

EAT SMART

*Combos also
available!*

WRAPS

	PRICE
Butter Chicken Wrap 	\$5.00
Veggie Pocket  	\$4.20
Chilli Bean Wrap  	\$4.80
1/2 Wraps <i>Ham, Chicken or Vege</i>  	\$4.00




RICE DISHES

	PRICE
Teriyaki Chicken on Rice <i>(Cold)</i> 	\$5.50
Butter Chicken on Rice <i>(Hot)</i> 	\$5.50
Rice Balls <i>See cabinet for selection</i> 	\$2.00
Chicken Fried Rice 	\$3.80
Sushi <i>See cabinet for selection</i> 	\$1.00 _{pp}
Sushi Sandwich 	\$5.00

SANDWICHES

	PRICE
Sandwiches <i>See cabinet for selection</i> from	\$2.00

PASTA DISHES

	PRICE
Tuna Pasta Salad 	\$3.80
Italian Pasta 	\$3.50
Surimi Pasta Salad	\$4.00
Pesto Chicken 	\$4.50
Spaghetti Meatballs	\$4.80

ROLLS

	PRICE
Rolls <i>Ham, Beef, Chicken or Vege</i>   from	\$5.50
Crispy Chicken Roll	\$3.20
Garlic Bread Plain 	\$2.00
Garlic Bread Cheesy 	\$2.20


BURGERS

	PRICE
Cheese Burger	\$3.80
Chicken Burger	\$5.00

SALADS

Salads *Chicken, Veggie or Fruit*   from **\$3.80**
 Curried Cauliflower   **\$5.50**

FRESH BAKED

Muffins *Blueberry, Banana, Apple* 
 Scones **\$2.00**
\$2.60

OTHER

Chicken & Vege Dumplings  **\$4.00** 6pk
 Steamed Buns *Pork & Cabbage* 
 Soup Range   **\$2.50**


TREATS

Mrs Higgins Brownie Bites 30g **\$1.90**
 Fruit and Jelly Cup **\$2.00**
 Caramel Slice  **\$2.50**
 Juicies  **\$1.50**
 Yoghurt Tub   **\$1.50**

LOOSE CHANGE

Hash Brown  **\$1.00**
 Hot Dog **\$3.00**
 Chicken Tender **\$1.50**
 Wedges  **\$2.80**
 Popcorn  **\$2.00**
 Chicken Sticks *Southern Style* **\$1.30**

DRINKS

Anchor Blue Top 300ml **\$2.20**
 CalciYum 250ml **\$2.30**
 Otakiri Water 500ml or 750ml  from **\$2.50**
 Otakiri Sparkling Water 500ml **\$3.80**
 Vista Water 355ml **\$3.00**
 Up and Go 250ml **\$2.20**
 Lipton Range 500ml **\$4.00**

EXTRAS

Additional *Sauce, Sour Cream, Cheese* **\$0.50**

Place an order, ready for lunch and don't forget to ask for your free apple!