



# menu

OPEN  
7:00am - 1:50pm  
BREAKFAST  
7:00am - 8:30am  
MORNING TEA  
Mon - Thur: 10:25am - 10:50am  
Friday: 10:05am - 10:30am  
LUNCH  
Mon - Thur: 1:05pm - 1:50pm  
Friday: 12:45pm - 1:30pm

\* Items have been freshly baked or prepared onsite – *Gluten Free (GF) Vegetarian (v) Dairy Free (df) Nut Free (nf)*

## Drinks

Emma and Toms Juice – apple, orange or karma rama (GF) (nf) (v)	\$5.00
Water 600ml	\$2.50
Lipton Iced Tea – lemon, peach or raspberry (v) (nf) \$4.40	
Krazy Lemon 200ml (GF) (nf) (v)	\$3.00
Up & Go – chocolate, vanilla or strawberry (contains gluten) (nf)	\$3.30
Breaka – chocolate, strawberry or vanilla (gf) (nf) (v)	\$2.50
Plain Pauls Milk (gf) (nf) (v)	

## Snacks

Seasonal fruit cup (v)	\$4.40
Watermelon cup (v)	\$4.40
Piece of fruit – banana, apple or orange	\$2.00
Chocolate chip cookie	\$2.50
Red Rock Deli chips – honey soy chicken or sea salt	\$2.60
Grain Waves – sour cream and chive	\$2.60
Pancakes with jam	\$5.20
Vegemite and butter saos (v)	\$4.40
Mini chocolate muffin	\$2.50
Raspberry jelly cup	\$2.80
Banana bread (GF) (nut free)	\$4.90
Chocolate mousse* (GF) (nf) (v)	\$3.80
Coconut panna cotta with fresh berry compote* (GF)	\$4.70
Apple bircher muesli	\$4.60
Sushi – crispy chicken and avocado, tuna (GF) (df) or avocado (GF) (df) (v)	\$4.50
Rice paper rolls – pork belly, chicken or vegetarian (GF) (nf)	\$5.20
Cheese and crackers (v)	\$4.10
Crudit� and hummus (v)	\$5.20
Plain yoghurt or yoghurt with raspberry or passion fruit coulis (GF) (nf) (v)	\$4.60
Hello Panda	\$2.50
Tiny Teddies	\$2.50

## Sandwiches

Available on white, multigrain, gluten free bread –	\$5.10
Ham and cheese	
Chicken and cheese	
Butter and vegemite (v)	
Tomato and cheese (v)	
Cucumber and cheese (v)	
Ham and salad	
Chicken and salad	
Tuna, mayonnaise and cucumber	
Lettuce, tomato and cheese (v)	

## Hot Food \$7.50

**Monday**  
Chicken and mushroom pie or vegetarian pie  
(gluten free and dairy free options available)

**Tuesday**  
Teriyaki beef and broccoli on rice or teriyaki  
mushroom and broccoli on rice (GF)(df)

**Wednesday**  
Beef ragu on penne  
(vegetarian and gluten free option available)

**Thursday**  
Butter chicken on rice or butter chickpeas (GF)(df)

**Friday**  
Chicken burger or mushroom burger  
(gluten free and dairy free options available)

## Ice-creams

Raspberry Bulla frozen yoghurt (nf)	\$4.00
Rainbow Paddle Pop	\$3.50
Mini Callipo (nf)	\$2.50