



2 COURSE LUNCH PACK from \$6.45

Choose a Main Course Item, then select 1 or 2 Items from the Snack/Drink Menu to make up a TWO or THREE Course Lunch Pack.

Standard Choice Lunch Pack Prices

2 Course Lunch From \$ 3 Course Lunch From \$

Standard Choice Snack/Drinks included in Pack Prices
*Premium Choice Snack/Drink + \$1.00 each

MAIN COURSE MENU

SUSHI HAND ROLLS (2pc)

(GF Soy Sauce provided with Sushi)

Teriyaki Chicken Hand Rolls	\$11.50	\$13.75
Crispy Chicken (Schnitzel) Hand Rolls	\$11.50	\$13.75
Cooked Tuna Hand Rolls (GF)	\$11.50	\$13.75
Avocado Hand Rolls (GF)	\$11.50	\$13.75
Cucumber Hand Rolls (GF)	\$11.50	\$13.75
Vegetarian Hand Rolls (GF)	\$11.50	\$13.75
Tofu Hand Rolls (GF)	\$11.50	\$13.75

RICE PAPER ROLLS (2pc)

Chicken Rice Paper Rolls (GF)	\$13.45	\$15.45
Vegetarian Rice Paper Rolls (GF)	\$13.45	\$15.45

BAKERY (All items freshly baked this morning!)

Cheese and Vegemite Scroll	\$6.45	\$8.95
Savoury Bite 'Little Frank' Roll	\$6.45	\$8.95
Topped with Only Cheese Roll	\$6.45	\$8.95
Cheese and Bacon Roll	\$7.45	\$9.95
Semi-dried Tomato, Olive & Cheese Roll	\$8.95	\$11.45
Scroll with Ham and Cheese	\$9.95	\$12.85
Spanakopita	\$10.95	\$13.65
Frankfurt 'in a blanket' with Sauce & Cheese (2)	\$10.95	\$13.65

PIZZA & GOZLEME

(Served at Room Temp)

Margherita Pita Pizza	\$8.95	\$11.45
Ham & Pineapple Pizza Slice	\$10.95	\$13.65
Spinach and Cheese Gozleme	\$13.45	\$15.45
Lamb and Beef Gozleme	\$13.45	\$15.45
Mushroom and Spinach Gozleme	\$13.45	\$15.45

SANDWICHES/ ROLLS/ WRAPS

Strawberry Jam Sandwich (1.5)	\$7.45	\$9.95
Vegemite Sandwich (2)	\$8.95	\$11.45
Plain Cheese Sandwich (2)	\$9.95	\$12.85
Simple Salad Roll	\$9.95	\$12.85
Cheese and Salad Roll	\$10.95	\$13.65
Wholegrain Ham & Cheese Sandwich (1.5)	\$10.95	\$13.65
Roast Chicken and Salad Roll	\$11.50	\$13.75
Roast Beef, Chutney, Cheese & Lettuce Roll	\$11.50	\$13.75
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5)	\$11.50	\$13.75
Wrap w/ Chicken, Tzatziki, Lettuce, Tomato Cucumber	\$12.75	\$14.95
Mild Salami and Salad Roll	\$11.50	\$13.75
'Banh Mi' Style Roast Chicken Long Roll	\$12.75	\$14.95

SALADS/ PICNIC BOXES/ FRUIT & VEG

Steamed Corn Wheels, Broccoli & Carrot (GF)	\$9.95	\$12.85
Fresh Fruit Salad - Main Course Size (GF)	\$11.50	\$13.75
Vegetarian Picnic Box	\$11.50	\$13.75
Ham Picnic Box	\$11.50	\$13.75
Greek Style Salad with Feta and Olives (GF)	\$12.75	\$14.95

GF SANDWICHES & WRAPS

GF Ham & Cheese Sandwich (1.5)	\$10.95	\$13.65
GF Cucumber & Ham Sandwich (1.5)	\$10.95	\$13.65
GF Wrap - Ham and Salad	\$12.75	\$14.95
GF Wrap - Garden Salad	\$12.75	\$14.95

SNACK / DRINK MENU

FRESH FRUIT & VEGETABLES

Whole Fruit - Banana	Std Inc.
Whole Fruit - Apple	Std Inc.
Cherry Tomatoes, Tasty Cheese & Rice Crackers	Std Inc.
Celery and Carrot Sticks with Sultanas	Std Inc.
Carrot, Cucumber, Red & Yellow Capsicum	Std Inc.
Freshly Chopped Strawberries with Grapes	Std Inc.
Fresh Fruit Combo*	+ \$1.00 each
Apple pieces, Lemon juice, Cinnamon & Brown Sugar*	+ \$1.00 each
Cantaloupe and Honeydew Pieces*	+ \$1.00 each
Freshly Chopped Watermelon Pieces	Std Inc.
Freshly Chopped Orange Segments	Std Inc.
Edamame (Lightly Salted)	Std Inc.
Corn Wheels & Lightly Steamed Broccoli	Std Inc.
Sugar Snap Peas, Beans and Cherry Tomatoes*	+ \$1.00 each

BAKERY - SWEET

Choc Chip Cookie	Std Inc.
Finger Bun with Sprinkles	Std Inc.
Fruit Bun	Std Inc.
Cinnamon Doughnut	Std Inc.
Choc Cup Cake (GF/DF)*	+ \$1.00 each
Cornflake Cookie	Std Inc.
Blueberry Muffin*	+ \$1.00 each
Jam Drop Biscuit (GF)*	+ \$1.00 each
Banana Slice (GF)*	+ \$1.00 each

SUSHI (1 GF Soy Sauce)

1pc Tuna Sushi (GF)*	+ \$1.00 each
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POPCORN

Slightly Sweet, Lightly Salted	Std Inc.
Lightly Salted	Std Inc.

DRIED FRUIT/ LEGUMES

Lime & Black Pepper Chickpeas	Std Inc.
Roasted Chickpeas	Std Inc.
Balsamic & Sea Salt Fava Beans	Std Inc.
Dried Fruit Medley with Yoghurt Sultanas*	+ \$1.00 each

DIPS WITH MINI RICE CAKES

Tzatziki Dip with Mini Rice Cakes*	+ \$1.00 each
Spring Onion Dip with Mini Rice Cakes*	+ \$1.00 each
Spicy Capsicum Dip with Mini Rice Cakes*	+ \$1.00 each
Avocado Dip with Mini Rice Cakes*	+ \$1.00 each

YOGHURTS/ BOWLS

Strawberry Yoghurt (Dairy Farmers)*	+ \$1.00 each
Classic Vanilla Yoghurt (Dairy Farmers)*	+ \$1.00 each
Chia Bowl with Banana, Coconut & Strawberries*	+ \$1.00 each
Stewed Rhubarb and Apple with Custard*	+ \$1.00 each

DRINKS

Apple Juice (Nippy's)	Std Inc.
Orange Juice (Nippy's)	Std Inc.
Chocolate Milk (Nippy's)	Std Inc.
Strawberry (Lactose Free) Milk (Nippy's)	Std Inc.
So Good Soy Milk	Std Inc.
Full Cream Milk	Std Inc.

We are a NUT FREE Kitchen. Descriptions, Dietary and Allergen Information available on our Website.