



DAILY DEALS



MONDAY

NEW

GOLDEN MONDAY \$8.90

oven-baked tempura chicken nuggets
served with a side of cheezy potato bake.

Optional broccoli + cheese nuggets (3) VEG

TUESDAY

NEW

'INDO' NOODLES Senior \$8.90

Indonesian chicken satays (2) served
with Asian veg + glass noodles

Optional Asian inspired tofu VEG

'AUSSIE AUSSIE AUSSIE PIE DAY Junior

Two Baby Beed Pie served with
hashbrowns + sauce

\$8.50

WEDNESDAY

NEW

MAMMA MIA PIZZA PLEASE

Pizza Square + Garlic Bread **\$8.50**

2 X Pizza Squares **\$9.50**

Options double cheezy margherita |
Spanish meatball | Happy Hawaiian **VEG**

MAKE IT A MEAL DEAL! SENIOR ONLY

ADD LUCKY DIP JUICE BOMB \$3.50

ADD LUCKY DIP JUICE BOX \$2.50



THURSDAY

NEW

BORN IN THE USA \$9.90

'BLUE BELL' BURGER

classic beef pattie with lettuce,
tomato, mayo + American cheddar
served with sweet chilli sour cream crisps

Optional Asian inspired tofu VEG \$8.90

'BLUE BELL' BURGER ONLY \$8.00

FRIYAY

TEX MEX NACHO BAR \$8.00

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

Options chilli con carne | veggie bean **VEG | GF**

ADD Raspberry Calippo \$10.90

BUILD YOUR OWN NACHO FRIYAY IS BACK

EVERYDAY ASIAN FLAVOURS

SUSHI LUNCH BOX FROM \$8.90

Baby Sushi + Kool Popcorn + Mini Cookie
Nori Roll + Oriental Rice Crackers + Cookie **+\$1.00**
Rice Paper Roll + Snaps Crackers **+\$1.00**

OPTION TO ADD LUCKY DIP JUICE

Options teriyaki chicken | tuna mayo **GF |**
chicken katsu & lettuce | avocado **GF | VEG**
with soy or sweet chilli sauce

EVERYDAY LUNCHTIME



BABY BOLOGNASIE \$6.00
TWISTA PASTA BOLOGNASIE \$8.50
BOLOGNASIE + GARLIC BREAD \$9.90
 with hidden veg + parmesan
Options beef | veggie | gluten free | dairy free

BABY BUTTER CHICKEN + RICE GF \$6.00

BUTTER CHICKEN + RICE GF \$8.50

BUTTER CHICKEN + NAAN BREAD \$9.90

CHEEZY MEATBALL PASTA \$8.00

(Wednesday only)

WINTER TIME SOUPS \$5.50

Butternut Pumpkin w sour cream GF | VEG
 Hearty Chicken Noodle GF | DF

SOUP BOWL + SOURDOUGH BREAD \$7.50

(GF Bread optional)

SOUP BOWL + CHEEZY BAGEL \$9.50

SIMPLE PASTA BOWL \$4.00

Add Napolitano sauce **+\$1.00**

Add grated mozzarella **\$1.00**

Add beef or veggie bolognese **+\$2.00**

SIMPLE RICE BOWL \$4.00

THE WINTER WINNER TOASTIE \$8.00

By popular demand!



CRISPY CHICKEN, MAYO, MELTED CHEESE + AVO TURKISH TOASTIE

with oven-baked hashbrowns \$9.90

plus side of tomato sauce

Option Margarita Melt **VEG**



IT'S FRENCH FUN DAY \$9.90

TWO WARM GLUTEN-FREE FRENCH STYLE CREPES

with greek yogurt, seasonal berries, banana + topped with milk choc drizzle

Optional Tuesday only **VEG | GF**

Build your own Crepe Theme Day

EVERYDAY MIND FOODS



WHOLE FRUIT \$1.50

COBS POPCORN \$2.20
 GF | VEG | DF

CRISPY FREEZE DRIED FRUIT \$3.50

Options mango | pineapple | strawberry
 GF | VEG | DF

CHERRY RIPE ENERGY BALL \$3.50

GF | VEG | DF

YOGURT POT \$4.50

Options wild berry crumble | honeycomb pie
 strawberry milo disco | seasonal special

