







SPECIALS	
MONDAY Bacon, egg and veggie slice -vegetarian option	\$3.90 \$3.90
Meatball sub with cheese -no cheese	\$5.00 \$4.50
TUESDAY Crunchy chicken burger with lettuce and mayo	\$4.90
Beef burger, lettuce, tomato, beetroot and tomato sauce	\$4.90
THURSDAY Sushi: Chicken Teriyaki, avocado or cooked tuna	\$4.40

DRINKS

Spring water	\$1.60
Popper: Tropical, Apple,	
Apple & Blackcurrant	\$2.30
Mini milk carton	\$2.00
Brekka flavoured milk: Chocolate,	
vanilla or strawberry	\$2.70
Groove sparking mineral water:	\$3.00
Raspberry or Watermelon	

HOT FOOD

Garlic bread	\$1.70
Pasta bolognaise	\$4.90
Pasta bolognaise (Gluten Free)	\$5.50
Fried rice	\$3.90
Fried rice with chicken tenderloin	\$5.60
Chicken tenderloin salad twister	\$4.90
Chicken tenderloin only	\$2.20
Traveller lite beef pie	\$4.70
Snack pie	\$3.90
Sausage roll	\$4.20
Tomato sauce	\$0.50
PIZZA	
Cheese	\$4.80
Ham and cheese	
Ham, cheese and pineapple	

FRESH SANDWICHES & WRAPS



Made to order, fresh daily on wholemeal bread, tortilla or gluten free bread.

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Vegemite	\$2.60
Cheese	\$3.50
Egg and lettuce	\$3.90
Ham	\$3.20
Ham and cheese	\$4.20
Chicken	\$3.90
Salad	\$4.00
Make your own	\$2.30
Add extra:	
Cheese	\$1.20
Tomato	\$0.70
Lettuce	\$0.50
Salad	\$2.00
Toasted sandwiches	\$0.50

SALAD BOX

Garden salad box: lettuce, tomato,	
carrot, beetroot and cucumber	\$4.00
Add ham or chicken	\$1.80
Add cheese	\$1.20
Add egg	\$1.00
THE BAKERY - 2ND BREAK	

Berry muffin	\$2.20
Chocolate muffin	\$2.20
Pikelets with butter and jam	\$2.20
Snack pie	\$3.90
Sausage roll	\$4.00
Vegemite and cheese mini scroll	\$3.50
Vanilla cake slice	\$2.30

SNACKS

Yoghurt	\$1.60
Popcorn (plain)	\$1.10
Boiled egg	\$1.00
Rice crackers and cheese	\$1.90
Rice crackers and carrot stick	

\$2.60

Crackers, cheese and carrot sticks

FROZEN TREATS

Frozen fruit juice cup	\$1.00
Frozen sorbet mango	\$1.50
Low fat vanilla ice cream	\$1.50
Quelch frozen fruit icy pole	\$1.00
Lemonade icytwist	\$2.20
Mini Calippo	\$2.20

FRUIT BASKET

Apple slinky	\$1.50
Orange wedges	\$1.00
Frozen pineapple ring	\$1.00
SPC fruit salad tub	\$2.00
Watermelon wedge	\$2.00

Order on QKR! by 8:30. Late orders unfortunately cannot be accepted.



