

*Menu & Prices Subject to change



Available to Order



**** Healthiest Choices under ****
Green headings

****Orders are encouraged****

(before Roll Call)

Sandwiches, Rolls and Wraps

Roll, plain or buttered.....	\$1.00
Vegemite(V).....	\$1.50
Cheese(V).....	\$1.50
Vegemite & Cheese(V).....	\$2.00
Cheese & Tomato(V).....	\$2.00
Ham & Tomato.....	\$2.00
Ham, Cheese, Relish.....	\$2.20
Ham, Cheese, Tomato.....	\$2.50
Egg-plain, Mayo or Curry.....	\$2.50
Egg, Lettuce & Mayo.....	\$3.00
Chicken & Cheese.....	\$3.50
Chicken, Lettuce & Mayo.....	\$3.50
Tuna,Corn,Cucumber & Mayo.....	\$4.50
w/Egg.....	\$5.50

*includes optional - Mayo, Green Tomato Relish,
sauce (Tomato, BBQ or Sweet Chilli)*

Toasting extra 50c

Toasted Sandwich

*GF bread available

Cheese (V).....	\$2.00
Cheese & Vegemite (V).....	\$2.50
Cheese & Tomato (V).....	\$2.50
Ham, Cheese & Tomato.....	\$3.00
Toasted Cheese Roll (V).....	\$2.00
Toasted Hawaiian Roll.....	\$3.00

(Ham, Cheese, Pineapple)

Salad Wraps, Rolls and Tubs

Salad.....	\$3.00
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(Lettuce, grated Carrot, Tomato & Beetroot)

Chicken Caesar Wrap.....	\$4.50
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w/chicken,ham,cos,cheese,Caesar dress.

Chicken Caesar Salad Tub.....	\$5.00
w/egg.....	\$6.00
extra Caesar Dressing.....	50c

EXTRAS for Rolls, Wraps & Tubs

extra Salad item, each.....	50c
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*(lettuce, grated carrot, beetroot, tomato,
cucumber, pineapple)*

add Cheese.....	50c
add Ham.....	50c
add Egg, each.....	\$1.00
add Chicken.....	\$2.00
add Tuna.....	\$2.00
add Four Bean Mix.....	\$1.50
add Veggie Patty.....	\$2.00
add Vegan Patty.....	\$2.00

Burgers, Wraps and Rolls

Veggie or Vegan Burger (V) (V)	
w/Lettuce & Mayo.....	\$3.50
w/Salad.....	\$5.00
Grilled Chicken Breast Burger	
w/Lettuce & Mayo.....	\$4.00
w/Salad.....	\$5.50
Hot Chicken Roll.....	\$3.00

(Diced Chicken, Plain or w/Mayo or Sauce)

BBQ Chicken Wrap or Roll.....	\$3.50
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(Diced Chicken, Cheese & BBQ Sauce)

Homemade Pumpkin Soup	
(V)(GF) in a Cup.....	\$2.00

Pasta & Rice

Homemade Chilli ConCarne.....	\$5.00
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w/ Potato Wedges & Cheese
or w/ Brown Rice & Cheese

Homemade Pasta Twirls (V).....	\$3.00
Homemade Tuna Pasta Bake.....	\$3.50
Homemade Bolognese Twirls.....	\$3.50
Beef Lasagne.....	\$3.50
Vegetarian Lasagne (V).....	\$3.50
Vegetarian Lasagne (V&GF).....	\$3.50
Fried Rice (GF).....	\$3.50

Other Hot Food

Sweet Chilli Chicken Wrap.....	\$4.50
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w/ Lettuce & Mayo
or w/Cheese & Sweet Chilli Sauce

Chicken Nuggets (GF)(5).....	\$3.00
Chicken Sticks (chix)(5).....	\$3.00
w/Roll, plain or buttered.....	\$4.00
Burger (Lettuce & Mayo Roll).....	\$4.50
w/Salad Roll.....	\$6.00
Sausage Roll.....	\$3.00
Pie-Plain.....	\$3.50
-Pepper Steak.....	\$3.50
Cheese & Spinach Roll (V).....	\$3.50
Ricotta & Veggie Roll (V)(GF).....	\$4.00
Beef & Vegetable Roll (GF).....	\$4.00
Garlic Bread.....	\$1.50

****Ask for your favourite combos****

*Sandwich -Fresh Wholemeal Bread Daily

*Rolls-White or Wholemeal

*Rolls-buttered only on request

Volunteers Welcome*