MELON IS MAGIC FRUIT PLATE \$4.00

Add more abracadabra!

berries | orange wedges | apple slices **+0.50C**

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

CRACKERS 'N' CHEESE PLATE \$4.00

Choose from jatz | rice crackers | corn chips

Add tasty cheese | cream cheese

Add cucumber circles | cherry tomato **+0.50c**

CRUNCH 'N' MUNCH PLATE \$4.00

Choose from carrot stick | cucumber sticks

Add hummus | guac | cream cheese **+0.50c**

Add salted pretzels **+\$1.00**



'POWER ME' ACAI BOWL

with acai, chia, berries, banana, honey + love

SUSHI TIME



SINGLE SUSHI Senior \$5.70

BABY SUSHI Junior \$5.50

with soya sauce

Choose from teriyaki chicken | tuna mayo **GF |**

chicken katsu & lettuce | avocado **GF | VEG**

RICE PAPER ROLL \$5.90



with sweet chilli sauce

Choose from teriyaki chicken + avocado | Bulgogii |

teriyaki tofu + avocado **VEG**

BAGELS & WRAPS

Senior



CHEEZY BAGELS

FROM \$7.50

Choose from

BLT Crispy bacon, lettuce, tomato mayo**ALT** Smashed avocado, lettuce + tomato**Italian Chicken** sundried tomato, + mixed leaf

IT'S A WRAP

FROM \$7.90

Choose from

Falafel, tomato, hummus + mixed salad**Italian chicken**, sundried tom, mozzarella & mixed leaf**Chicken schnitzel**, mozzarella, ranch dressing + lettuce

SIMPLE SANDWICH

Junior



Choose from

wholemeal | white | GF +\$1.00

FROM \$4.00

BUTTER & VEGEMITE
BUTTER & VEGEMITEJUST CHEESE
JUST CHEESEHAPPY HAM
HAPPY HAMHAM + TASTY CHEESE
HAM + TASTY CHEESE

TOASTIE TIME



Choose from

wholemeal | white |

sourdough | Turkish | GF +\$1.00

FROM \$4.00

CHEESE + VEGEMITE

TASTY CHEESE + TOMATO

HAM + TASTY CHEESE

TOO CHEEZY

HAM, CHEESE + TOMATO

HOT PASTRIES & SNACKS



BABY BEEF PIE

\$2.60

SNACK SAUSAGE ROLL

\$2.60

SPINACH & CHEESE PASTIZZI

\$2.60



CHEEZY BROCCOLI BITES (3)

\$5.20

CHICKEN DRUMMIES (3)

\$5.20

GARLIC BAGUETTE

\$3.20

HASHBROWNS (2)

\$3.00

SWEET POTATO FRIES
subject to availability

\$3.00

counter only

ADD TOMATO OR BBQ SAUCE

+.30C

SUPER SALADS



GOODNESS ME BOWL GF|VEG FROM \$6.00

with green goddess dressing

Mixed leaf, cherry tomatoes, cucumber & carrot

Add avocado VEG +\$1.60

Add falafel bites or tofu GF +\$1.80

Add poached chicken +\$2.00

Add crispy chicken schnitzel +\$2.50

SOBA NOODLE BOWL

with sesame dressing

\$8.00

Japanese style soba noodles, diced cucumber,
ribbon carrot & fried onions

Fav Hero Crispy Chicken Schnitzel

Optional Asian inspired tofu VEG

WARM PESTO ME

\$8.50

PASTA BOWL

with nut free pesto mayo, mozzarella

twista pasta, cherry tomato, basil,

Add poached chicken +\$2.00

Add falafel bites GF +\$1.80

\$7.00

THE POWER RANGER - IT'S PROTEIN TIME

Goodness Me salad bowl with poached
chicken plus a cherry ripe energy ball

\$9.90

SOMETIMES SNACKS



EUCALYPTUS DROPS	\$1.80
FRUITY GEMS	\$2.20
YOGURT FROGS	\$2.20
OVALTEENIES	\$2.20
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	\$2.20
ORIENTIAL RICE CRACKERS	\$2.20

