**HEALTHY OPTIONS**

**SALAD PACKS**
Large $7.00 / Small $4.00

- Garden Salad - Vegetarian, Ham or Chicken
- Moroccan Cous Cous
- Quinoa and Carrot
- Seasonal Fruit

**Sushi**
Teriyaki and California
- $2.50 a roll

- **Sandwiches** - $4.00
- **Wraps** - $6.00
- **Small Roll** - $2.50
- **Single Cut Roll** - $5.00
- **Double Cut Roll** - $7.00

All include 3 fillings
- **Ham, Chicken, Silverside, Cheese, Egg, Curried Egg, Tuna**
- **Tomato, Lettuce, Cucumber, Carrot, Beetroot, Avocado, Gherkin, Mayonnaise, Mustard**

Extra fillings 50 cents each

- **Fresh Fruit** from $2.00
- **Yoghurt** - $2.50

**SELECT CAREFULLY**

- **Sausage Roll** - $4.00
- **Pie – meat, chicken, potato** - $4.00
- **Pasty – vegetarian** - $4.00
- **Quiche – Lorraine, spinach** - $4.00

- **Chicken & mayo roll** - $5.00
- **Chilli Tender roll** - $5.00
- **Hot Dog w/sauce/cheese** - $4.00
- **Pizza Subs** - $3.00
- **Pizza – Ham & pineapple, Supreme, Vegetarian** - $4.00

- **Chicken Burger**
  - Inc. cheese, lettuce, mayo - $5.00
- **Beef Burger**
  - Inc. cheese, lettuce, tomato, sauce - $5.00

- **Noodle Cups – Beef/Chicken** - $3.00
- **Goujons** (Chicken fingers) - $4.00 cup

- **Vegemite Scrolls** - $3.00
- **Cheese & Bacon Scroll** - $2.50
SELECT CAREFULLY

CAKES
Finger buns - plain/buttered  - $3.00
Apple or Berry Scrolls  - $3.50
Muffins (assorted Flavours)  - $3.50

ICE CREAMS
Streets range various prices

CRISPS
Red Rock & Smiths Chips
   Assorted flavours  - $1.50

FRESH JUICE

Daily Juice/ Nippy’s 500ml  - $3.50
(Orange, apple, apple & blackcurrant, breakfast juice, orange & mango)

Berri 350ml  - $2.50
(Orange, apple, tropical, apple & blackcurrant)

Just Juice 200ml  - $1.50
(Orange, apple, paradise punch, apple & blackcurrant)

FRESH MILK

Plain Skim Milk 375 ml  - $1.50
600ml  - $2.50
Flavoured 375ml
   Chocolate, Strawberry

WATER

Summit/Nippy’s 600 ml  - $2.50