

Fresh Food Menu 2019

Sandwiches (Wholemeal or White Bread)

Cheese and Tomato	2.90
Egg and Lettuce	3.80
Salad	3.80
Cheese and Salad	4.80
Ham, Cheese and Tomato	4.20
Ham or Chicken Salad	5.20
Chicken, Lettuce and Mayo	4.20
Chicken, Avocado and Cheese	4.80
Tuna, Lettuce and Mayo	4.00
Tuna or Salmon Salad	5.50
Avocado and salad	5.20
Bread Roll	60c

Wraps

Salad	4.90
Chicken, Lettuce and Mayo	
Ham, Cheese and Tomato	
Ham or Chicken Salad	
Chicken Caesar Salad	

Salads

Garden Salad (chicken or ham optional)	5.00
Mixed lettuce, tomato, cucumber, carrot, beetroot, capsicum and french dressing	
Chicken and Avocado Salad	
Mixed lettuce, chicken, avocado, tomato, cucumber, capsicum, carrot, beetroot and french dressing	
Chicken Caesar Salad	
Mixed lettuce, chicken, bacon, egg, croutons, parmesan cheese and Caesar dressing	
Greek Salad	
Mixed lettuce, tomato, cucumber, Spanish onion, capsicum, sliced black olives and feta cheese	
Grilled Chicken Salad	5.80
Mixed Lettuce, Tomato, Cucumber, Carrot, Capsicum and French dressing	

Sushi Varieties

	From 3.50
Chicken Teriyaki	
Tuna and cucumber	
Chicken Schnitzel	
Avocado	

Toasted Sandwiches

	4.80
Ham, cheese and tomato	
Chicken and cheese	
Chicken, avocado and cheese	
Chicken, cheese and pineapple	
Ham, cheese and pineapple	
Avocado, tomato, Spanish onion and cheese	

Toasted Tortilla and Focaccias

	5.80
Ham, cheese and pineapple	
Chicken, avocado and cheese	
Chicken, tomato, Spanish onion, capsicum and cheese	
Ham, sundried tomato, Spanish onion, sliced black olives and feta cheese	
Avocado, sundried tomato, capsicum, Spanish onion and cheese	

Sides

Watermelon wedge term 1&4	1.00
Fresh Fruit Salad	4.00
Pasta Salad	3.80
Gourmet Berry Yogurt	2.20
Banana Bread	3.80
Muffin	3.80

Drinks

Water	2.50
Focus Water	2.20
Nippy's Juice popper	2.00
Nippy's Juice 350ml	3.00
Plain Milk 300ml	1.80
Up and Go	2.50
Oak Flavoured Milk 300ml	2.50
Oak Flavoured Milk 600ml	3.80
Sugar free cans	2.00
Zero cans	2.50
Waterfords mineral water 500ml	3.50
Vitamin Water	4.00
Powerade Zero	4.00