

### FRESH SANDWICHES (on multigrain bread) SNACKS

Salad Sandwich with cheese and	
choice of protein (ham/chicken/beef)	\$5.00
Ham/Chicken/Beef with cheese	\$4.00
Egg and Lettuce	\$5.00
Simple Sandwich (vegemite/jam/ honey/ham/cheese)	\$3.50

### **FRESH WRAPS**

Salad Wrap with cheese and	
choice of protein (ham/chicken/beef)	\$6.00
Half Wrap	\$3.00

## **TOASTED SANDWICHES & WRAPS**

Fruit (apple/orange/seasonal fruit)	\$1.50
Popcorn	\$2.00
Seaweed	\$2.00
Vege chips	\$2.00
Harvest Snaps	\$2.00
Cheese and crackers	\$2.00
Vanilla yoghurt (tub or pouch)	\$2.00
Mini muffin	\$1.50
Cookie	\$1.50
Bliss Ball (chocolate or apricot) (dairy and nut free)	\$1.00
Granola Slice with choc chips	

SALADS	
Chicken and Cheese Toasted Wrap	\$6.00
Pizza Pocket (ham and cheese with tomato relish in a toasted wrap	) \$6.00
Beef Melt (roast beef with onion relish in a toasted turkish roll)	\$6.00
Add tomato, spinach	50c each
Chicken and Cheese Toastie	\$4.00
Ham and Cheese Toastie	\$4.00

Boxed Salad with egg, cheese, dressing \$6.00 and protein (ham/chicken/beef)

(dairy and nut free)	\$1.00
BENTO BOX	
1/2 wrap (ham/vegemite/cheese) egg, carrot, cucumber, cherry tomato, dip and bliss ball	\$5.00
FROZEN SNACKS	
Frozen Apple Juice Cups	\$1.50
Quelch Icy Poles	\$1.00

# F

Frozen Apple Juice Cups	\$1.50
Quelch Icy Poles	\$1.00
Frozen Pineapple Rings	50c

# DRINKS

Water (600ml)	\$2.00
Plain Sparkling Water (500ml)	\$3.00
Bubly Flavoured Sparkling Water (raspberry/lime) (375ml)	\$3.00
Plain Milk (200ml)	\$2.00