



Daily Deals ★

MONDAY

Mighty Meatball Sub **\$9.90**

with melted mozzarella
plus a side of oven-baked
sweet potato fries

Optional falafel in tomato sugo **VEG**

Mighty Monday Sub only **\$7.90**

TUESDAY

NEW

Naked Burrito Bowl **\$7.90**

with warm basmati rice, mexi beans,
sour cream, grated cheese, guacamole.
pico de gallo (our way) + topped with
crunchy corn chip crumble **VEG**

Options add tex mex chicken **\$8.90**

WEDNESDAY

Pizza Please

Pizza Square + Garlic Bread **\$7.90**

2 X Pizza Squares **\$9.50**

Single Pizza Square **\$5.50**

Options double cheezy margherita |
Spanish meatball | Happy Hawaiian
perfecto pepperoni | mighty meatlovers |

THURSDAY

'Blue Bell' Classic **\$9.90**

Cheese Burger
with lettuce, tomato + mayo
plus a side oven-baked
sweet potato fries

Optional Asian inspired tofu **VEG** **\$8.90**

'Blue Bell' Burger only **\$7.90**

FRIYAY

Tex Mex Nacho Box **\$7.90**

with crunchy corn chips, salsa, grated
cheese, guacamole- + sour cream

Options chilli con carne | veggie bean

MAKE IT A MEAL DEAL

Add Lucky Dip Juice Bomb \$3.50

Add Lucky Dip Juice Box \$2.50

Add Hot Choc or Chai Latte \$3.50

Everyday Lunchtime

Baby Bolognese \$5.90
Chef Made Pasta Bolognese \$8.50
Bolognese + Garlic Bread \$10.50

with hidden veggies

Options beef | vegetarian | gluten free | dairy free

Baby Butter Chicken & Rice GF \$5.90
Traditional Butter Chicken GF \$8.50
Butter Chicken + Naan Bread \$10.50

with winter veggies & basmati rice

Cheezy Meatball Pasta \$7.90
 (Meriden only)



Winter Time Soups \$5.50
 Creamy Butternut Pumpkin w sour cream GF/VEG
 Hearty Chicken Noodle GF/DF

Soup Bowl + Garlic Bread \$7.90

Soup Bowl + Cheezy Bagel \$9.90

Simple Pasta Bowl \$3.90

Add Napolitano sauce +\$1.00

Add grated mozzarella \$1.00

Add beef or veggie bolognese +\$2.00

Simple Rice Bowl \$3.90



The Winter Winner \$7.90

By popular demand!

**Crispy Chicken, Mayo,
 Melted Cheese + Avo
 Turkish Toastie**

with oven-baked sweet potato fries
 plus side of tomato sauce + \$2.00

Option vegetarian



The Pastry Box \$9.90

Ultimate winter warmer!

**Baby Beef Pie, Snack
 Sausage Roll + Spinach
 Cheese Pastizzi**

with oven-baked sweet potato fries
 plus side of tomato sauce

Everyday Mind Foods

Whole Fruit \$1.50

Sea Salt Popcorn \$2.20

GF/VEG/DF

Crispy Freeze Dried Fruit \$3.20

Options mango | pineapple | strawberry

GF/VEG/DF

Cherry Ripe Energy Ball \$3.90

GF/VEG/DF

Yogurt Pot \$4.50

Options wild berry crumble | chia raspberry zing
 strawberry milo disco | honeycomb apple |

Melon is Magic Fruit Plate \$3.90

Add more abracadabra!

berries | orange wedges | apple slices +0.50C

yogurt frogs (2) | honeycomb squares (2) +\$1.00

'Power Me' Bircha Bowl \$5.90

with oats, chia, dried apple, date

Add extra berries +\$1.60

Crackers 'n' Cheese Plate \$3.90

Choose from jatz | rice crackers | corn chips

Add tasty cheese | cream cheese

Add cucumber circles | cherry tomato +0.50c

Crunch 'n' Munch Plate \$3.90

Choose from carrot stick | cucumber sticks

Add hummus | guac | cream cheese +0.50c

Add salted pretzels +\$1.00

Sushi Time

Sushi Plate Senior \$5.70

Baby Sushi Junior \$4.90

with soya sauce

Choose from teriyaki chicken | tuna mayo GF |

chicken katsu & lettuce | avocado GF/V

Sushi Meal Deal \$8.90

with popcorn or crisps + juice

Rice Paper Roll \$5.90

with sweet chilli sauce

Choose from teriyaki chicken + avocado |

teriyaki tofu + avocado VEG

RPR Meal Deal \$8.50

with snaps pumpkin crisps

Bagels & Wraps Senior



Cheezy Bagels from \$7.50

Choose from

Ham, tomato, cheddar, mayo + mixed lettuce
Italian chicken, sundried tom, mozzarella + mixed leaf
Smashed avo, carrot, cue. tomato. hummus + lettuce

It's a Wrap from \$7.50

Choose from

Falafel, tomato,, hummus + mixed leaf
Italian chicken, sundried tom, mozzarella & mixed leaf
Crispy Chicken schnitzel, mozzarella, mayo & mixed leaf

