

# Fresh Food Menu 2020

## Sandwiches (Wholemeal or White Bread)

Cheese and Tomato	3.00
Egg and Lettuce	4.00
Salad	4.00
Cheese and Salad	5.00
Ham, Cheese and Tomato	4.50
Ham or Chicken Salad	5.20
Chicken, Lettuce and Mayo	4.50
Chicken, Avocado and Cheese	5.00
Tuna, Lettuce and Mayo	4.00
Tuna Salad	5.20
Avocado and salad	5.20
Bread Roll	70c

## Wraps

Salad	5.20
Chicken, Lettuce and Mayo	
Ham, Cheese and Tomato	
Ham or Chicken Salad	
Chicken Caesar Salad	

## Salads

<b>Garden Salad (chicken or ham optional)</b>	5.00
Mixed lettuce, tomato, cucumber, carrot, beetroot, capsicum and french dressing	
<b>Chicken and Avocado Salad</b>	
Mixed lettuce, chicken, avocado, tomato, cucumber, capsicum, carrot, beetroot and french dressing	
<b>Chicken Caesar Salad</b>	
Mixed lettuce, chicken, bacon, egg, croutons, parmesan cheese and Caesar dressing	
<b>Greek Salad</b>	
Mixed lettuce, tomato, cucumber, Spanish onion, capsicum, sliced black olives and feta cheese	
<b>Grilled Chicken Salad</b>	6.00
Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing	

## Sushi Varieties

	From 3.60
Chicken Teriyaki	
Tuna and cucumber	
Chicken Schnitzel	

## Toasted Sandwiches

	5.00
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

	6.00
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	2.50
Muffin	4.00

## Drinks

Water	2.50
Focus Water	2.40
Nippy's Juice popper	2.00
Nippy's Juice 350ml	3.00
Plain Milk 300ml	1.80
Oak Flavoured Milk 300ml	2.50
Oak Flavoured Milk 600ml	3.80
No Sugar Cans	2.50
Waterfords mineral water 500ml	3.50
Vitamin Water	4.50
Powerade Zero	4.00