

ORDERING is ESSENTIAL



Available to Order



(before Roll Call)

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

Wraps

Vegemite(V).....	\$1.50
Cheese(V).....	\$1.50
Vegemite & Cheese(V).....	\$2.00
Cheese & Green Tomato Relish...\$	\$1.50
Cheese & Tomato(V).....	\$2.00
Chicken, Cheese, Tomato.....	\$4.50
Chicken, Lettuce & Mayo.....	\$4.00
Egg-plain, Mayo or Curry.....	\$2.50
Egg, Lettuce & Mayo.....	\$3.00
Tuna, Lettuce & Mayo.....	\$4.00

Salad Wrap or Tub.....\$3.00
(Lettuce, Carrot, Tomato, Beetroot)

EXTRAS

Toasting.....	50c
extra Salad item, each.....	50c <i>(lettuce, carrot, beetroot, tomato)</i>
add Cheese (V).....	50c
add Egg.....	\$1.00
add Chicken.....	\$2.00
add Tuna.....	\$2.00
add Four Bean Mix (V,GF).....	\$1.50
add Vegan Lentil Patty (V,GF).....	\$2.50

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

Burgers on Wraps

Vegan Wrap(V).....	
w/Lettuce & Mayo.....	\$4.00
Grilled Chicken Breast Wrap	
w/Lettuce & Mayo.....	\$4.00
Garlic Aioli Chicken Wrap	
w/lettuce & Aioli.....	\$4.50
BBQ Chicken Wrap.....	\$4.00
<i>(Diced Chicken, Cheese & BBQ Sauce)</i>	

Toasted Sandwich or Roll

(from frozen bread and rolls)

*GF bread available

Cheese (V).....	\$2.00
Cheese & Vegemite (V).....	\$2.50
Cheese & Tomato (V).....	\$2.50
Chicken, Cheese & Tomato.....	\$5.00
Toasted Cheese Roll (V).....	\$2.00

Hot Roll

(from frozen rolls)

Hot Chicken Roll.....	\$3.00
<i>(Diced Chicken, Plain or w/Mayo or Sauce)</i>	
BBQ Chicken Roll.....	\$4.00
<i>(Diced Chicken, Cheese & BBQ Sauce)</i>	

V-Vegan, V-Vegetarian,
GF-Gluten Free, DF-Dairy Free

Homemade Pumpkin Soup

(V,V,GF,DF) in a Cup.....\$2.00

Pasta & Rice

<u>Homemade</u> Chilli ConCarne.....	\$5.50
w/ Potato Wedges & Cheese	
or w/ Brown Rice & Cheese	
<u>Homemade</u> Pasta Twirls (V,V,DF).....	\$3.50
<u>Homemade</u> Cottage Pie (DF).....	\$4.00
<u>Homemade</u> Tuna Pasta Bake.....	\$4.00
<u>Homemade</u> Chicken Pasta Bake...\$	\$4.00
<u>Homemade</u> Bolognaise Twirls(DF).....	\$4.00
Beef Lasagne.....	\$4.00
Beef Lasagne (GF).....	\$4.00
Vegetarian Lasagne (V,GF).....	\$4.00
Fried Rice (GF).....	\$4.00

Other Hot Food

Sweet Chilli Chicken Wrap.....	\$4.50
w/ Lettuce & Mayo	
or w/Cheese & Sweet Chilli Sauce	
Chicken Nuggets (GF)(5).....	\$3.00
Chicken Sticks (chix)(5).....	\$3.00
Chicken Sticks Wrap.....	\$4.50
w/Lettuce & Mayo	
Sausage Roll.....	\$3.00
Pie.....	\$4.00
Veggie Light Curry Pie (V).....	\$4.00
Cheese & Spinach Roll (V).....	\$3.50
Garlic Bread (V).....	\$1.50