MONDAY

Anzac Biscuit (D,V)	$ .50
Gluten-Free Lemon Yoghurt Cake (GF,E,D,V)	$2.00
Scone with Jam & Cream (D,V)	$3.50
Blackberry Muffins (E,D,V)	$3.50
Pizza (D,V) Gluten-Free & Vegan Available	$2.50
Seasonal Fruit	50c/$1.00/$2.00

LUNCH

Pasta with Tomato Sauce (VG) $5.00
(Gluten-Free Available)

Salad Roll (VG,M) $5.00

Baked Potato (V,D,GF) $8.00
Cheese, Sour Cream, Butter, Coleslaw

Pizza (D,V) Gluten-Free and Vegan Available $2.50

Lettuce Salad (GF,D,V) $3.00
Lettuce, Tomato, Cucumber, Fetta & Olives

Coleslaw with Charred Corn (GF,VG,M) $3.00
Cabbage, Celery, Carrot, Parsley, Corn

Nature Jans Rice Salad (VG,GF,SS) $3.00
Ginger, Zucchini, Spring Onion, Eggplant, Carrot, Red Capsicum, Black
Sesame Seeds

GF - Gluten free *please note traces of wheat may be present   VG – Vegan
V- Vegetarian. E - Contains Egg. D - Contains Dairy. S - Contains Soy.
SS - Contains Sesame, M – Contains Mustard Seed

All products are produced in a kitchen where wheat, sesame seeds, eggs and dairy products
are present, traces of each allergen may be found in foods served.

TUESDAY

Anzac Biscuit (D,V)	50c
Whole Orange Cake (E,GF,V)	$3.50
Pizza (D,V) (Gluten-Free & Vegan Available)	$2.50
Banana Bread with Cream Cheese Icing (E,D,V)	$2.00
Chocolate Banana Muffins (D,V)	$3.50
Seasonal Fruit	50c/$1.00/$2.00

LUNCH

Stir Fry Vegetables with Rice Noodles (VG,S)	$5.00
Kitchardi Dahl (D,GF,V)	$7.00
Salad Roll (VG,M)	$5.00
Pizza (D,V) Gluten-Free & Vegan Available	$2.50
Lettuce Salad (GF,D)	$3.00

Lettuce, Tomato, Cucumber, Fetta & Olives

Chickpea Salad (GF,VG)	$3.00

Chickpeas, Roasted Carrots, Onion, Corriander, Cauliflower, Currants & Mint

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WEDNESDAY

Anzac Biscuit (D,V)	50c
Rice Pudding (GF,D,V)	$3.50
Sourdough Fruit Buns (VG)	$3.50
Apple Cake (D,V,E)	$3.50
Pizza (D,V) (Gluten-Free & Vegan Available)	$2.50
Seasonal Fruit	50c/$1.00/$2.00

LUNCH

Pumpkin Soup with Coconut, Ginger & Lemongrass (VG, GF)	$7.00
Tofu Nori Hand Roll (VG,SS,S,M,GF)	$3.00
Tuna Nori Hand Roll (SS,Tuna, M, GF)	$3.00
Salad Roll (VG,M)	$5.00
Pizza (D,V) Gluten-Free & Vegan Available	$2.50
Lettuce Salad (D,GF,V)	$3.00

Lettuce, Tomato, Cucumber, Fetta & Olives

Vietnamese Noodle Slaw Salad (VG,GF,SS,S,M)	$3.00

Cabbage, Carrot, Celery, Corriander, Mint, Sesame Seeds
Tofu, Cucumber, Rice Noodles

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THURSDAY

Anzac Biscuit (D,V)	50c
Gluten-Free Lemon Yoghurt Cake (E,D,V)	$2.00
Pizza (D,V) (Gluten-Free & Vegan Available)	$2.50
Chocolate Muffin (D,E,V)	$3.50
Coconut Butter Cake with Berries (E,D,V)	$2.00
Seasonal Fruit	50c/$1.00/$2.00

LUNCH

Pasta with Tomato Sauce (VG) (Gluten-Free Available, pre-order before 11am)	$5.00
Vegetarian Lasagne (GF, D,V)	$7.00
Beef Lasagne (D)	$10.00
Salad Roll (VG,M)	$5.00
Pizza (D,V) (Gluten-Free & Vegan Available)	$2.50
Lettuce Salad (GF,D,V) Lettuce, Tomato, Cucumber, Fetta & Olives	$3.00
Quinoa Salad (VG, GF) Lemon, Parsley and Roasted Cauliflower	$3.00

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FRIDAY

Anzac Biscuit (D,V)	.50c
Carrot Cake with Cream Cheese Icing (D,E,V)	$2.00
Chocolate Brownie (GF,E,D,V)	$3.50
Lemon Blueberry Muffin (E,D,V)	$3.50
Pizza (D,V) (Gluten-Free & Vegan Available)	$2.50
Seasonal Fruit	50c/$1.00/$2.00

LUNCH

Spanakopita (D,V)	$7.00
Salad Rolls (VG,M)	$5.00
Pizza (D,V) (Gluten-Free & Vegan Available)	$2.50
Calamari Ring (GF,D)	$1.00
Lettuce Salad (GF,D,V) Lettuce, Tomato, Cucumber, Fetta & Olives	$3.00
Potato Salad (VG,GF,M)	$3.00
Vietnamese Coleslaw (VG,GF,SS,S,M) Cabbage, Carrot, Celery, Corriander, Mint, Sesame Seeds Cucumber	$3.00

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