



MENU

Fresh Food Daily



Breakfast

BREAKFAST WRAP Scrambled eggs, bacon, BBQ sauce, baby spinach	\$7.00
BREAKFAST MUFFIN Fried egg, bacon, cheese and BBQ sauce	\$6.50
TOASTED SANDWICHES Ham, cheese and tomato or chicken and cheese	\$5.50
Ham and cheese	\$5.00
HAM AND CHEESE CROISSANT	\$5.50

Hot Food

BEEF BURGER Homemade beef patty with cheddar cheese, tomato and salad, on a bun	\$7.00
CHICKEN BURGER Crumbed chicken, tomato, and salad, on a bun	\$7.00
SPICY CHICKEN BURGER Devil chicken patty, chipotle sauce, tomato and salad, on a bun	\$7.00
CHICKEN TENDER WRAP	\$7.00
Homemade chicken breast schnitzel with cheddar cheese, tomato, mayonnaise, salad, on a wrap	

Hot Food

CHEESY GARLIC BREAD	\$ 4.50
CHICKEN NUGGETS 6 per serve	\$ 6.50
HOT DOG WITH SAUCE ON A BUN	\$ 5.00
CHICKEN AND GRAVY ROLL	\$7.00
HOT DOG WITH SAUCE AND CHEESE ON A BUN	\$ 5.50

Homemade Pizzas

Margarita	\$ 5.50
Ham and cheese	\$ 6.00
BBQ chicken	\$ 6.50

HOMEMADE BEEF PIE	\$ 6.50
SPINACH AND CHEESE ROLL	\$ 5.50
SAUSAGE ROLL	\$ 5.50
SWEET POTATO WEDGES with sour cream / sweet chilli	\$ 5.50

Drinks

BOTTLED WATER	\$3.00	ASSORTED ICED TEA	\$5.00
UP & GO	\$3.50	JUICE POPPERS	\$2.50
ASSORTED FLAVOURED MILK	\$5.00	ROKEBY PROTEIN SMOOTHIE	\$5.00
IMPRESSED JUICES	\$5.00		



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Cold

SANDWICHES Ham and cheese Chicken and mayo Egg and lettuce with mayo (v)	\$6.00
GOUREMET SANDWICHES Chicken and salad Ham and salad	\$6.50
WRAPS Chicken and salad Chipotle chicken and salad Chicken caesar wrap	HALF \$4.00 FULL \$7.00
CHICKEN CAESAR SALAD	\$8.00
HOMEMADE SUSHI ROLLS	1PC \$3.50 2PC \$6.50
WATERMELON DOME (GF) (V)	\$4.50
FRUIT SALAD DOME (GF) (V)	\$5.00

Snacks

DAILY FRESH MUFFIN	\$3.50
FRESH WHOLE FRUIT	\$2.00
COOKIE OF THE DAY	\$2.50
CHEESE AND CRACKERS	\$2.50
PROTEIN BALL	\$3.00
CRUDITIES CUP Veggie sticks with hommus and corn chips	\$4.50
JELLY CUP	\$2.50

** Subject to availability

Dietary

GLUTEN FREE BEEF SAUSAGE ROLL	\$6.50
GLUTEN FREE CHICKEN TENDERS (3)	\$5.00

*Daily
Specials*

\$7.00

Ice Blocks

FROZEN YOGHURT	\$4.50	PADDLE POP	\$4.00
GOLDEN NORTH SWING	\$3.00	ZOOPER DOOPER (SUGAR FREE)	\$1.00
LEMONADE ICY TWIST	\$2.50	VANILLA DIXIE CUP	\$2.00