RISE 'N' SHINE



TOAST (1)	\$3.00
Choose from sourdough, raisin or 'Add berry jam, vegemite, honey 'Add cream cheese, avocado +\$1.60	
SCHOOL SUNRISE BREKKIE MUFFIN	\$5.50
Traditional English muffin with 'crispy bacon, egg + melted cheese 'Add oven-baked hashbrown +\$1.50	
BURSTING BLUEBERRY BAGEL	\$5.00
Add cream cheese +\$1.00	
FRESHLY BAKED CROISSANT	\$4.00
Add honey, berry jam +.50c Add cheese +\$1.50 Add ham & cheese +\$1.80	
CHOC CROISSANT	\$4.00
PERUGINI	\$4.50
with jam +\$1.00 With ham + Cheese +\$2.00 (subject to availability)	

CAFÉ BAKED TREATS



MINI CHURROS (4)	\$3.50
COOKIES	FROM \$3.00
Gingerbread circles Classic choc chip Red velvet Oreo kiss [Tues + Wed]	
'MERIDEN' MUFFINS	FROM \$4.00
Apple & forest berry Milky choc chip milo Banana & coconut (2) GF Deluxe muffins +.50c Raspberry + white choc Sticky Date + caramel	
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	\$3.00
See canteen for this weeks flavour	
JUICY TUBES	GF/DF \$2.50
lemonade wildberry tropical	
TWISTED FROYOS	GF \$4.20
choc vanilla vanilla strawberry mango watermelon caramel vanilla	
PURE POPS	FROM \$3.50
choc shake mango banana strawberry mint vanilla rhubarb	
FRIYAY SPECIAL	\$3.00
RAINBOW ICE CREAM CUPS & CONES	
(SUBJECT TO AVAILABILITY)	

LET'S TALK DRINKS – COLD



JUST JUICE BOX \$2.80
paradise punch | apple & blackcurrant

EAST COAST JUICE BOTTLE \$3.80
apple | OJ | lemonade | pineapple

JUICE BOMB SODA CAN \$3.80
apple raspberry | grape | watermelon

FAMOUS SODA PINK LEMONADE CAN \$4.00

NIPPY'S MILK BOX 250ML \$3.80
chocolate | strawberry | honeycomb

BUBLY SPARKLING WATER \$3.80
blackberry | lime | passionfruit

NU PURE STILL WATER \$3.00

KARA COCONUT WATER \$3.50

PAULS DAIRY MILK BOX \$3.00

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 COFFEE \$4.00
Available in regular (8oz) + large (12oz)

cappuciino | flat white | latte | long balck |
vanilla chai latte | milky milo | creamy hot choc

TRY ME! NEW DREAMY WHITE CHOCOLATE
subject to availability

SOOTHING TEAS
breakfast | lemon & ginger | peppermint | green |
earl grey

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

Add vanilla | caramel | decaf | extra shot **+0.50c**

BYO KEEP CUP = 30C DISCOUNT

HAPPY CUSTOMER CARD



**BUY 9 HOT DRINKS TO
RECEIVE #10 FREE**

SUNRISE BREKKIE SPECIAL **WED – FRI**

Traditional English muffin with
'crispy bacon, egg + melted cheese
Add oven-baked hashbrown

INCLUDES HOT DRINK \$9.90



Blue Bell
Cafe