

Wraps + PANINIS

BLAT Toasted Turkish (Bacon, Cheese, Lettuce, Avocado, Tomato & Mayonnaise)	7.00
Chicken Caesar Toasted Turkish (Poached Chicken, Bacon, Parmesan, Lettuce & Caesar Dressing)	7.00
Salad Wrap/Turkish Choice of Chicken, Ham, Cheese, or Egg Mayo (All served with Tomato, Cucumber, Lettuce Grated Carrot & Mayo)	7.00
Chicken Caesar Wrap (Poached Chicken, Bacon, Egg, Parmesan, Lettuce & Caesar Dressing)	7.00
Chicken Schnitzel Wrap (Bread Crumbed Chicken, Lettuce & Mayonnaise)	7.00
Chicken Mayonnaise, Tomato & Lettuce Sandwich Ham, Cheese & Tomato Sandwich Egg Mayonnaise & Lettuce Sandwich	6.00

THE Salad Bar

Mexican Chicken Burrito Bowl (Mon/Wed/Thurs) (Spiced Chicken, Rice, Corn Chips, Tomato, Lettuce, Spanish Onion, Salsa, Sour Cream & Guacamole)	7.00
Mediterranean Pasta Salad (Tues/Fri) (Penne with Feta, Baby Spinach, Tomato, Cucumber Spanish Onion with Lemon Dressing & Olive Oil Dressing)	7.00
Chicken Caesar Salad (Poached Chicken, Bacon, Egg, Lettuce, Parmesan Croutons & Caesar Dressing)	7.00
Greek Salad (Feta, Tomato, Cucumber, Lettuce, Olives Spanish Onion & Balsamic Dressing)	7.00

BREAKFAST+ Snacks

Create your own Toastie	6.00
Ham/Sweet Chilli or Tandoori Chicken/Cheese/Avocado/Tomato	
Fruit Salad Pot	4.50
Watermelon Pot	4.50
Yoghurt & Strawberry Coulis Pot	4.50
Yoghurt & Passionfruit Pot	4.50
Banana Bread	4.50
Chocolate/Blueberry Muffin	4.50
Cinnamon Scroll	4.50
Cheese & Bacon Roll	4.00
Cheese & Vegemite Scroll	4.50
Hash Browns	4.00
Red Rock Chips	3.50
(Honey Soy/Sea Salt/Sweet Chilli & Sour Cream)	
Grain waves (Sour Cream & Chive)	2.50
Chocolate Chip Cookie	1.50

DRINKS

Oak Flavoured Milk 600ml/300ml (Chocolate, Strawberry, Iced Coffee)	5.50/4.00
Chill Iced Tea (Mango, Peach)	5.50
Waterfords (Orange & Passionfruit, Lime, Watermelon)	5.50
The Juice Farm Juice (Apple, Orange, Lemonade)	5.50
Juice Bomb (Grape, Watermelon)	4.50
Up & Go (Chocolate /Vanilla)	4.00
Water 600ml /1.5L	3.00/4.50