



# MENU

## Fresh Food Daily



### Breakfast

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

### Hot Food

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

### Hot Food

<b>BEEF BURGER</b> Homemade beef patty with cheddar cheese, tomato and salad, on a bun	<b>\$7.00</b>
<b>CHICKEN BURGER</b> Crumbed chicken, tomato, and salad, on a bun	<b>\$7.00</b>
<b>SPICY CHICKEN BURGER</b> Devil chicken pattie, chipotle sauce, tomato and salad, on a bun	<b>\$7.00</b>
<b>CHICKEN TENDER WRAP</b> Homemade chicken breast schnitzel with cheddar cheese, tomato, mayonnaise, salad, on a wrap	<b>\$7.00</b>
<b>HOMEMADE PIZZAS</b>	
Margarita	<b>\$ 5.50</b>
Ham and cheese	<b>\$ 6.00</b>
BBQ chicken	<b>\$ 6.50</b>
<b>HOMEMADE BEEF PIE</b>	<b>\$ 6.50</b>
<b>SPINACH AND CHEESE ROLL</b>	<b>\$ 5.50</b>
<b>SAUSAGE ROLL</b>	<b>\$ 5.50</b>
<b>SWEET POTATO WEDGES</b> with sour cream / sweet chilli	<b>\$ 5.50</b>

### Drinks

<b>BOTTLED WATER</b>	<b>\$3.00</b>	<b>ASSORTED ICED TEA</b>	<b>\$5.00</b>
<b>UP &amp; GO</b>	<b>\$3.50</b>	<b>JUICE POPPERS</b>	<b>\$2.50</b>
<b>ASSORTED FLAVOURED MILK</b>	<b>\$5.00</b>	<b>ROKEBY PROTEIN SMOOTHIE</b>	<b>\$5.00</b>
<b>IMPRESSED JUICES</b>	<b>\$5.00</b>		



# MENU

## Fresh Food Daily



### Cold

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

### Dietary

<b>GLUTEN FREE BEEF SAUSAGE ROLL</b>	<b>\$6.50</b>
<b>GLUTEN FREE CHICKEN TENDERS (3)</b>	<b>\$5.00</b>

### Snacks

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

\*\* Subject to availability

*Daily  
Specials*  
**\$7.00**

### Ice Blocks

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