

Every Day Items		Occasional Items	
Salad Roll	\$3.50	<b>Lunch - Monday to Thursday</b>	
Chicken lettuce & mayo roll	\$3.50	Low fat pie	\$3.00
Egg and lettuce roll	\$3.50	Low fat sausage roll – 120gm	\$3.00
Ham roll	\$3.50	Plain chicken burger	\$3.50
Large salad tub + cheese	\$6.00	Chicken chilli wrap	\$3.50
Small salad tub + cheese	\$3.50	Plain beef burger	\$3.50
Salad Specials - from	\$3.50	Twisted Yogurt	\$2.00
Small salad wrap + cheese	\$3.50	Low fat Muffin	\$2.00
Large salad wrap + cheese	\$6.00		
Large salad wrap + meat	\$6.50	<b>Friday – Lunch 1</b>	
Small salad wrap + meat	\$3.50	Friday "Pie Day"	
Small rice tub	\$3.00	Various flavoured pies	\$3.50
Small pasta tub	\$3.00	Spinach & Feta Roll -120gm	\$3.00
Fresh fruit tub	\$2.50	Quiche 120grms	\$3.00
Low fat yoghurt	\$3.50		
Cheese & crackers or Vegie sticks	\$2.50	<b>Drinks</b>	
Snap Stix	\$1.00	Powerade zero	\$3.50
Cheese sandwich	\$2.00	Coke no sugar	\$2.50
Cheese & vegemite sandwich	\$2.00	Chilled Ice Tea	\$3.00
Cheese & tomato sandwich	\$2.50		
Salad sandwich	\$3.50		
Meat & salad sandwich	\$4.50	Vegetarian, Vegan and Gluten free options are always available.	
Beef burger plain	\$3.00		
Beef burger with salad	\$4.50		
Ham & Cheese bun	\$2.00		
Vegemite Scroll	\$2.00	<b>Specials of the Day</b>	
		Specials vary and will be determined by popularity, the weather and available fresh produce in season. <b>Check what's cooking!</b>	
		Some examples include, Baguettes, variety of fresh pasta (hot & cold) chia pudding with fruit, hot wedges, hot soup in winter.	
		<b>Available Everyday</b>	<b>To be ordered</b>
Milk – 500ml	\$3.50	Wraps, rolls and sandwiches from the everyday menu are to be ordered.	
Plain milk	\$1.50		
Small juice – 3 flavours	\$2.50		
Small flavoured milk	\$2.00		
Glee Fruit drink – 2 flavours	\$2.00		