

BREAKFAST

WHOLE FRUIT PIECES	From	V	165 KJ	\$ 1.0
WATERMELON BOWL	Regular	V	425 KJ	\$ 2.0
FRUIT SALAD	Seasonal Fruit	V	565 KJ	\$ 4.0
FRUIT JELLY BOWL		V	385 KJ	\$ 2.0
CUSTARD & JELLY BOWL		V	671 KJ	\$ 3.0
BACON & EGG MUFFIN			1280 KJ	\$ 3.5
EGG & CHEESE MUFFIN		V	1145 KJ	\$ 3.5 H
TOASTED CHEESE WRAP		V	945 KJ	\$ 2.5 H
TOASTED WRAP	Ham, Cheese & Tomato		1215 KJ	\$ 3.5
MUFFINS	Blueberry or Choc	V	1205 KJ	\$ 3.0 H
BANANA BREAD		V	2277 KJ	\$ 3.0 H
HASH BROWN		V	560 KJ	\$ 1.0 H

\$5

BREAKFAST SPECIAL BEFORE 9AM

CHOOSE ONE :
BACON & EGG MUFFIN
CHEESE & BACON ROLL
TOASTED WRAP
MUFFIN BLUEBERRY OR CHOC
PLUS
HASH BROWN
PLUS CHOOSE ONE :
BOTTLE WATER 600ML
FLAVOURED MILK 300ML
HOT CHOCOLATE
OR \$5 FRESH OPTION
FRUIT SALAD &
BOTTLE WATER 600ML



SANDWICHES

EGG & LETTUCE	V	945 KJ	\$ 3.5 H
ROASTED CHICKEN, LETTUCE & MAYO		1005 KJ	\$ 3.5 H
SALAD	Lettuce, Tomato, Cucumber, Carrot, Beetroot, Onion	V	865 KJ \$ 3.5 H
HAM, CHEESE & TOMATO		1110 KJ	\$ 3.5
SWEET CHILLI CHICKEN, LETTUCE & MAYO		1065 KJ	\$ 4.0 H
CHICKEN SCHNITZEL, LETTUCE & MAYO		1510 KJ	\$ 4.5 H

WRAPS

SALAD	Lettuce, Tomato, Cucumber, Carrot, Beetroot, Onion	V	1065 KJ	\$ 4.0 H
SWEET CHILLI CHICKEN TENDER	Lettuce, Cheese, Sweet Chilli & Mayo		1610 KJ	\$ 4.5 H
ROAST CHICKEN	Lettuce, Mayonnaise		1335 KJ	\$ 4.5 H
HAM & SALAD	Lettuce, Tomato, Cucumber, Carrot, Beetroot, Onion		1095 KJ	\$ 4.5
CHICKEN CAESAR	Lettuce, Egg, Croutons, Bacon		1595 KJ	\$ 5.3

TOASTED WRAPS

PRE-ORDER

ROAST CHICKEN CHEESE & BBQ SAUCE	1590 KJ	\$ 4.5 H
SWEET CHILLI	Chicken Tender, Cheese, SC Sauce, Mayonnaise	1585 KJ \$ 4.5 H

TURKISH BREAD

PRE-ORDER

HOT & SPICY	Chicken, Cheese & Peri Peri Sauce	1690 KJ	\$ 5.5 H
ROASTED VEGETARIAN	Roasted Capsicum, Tomato, Onion, Pumpkin, Cheese	V	1625 KJ \$ 5.5 H

EXTRAS & TOPPINGS

CHEESE	\$ 0.5 H
EXTRA SAUCES OR SOUR CREAM	If not part of the normal menu item \$ 0.3 H
SAUCE PORTIONS, PINEAPPLE, BEETROOT, TOMATO, CARROT, CUCUMBER	\$ 0.3 H



EFTPOS is available
10c fee applies
\$3.00 Minimum

All Items Rated Green (G) or Amber (A)
“H” use Halal ingredients
“V” are Vegetarian

BURGER BAR

EVERYDAY		
AUSSIE BEEF	Lettuce Tomato Beetroot BBQ	1530 KJ \$ 4.5 H
CHEESE	Beef, Cheese, Tomato Sauce	1695 KJ \$ 4.5 H
HOT N SPICY CHICKEN	Lettuce, Mayo	1485 KJ \$ 4.8 H
EVERYDAY EXCEPT WEDNESDAY		
CHICKEN	Lettuce, Mayo	1575 KJ \$ 4.5 H
THURSDAY		
STEAK SANDWICH	Prime Beef, Grilled Onions	1220 KJ \$ 5.0 H
FRIDAY		
FISH FILLET	Lettuce, Tomato, Tartare Sauce	1495 KJ \$ 4.5 H

