



DAILY DEALS



Meatball Monday **\$8.00**

Italian style meatballs in a tomato sugo served on a sub roll with melted mozzarella

Cheezy Chicken Mornay Tuesday **\$8.50**

Poached chicken & veggies in a creamy mornay sauce served with a side of oven roasted potatoes

Wacky Pizza Wednesday **\$5.50**

Double cheezy Margarita [v] | Bbq meatlovers | Happy Hawaiian

Born in the USA Burger Thursday **\$8.50**

Classic beef patty on a soft potato bun with lettuce, tomato, mayo & American cheddar
[v option available]

Mexican Madness Friday **\$8.50**

Tex Mex nachos with crunchy corn chips, pico de gallo, grated cheese, guacamole & sour cream & FriYay fiesta spirit! [gf, v options available]

RISE N' SHINE



Freshly Baked Croissant **\$4.00**

OPTIONS honey | jam | cheese | tomato

Ham & Cheese Croissant **\$6.00**

Pain au Chocolat **\$4.00**

Sunrise Brekkie Muffin **\$6.50**

English muffin, crispy bacon, egg, cheese, mayo

Blueberry Bagel **from \$5.00**

Cheezy Bagel **from \$5.00**

OPTIONS cream cheese | butter

Banana Bread **\$5.00**

Chocolate Banana Bread **\$6.00**

Hash Browns **\$3.00**

Freshly Baked Muffins **\$4.00**

OPTIONS milo choc chip | berry white chocolate

♥ Fruit Frenzy Cup – Seasonal mixed fruit **\$6.00**

♥ Super Starter Yoghurt Cup **\$6.50**

yoghurt, granola, fresh berries

♥ Melon Cup – fresh cut watermelon **\$5.00**

PASTRIES & SNACKS



Baby Beef Pies **\$2.60**

Snack Sausage Rolls **\$2.60**

Spinach & Cheese Pastizzi (2) [v] **\$4.40**

Garlic Baguette [v] **\$3.20**

Chicken Drumsticks (3) **\$5.20**

Hash Browns [v] **\$3.00**

HEALTH RATING SYSTEM



Great foods for daily consumption balanced item of Energy, Vitamins & Minerals



Select carefully energy-based item / combine with a green item for minerals & vitamins



Only available on special days twice per term, large portion treat foods (Cupcakes/Sweet Pastries)

EVERYDAY LUNCHTIME



Twista Pasta Bolognese [gf, v, vg optional] **\$8.50**

Butter Chicken & Rice **\$8.50**

Soup of the week

Pumpkin with a dollop of sour cream [v, gf] **\$5.50**

Chicken leek & potato [gf, df] **\$5.50**

Soup with sourdough or GF bread **\$7.00**

BETWEEN BREAD



See display for simple toasties on white, sourdough or Turkish bread

Sensational Toastie **\$8.50**

Flamed grilled chicken, slaw, tomato, ranch dressing

Italian Chicken Bagel **\$8.50**

poached chicken & pesto mix, tomato, mixed leaves

Hello Ham Bagel **\$8.50**

ham, cheese, tomato, mixed leaves

Blueberry Bagel **\$6.00**

with cream cheese

Cheezy Bagel **\$6.00**

with cream cheese

Falafel Wrap [v] **\$8.50**

pico de gallo, hummus & mixed market salad

Italian Chicken Wrap **\$8.50**

sundried tomato, mozzarella & mixed leaves

Chicken Schnitzel Wrap **\$8.50**

mozzarella, crunchy slaw, ranch dressing & mixed leaves

SALADS



Goodness Me Bowl [gf] **\$8.50**

with green goddess dressing mixed leaves, tomatoes, cucumber & carrot

ADD falafel & avocado [v, vg, gf] | poached chicken [gf]

Soba Noodle Bowl **\$8.50**

with sesame dressing, Japanese style soba noodles, diced cucumber, shredded carrot & fried shallots

ADD tofu [v] | crispy chicken

Pesto Me Pasta Bowl **\$7.00**

with nut free pesto mayo, parmesan, twista pasta, cherry tomato, fresh basil

ADD poached chicken & \$2.00

Sunburst Super Bowl [gf] **\$8.50**

mixed leaves, cucumber, avocado, bacon, poached chicken, parmesan cheese

Please see counter display for more hot food, drinks, crisps & sweet treats