

BREAKFAST

Toasted Sandwiches

Bread available: White & Wholemeal

Cheese (V)	\$4.50
Ham & Cheese	\$5.00
Ham, Cheese & Tomato	\$5.50

Healthy Options

Smashed Avocado (V)	\$9.00
Ciabatta toast w/ cherry tomatoes & feta	
Watermelon Bowl (VG)	\$6.00
Fresh Fruit Salad (VG)	\$6.00
Yoghurt w/ Berries (V)	\$5.50
Yoghurt w/ Granola & Fruit (V)	\$5.50
Acai Bowl w/ Seasonal Fruit (VG)	\$9.00
Fruit – Available Daily (VG)	\$2.00

Hot Food

Egg & Bacon Roll or Wrap	\$5.50
Hash Brown (VG)	\$2.50
Zaatar (VG)	\$4.50
Zaatar w/ Cheese (V)	\$5.00
Ham & Cheese Croissant	\$6.00

Breakfast Snacks

Vegemite Toast (VG)	\$3.00
Banana Bread (V)	\$5.00
Muffins (V)	\$5.50

Meal Deals

Egg & Bacon Roll or Wrap w/ Flavoured Milk 300ml	\$8.50
Toasted Banana Bread w/ Flavoured Milk 300ml (V)	\$8.00

Drinks

Milkshake	\$5.00
Chocolate, Strawberry & Caramel	
Smoothies	\$7.00
Mixed Berry, Mango	

RECESS & LUNCH

Sandwiches

Bread available: White & Wholemeal

Grilled Chicken Grilled chicken, avocado, lettuce & Tomato	\$6.50
Cheese & Tomato (V)	\$5.00
Smoked Ham Ham, cheese & tomato	\$5.50
Chicken & Tabouli Grilled chicken, hummus & tabouli	\$5.50
Salad (VG) Lettuce, tomato, cucumber, beetroot, onion & carrot	\$6.00
Egg (V) Egg, lettuce & mayo	\$5.00

Wrap Bar

Single: \$5.50 Double: 7.50

Sweet Chilli Chicken
Grilled chicken, salad & cheese

Falafel (VG)
Falafel, hummus, tabouli & lettuce

Chicken & Tabouli
Grilled chicken, tabouli, hummus, tomato & lettuce

Chicken Caesar
Grilled chicken, bacon, cheese & caesar dressing

Hot Food

Zaatar (VG)	\$4.50
Zaatar w/ Cheese (V)	\$5.00
Lean Beef Pie	\$5.80
Lean Sausage Roll	\$5.20
Spinach & Ricotta Roll	\$6.00
Garlic Bread (V)	\$3.00
Special Fried Rice (V)	S \$6.00 / L \$7.00
Butter Chicken w/ Rice	S \$7.00 / L \$8.00
Vegetable curry w/ Rice (V)	S \$7.00 / L \$8.00
Oven Baked Wedges (VG)	S \$5.50 / L \$6.50
Chicken Skewers w/ Salad	\$9.00

Turkish Bar

\$8.00

Grilled Chicken & Tabouli – Cold
Hummus & tabouli

Sweet Chilli Grilled Chicken – Cold
Tomato, lettuce, cheese & mayo

Grilled Chicken Delight – Hot
Sun-dried tomato, pesto, roast capsicum & cheese

Mediterranean Delight – Hot (V)
Eggplant, sun-dried tomato, roast capsicum & feta

Caesar Delight – Hot
Bacon, cheese & caesar dressing

RECESS & LUNCH

Burgers

Portuguese Burger \$7.00
Lettuce & peri peri sauce

Chicken Burger \$6.50
Lettuce & mayo

Cheese Burger \$7.00
Tomato, cheese & tomato sauce

Chicken Caesar Burger \$7.00
Cos lettuce, bacon & caesar dressing

Build Your Own Burger –
pre order online only (V/VG)

3 fillings \$7.00

4 fillings \$7.50

5 fillings \$8.00

Choice of protein: grilled chicken, chicken schnitzel, fresh beef patty, veggie patty

Choice of fillings: lettuce, tomato, avocado, beetroot, onion, cheese

Sauce: caesar dressing, mayo, peri peri, tomato, bbq

Home-Made Pizza

Margherita (V) \$6.00

Hawaiian \$6.50

BBQ Chicken \$7.00

Snacks

Ham & Cheese Croissant \$6.50

Banana Bread (V) \$5.00

Muffins (V) \$5.50

Watermelon Bowl (VG) \$5.50

Fresh Fruit Salad (VG) \$6.00

Yoghurt w/ Berries (V) \$5.50

Yoghurt w/ Museli (V) \$5.50

Acai Bowl w. Seasonal Fruit (VG) \$9.00

Fruit – Available Daily (VG) \$2.00

Salads

Greek Salad (V) S \$6.50 / L \$7.50

Tomato, cucumber, onion, capsicum, olives & feta

Chicken Pasta Salad S \$6.50 / L \$7.50

Carrot, onion, capsicum, parsley & mayo

Chicken Caesar Salad S \$6.50 / L \$7.50

Cos lettuce, bacon, croutons & caesar dressing

Eastern Delight Salad (VG) S \$7.00 / L \$8.00

Tabouli, hummus, crunchy pita bread w/ chicken or falafel

Thai Noodle Salad S \$7.00 / L \$8.00

Grilled chicken, vermicelli noodle, cucumber, capsicum & carrot

Pasta

Small: \$7.00 Large: 8.50

Gluten Free Extra \$1.50

Penne Boscaiola

Ham, mushroom & cream sauce

Spaghetti Bolognese W/ Meatballs

Penne w/ chargrilled vegetables in red sauce (VG)

Sushi

Teriyaki Chicken \$5.00

Tuna & cucumber \$5.00

Drinks

Water \$3.00

Juice – Apple/Orange \$5.00

Iced Tea \$5.00

Powerade / Gatorade \$5.50

Low Sugar Can Drinks \$3.50

Up & Go \$3.50

Flavoured Milk

Chocolate, Strawberry, Coffee 300ML \$3.80

Chocolate 500ML \$5.50

MEAL DEALS

Monday

Spinach and ricotta ravioli in red sauce & water (V)

\$10.00

Tuesday

Nachos w/ avocado, tomato, black bean, cheese & water (V)

\$9.50

Wednesday

BLAT burger w/ bacon lettuce avocado and tomato & water

\$9.50

Thursday

Grilled chicken burger w/ coleslaw & water

\$9.50

Friday

**Kebab w/ hummus, tabouli, tomato and tomato sauce
Meat Chicken or lamb & water**

\$11.00