MEXICAN

MONDAY & TUESDAY

EVERYDAY		
CHILLI CON CARNE NACHOS	Beef, Cheese, Sour Cream	1560 KJ \$ 5.0 H
VEGETARIAN NACHOS	Beans Salsa Lettuce, Sour Cream	V 1295 KJ \$ 4.8 H
MONDAY & TUESDAY		
TACOS PULLED BEEF	Lettuce, Tomato, Sour Cream, Cheese	1095 KJ \$ 3.5 H
TACOS RED BEANS	Lettuce, Salsa, Sour Cream, Cheese	V 970 KJ \$ 3.5 H
BURRITO PULLED BEEF	Lettuce, Tomato, Cheese, Wrap	1480 KJ \$ 5.5 H
BURRITO RED BEANS	Lettuce, Salsa, Cheese, Wrap	V 1130 KJ \$ 5.5 H

CRUNCHY BREAD ROLL

WEDNESDAY

SALAD	Lettuce, Tomato, Cucumber, Carrot, Beetroot, Onion	V	990 KJ	\$ 4.0
PULLED BEEF & GRAVY	Slow cooked beef made fresh in the canteen & served in a rich gravy		1325 KJ	\$ 5.0 H
CHICKEN SCHNITZEL	With Salad or Just Lettuce & Mayo		1575 KJ	\$ 5.0 H
CHICKEN PARMIGIANA			1890 KJ	\$ 5.0 H

FRESH PIZZA

THURSDAY

MARGARITA	Cheese & Sauce	V	1060 KJ	\$ 3.8 H
PEPPERONI	Cheese, Pepperoni & Sauce		1085 KJ	\$ 4.0

SUSHI

THURSDAY & FRIDAY

SPICY TUNA	Tuna, Cucumber, Peri Peri Mayo	685 KJ	\$ 3.2 H
CHICKEN	Sweet Chilli Tender, Cucumber, Mayo	720 KJ	\$ 3.2 H

FLAVOURS OF THE WORLD

EVERYDAY			
BUTTER CHICKEN		1625 KJ	\$ 5.0 H
The No. 1 All Time Favourite. Creamy sauce and rice			
MONDAY			
CHINESE NOODLES		V 1435 KJ	\$ 6.0 H
Traditional Stir Fried Noodles & Chinese Vegetables			
TUESDAY			
CARBONARA PASTA		Chicken	1640 KJ \$ 4.5 H
WEDNESDAY			
THAI RED CURRY		1610 KJ	\$ 6.0 H
Mild Red Curry Sauce, Chicken, Chinese Vegetables & Rice			
THURSDAY			
LASAGNA BEEF		450gm	1300 KJ \$ 5.5 H
FRIDAY			
BOLOGNESE PASTA		Beef	1170 KJ \$ 4.5 H

HOT BITES

GARLIC BREAD	V	635 KJ	\$ 2.0 H
POTATO WEDGES	Sour Cream & Sweet Chilli	V	805 KJ \$ 2.8 H
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HOT DOG	Chicken Add Cheese 20c	1380 KJ	\$ 3.0 H
CUP OF NOODLES	Tom Yum or Chicken or Beef or Vegetable	1415 KJ	\$ 3.0 H
SAUSAGE ROLL		1440 KJ	\$ 3.0 H
MEAT PIE		1830 KJ	\$ 3.5 H
POTATO PIE		1650 KJ	\$ 4.0 H
CHEESE & SPINACH ROLL	V	1670 KJ	\$ 4.0 H

DRINKS

WATER	600ml	0 KJ	\$ 2.0
SOFT DRINK	375ml Various Diet	5 KJ	\$ 2.2
OAK FLAVOURED MILK	300ml	795 KJ	\$ 2.4
OAK FLAVOURED MILK	600ml	1590 KJ	\$ 3.6
ICED COFFEE	500ml	1715 KJ	\$ 3.8
HOT CHOCOLATE		365 KJ	\$ 2.0
UP 'N' Go	250ml	823 KJ	\$ 2.5
100% JUICE	350ml Apple or Orange	485 KJ	\$ 2.8
ICED TEA	500ml	294 KJ	\$ 3.5
SOFT DRINK	600ml Various Diet	8 KJ	\$ 3.8
PUMP SPORTS WATER	750ml	300 KJ	\$ 3.8
POWERADE	600ml	41 KJ	\$ 4.0



\$1.50

BOTTLED WATER 600ML

COMBO DEAL

WHEN YOU SPEND \$3 OR MORE

\$2

MILK 300ML OR CAN 375ML

