot, cheese, tomato, beetroot, capsicum, onion cucumber, your choice or meat, in a wrap

SMASHED AVOCADO, FETA &
POACHED EGG ON
SOUR DOUGH - \$6.00

Avocado, feta cheese and poached egg served on toasted sour dough

CEASER SALAD - \$6.50

BOWL OF SALAD - \$6.00

Snacks

Date Scones - \$3.50

Mixed Berries Muffins - \$3.50

Apple & Bran Muffins - \$3.50

Fresh Fruit Salad - \$4

Reduced Fat Yoghurt - \$1.50

Hot Food

Lasagna served with garden salad - \$10

Sausage Roll - \$3

Beef Pasties or Beef Pies- \$5.00

Ham Cheese, Tomato Toasties - \$6.00

Frittata served with garden salad - \$10

Chicken, Cheese & Avocado
Toasties - \$6.00

Chicken, Cheese Toasties - \$6.00

Quiche served with garden salad - \$10.00

Baked Potato \$10

Traditional - Cheese, Bacon, coleslaw, s/cream and spring onion

Bolognaise - Cheese, Bolognaise, coleslaw, s/cream and spring onion

Spill the beans - Baby spinach, baked beans, bacon, s/cream, and spring onions

Pulled Pork - Cheese, pulled pork, coleslaw, c/cream and spring onion

The BLT - lettuce, tomato, corn, bacon, s/cream and guacamole with spring onion.

Tropical Bliss - Pineapple, coleslaw, s/cream spring onion and drizzled with sweet chilli sauce

** A selection of assorted soft drinks available on asking**

Cappuccino
Late
Americano
Long Black
Espresso

Small \$4 Large \$5

Pot of Tea
Lemongrass &
Ginger
Green tea
English Breakfast
Peppermint

\$4

Milkshakes - \$4
Chocolate, strawberry,
vanilla
Iced Coffee
or Chocolate \$5