

FROM THE DELI BAR FRIDGE

	\$
Seasonal Fresh Fruit FROM	1.00
Fruit Salad (Made Fresh Daily) From	4.00
Yoghurt with Muesli	3.70
Croissant (Filled extra 50 cents)	3.70
Toast with Choice of Spreads (Vegemite, Nutella, Jams)	1.00
Dip and Zatar Bread	2.50
Frittata (Vegetarian)	4.50
Sushi Rolls (Californian, Vegetarian, Chicken & Tuna)	2.60

FRESHLY-MADE SANDWICHES

\$
\$0.20 Extra For toasted, \$1.00 Extra For Roll

Cheese & Tomato	3.50
Ham & Cheese	3.50
Ham, Cheese & Tomato	4.00
Salad (Lettuce Mix, Tomato, Carrot, Cucumber, & Light Mayo)	4.30
Egg & Lettuce	4.00
Cheese & Salad	4.50
Roast Chicken & Salad	4.50
Ham & Salad	4.50
Gourmet Wraps From	5.50

FROM THE HOT FOOD BAR (\$0.20 EXTRA FOR SAUCES)

	\$
Egg Bacon Muffin(cheese extra 50c)	3.20
Breakky Wrap (bacon, egg and hashbrown with BBQ sauce)	4.70
Hash Browns (Oven Baked)	1.00
Steamed Dim Sim	1.00
Homemade Sausage Roll	4.00
Pies	3.70
Zinger Pocket or Burger	5.50
Chicken or Beef Burger (with lettuce) From	4.50
Oven Baked Wedges	3.30
Sweet Chili Chicken Tender (each)	2.30
Sweet Chili Chicken Tender, Lettuce and Mayo Wrap	4.50
Vegetarian Spring Rolls	3.00
Devil Wings	3.70
Homemade Pizza Slice	4.00
Beef or Vegetarian Nachos (H) From	4.50
Chicken Souvlaki	5.50
Chicken Parma Wrap	5.50
Variety of Pasta Daily (Spiral, Lasagne, Tortellini & Ravioli)From	4.50
Variety of Rice, Curry, Noodle, Stir-Fry Meals From	4.50
Roast Beef Roll	5.50
Homemade Soup of the day (Seasonal)	4.50
Spinach and Cheese Spanakopita	5.00
Pide (Spinach or Lamb)	5.50
Baked Potato (Vegetarian, Beef (H) or Bacon)	5.00



FROM THE SALAD BAR (DAILY SPECIAL)

	\$
Moroccan Cous Cous Salad	5.00
Quinoa Salad	5.00
Thai Noodle Salad	5.00
Chicken Caesar Salad	6.00
Greek Salad	5.00
With Chicken, Tuna or Beef	6.00

GOURMET PANINI

	\$
Ham, Cheese and Tomato	4.50
Mediterranean Vegetable (Veg)	5.50
Tandoori or BBQ Chicken	5.50
Chicken Schnitzel	5.50

DRINKS

	\$
Apple/Orange (350ml)	3.50
Up and Go	3.20
Oak- 300ml	2.60
Oak- 600ml	3.60
Ice Break - 500ml	3.60
Bottled Water (500ml)	2.50
Bottled Water (750ml)	3.80
Soft Drink Can	2.00
Mineral Water (Lemon & Lime, Orange & Mango)	3.00
Soft Drink 450ml Bottle	3.70
Iced Tea 500ml Bottle	3.70

FROM THE CAFÉ BAR

	\$
Hot Chocolate	3.00
Café Latte (Lite/Full Cream Milk)	3.00
Cappuccino (Lite / Full Cream Milk)	3.00
Flat White (Lite / Full Cream Milk)	3.00
Chai Latte	3.50
Espresso / Short Macchiato	2.50
Long Macchiato	3.00

EXTRAS

	\$
Soy Milk/ Strong / Extra Shot	0.50
Medium Cup	3.50
Extra Large Cup	4.50

ICE CREAM

	\$
Calippo	1.00
Icy Twist	1.00
Paddle Pop	1.70
Paddle Pop Thick Shake	2.80
Frozen Yoghurt Cup	1.70

SNACKS

	\$
Muffins (chocolate, blueberry, apple & cinnamon etc)	3.50
Cake Slices	2.50
Slices	2.00
Rock Deli Chips	2.50

LUNCH ORDERS - HOW TO ORDER

1. Place & pay for order at cafe with staff prior to 9am
2. Collect order from cafe at lunch break

Please note: items may not be available due to supplier stock. - similar product will be provided.