Simple Sandwich Junior



Choose from

wholemeal | white | GF

from \$3.90

Butter & vegemite

Just cheese

Happy ham

Ham + tasty cheese

Toastie Time from \$3.90



Choose from

wholemeal | white | sourdough | Turkish | GF

Cheese + vegemite

Tasty cheese + tomato

Ham + tasty cheese

Too cheezy

Ham, cheese + tomato

Chicken, mozzarella & mayo

Hot Pastries & Snacks



Baby Beef Pie \$2.60

Snack Sausage Roll \$2.60

Spinach & Cheese Pastizzi \$2.60



Mac + Cheezy Bites (4) \$4.50

Chicken Drummies (3) \$5.00

Garlic Baguette \$3.20

Hashbrowns (2) \$2.60
(subject to availability)



Asian Dimees (2) \$3.90

Sweet Potato Fries \$3.00

Add sweet chilli + sour cream +\$1.50

Add tomato or bbq sauce +.30c

Super Salads



Goodness Me Bowl GF | VEG from \$5.90

with green goddess dressing

Mixed leaf, cherry tomatoes, cucumber & carrot

Add avocado VEG +\$1.60

Add falafel bites GF +\$1.80

Add Asian inspired tofu GF +\$1.80

Add poached chicken +\$2.00

Add crispy chicken schnitzel +\$2.50

\$7.70

Karaage Chicken Soba
Noodle Bowl

with sesame dressing

Japanese style soba noodles, diced cucumber,
ribbon carrot & crispy chicken

Optional Asian inspired tofu VEG

\$7.50



Warm Pesto Me
Pasta Bowl

GF OPTION / VEG

with pesto mayo

penne pasta, cherry tomato, fresh basil, grated

mozzarella cheese

Add poached chicken +\$2.00

Add chickpes +\$1.00

Sometimes Snacks



Eucalyptus Drops	\$1.70
Fruity Gems	\$2.00
Yogurt Frogs	\$2.00
Ovalteenies	\$2.30
Nutri-grain Snack Pack	\$2.50
Muesli Bar	\$2.80
Snaps BBQ Veggie Crisps GF	\$2.80
Smiths Salt + Vinegar	\$2.50
Red Rock Deli Chips	\$2.50
Choose from honey soy chicken sea salt	
Chicken Noodle Sticks	\$2.00

Rise'n'Shine



Sourdough Toast (1)	\$2.90
with simple spread	
Add berry jam, vegemite, honey	
Add cream cheese, avocado +\$1.60	
Bursting Blueberry Bagel	\$5.00
Add cream cheese +\$1.00	
Freshly baked croissant	\$3.90
Add honey, berry jam +\$4.50	
Add cheese +\$5.00	
Add ham & cheese +\$5.80	
Choc croissant	\$3.90
Power Me Bircher Bowl	\$5.90
oats, apple, dates, cranberries + chia seeds	
Add extra berries +\$1.60	
Perugini	\$4.50
with jam +\$1.00	
With ham + Cheese +\$2.00	
(subject to availability)	

Café Baked Treats



Mini Churros (4)	\$3.90
Cookies	From \$2.50
Gingerbread circles	
Classic choc chip	
Red velvet	
Oreo kiss [Mon + Tues]	
'Meriden' Muffins	\$4.00
Apple & forest berry	
Milky choc chip milo	
Banana & coconut (2) GF	
Deluxe muffins +.50c	
Raspberry + white choc	
Loaded berry + cream cheese	
Warm Fruit Loaves	From \$5.00
Served warm with butter	
Banana	
Banana choc chip	
Sweet Bites	\$2.20
Marble brownie GF	
Mars bar caramel	



Chill Out Time



Slushie Cup	\$2.50
See canteen for this weeks flavour	
Juicy Tubes GF/DF	\$2.50
lemonade lucky dip	
Twisted FroYos GF	\$4.00
choc vanilla vanilla strawberry	
mango watermelon caramel vanilla	
FRIYAY SPECIAL	
Rainbow Ice Cream Cups & Cones	\$3.00
(subject to availability)	

Let's Talk Drinks – COLD ★

Just Juice Box 200ml \$2.80

paradise punch | apple & blackcurrant

East Coast Juice 250ml \$3.80

apple | OJ | lemonade

Juice Bomb Soda 250ml \$3.80

apple raspberry | grape | watermelon

Famous Soda Pink Lemonade Can 250ml \$4.20

Nippy's Milk Box 250ml \$3.80

chocolate | strawberry | honeycomb

Nu Pure Still Water \$3.50

Nu Pure Sparkling Water \$3.80

Bobba Bubble Tea \$5.50

original | brown sugar |
mango + peach
(subject to availability)

Milkshake it! \$5.00

Kit Kat | Rock'in Raspberry

Drinks Over Ice \$5.00

latte | vanilla chai | mocha | chocolate

Add oat or soy milk **+.50c**

Smoothies \$5.00

mad mango | berry me

(subject to availability)

Let's Talk Drinks – HOT ★

Barista Made Options

cappuccino | piccolo latte | **8oz \$3.70**

flat white | long black | **12oz \$4.00**

mighty mocha

vanilla chai latte | milky milo | creamy hot choc

Soothing Teas

breakfast | lemon & ginger | peppermint | green |

earl grey

Add oat or soy milk **+.30c**

Add vanilla | caramel syrup | decaf | extra shot **+0.30c**