

Kitchen Menu: Term 2, 2022



MORNING TEA		LUNCH	
Croissant - ham & cheese	5.25	Daily Specials	
Warm focaccia - salami & cheese or ham & cheese	4.00	<i>Monday:</i> Steamed pork dim sum – soy sauce	5.80
Pasta Carbonara - creamy bacon, egg & cheese sauce	4.90	<i>Tuesday:</i> Pasta Bolognese - parmesan cheese	5.80
		<i>Wednesday:</i> Loaded wedges, smoky chicken & cheese	5.80
Gnocchi - tomato, cannellini & mushroom (GF, Vegan)	4.90	<i>Thursday:</i> Nachos – Mexican chipotle beef nachos (GF)	5.80
		<i>Friday:</i> Edamame & Egg Fried Rice - market fresh vegetables (GF, V)	5.80
Sausage Roll	3.40		
SNACKS		Burgers (GF on request)	
Cheddar cheese & crackers	3.20	Grilled Chicken Tender Roll – Greek salad	5.80
Beetroot Relish & vegetable sticks (Vegan, GF)	3.75	Gourmet Beef Burger – lettuce, tomato, cucumber, carrot, beetroot, caramelised onion, chipotle sauce	6.25
Mexican dip, corn chips (V, GF)	5.00		
Healthy Fruits & Yoghurts		Falafel Roll - lettuce, tomato, cucumber, salad onion & beetroot dressing (V)	5.80
Whole fruits - assorted (Vegan, GF)	1.00		
Fruit cup - watermelon or pineapple (Vegan, GF)	3.25	Hot Food	
Fruit salad (Vegan, GF)	4.00	Crispy spinach & feta triangles (V)	4.00
Greek yoghurt - watermelon or pineapple (V, GF)	3.20	Hot Dog	3.90
Yoghurt cup, granola & berries (V)	5.00	Deluxe Dog – cheese Kransky & sauerkraut	4.90
Jelly fruit cup (GF)	2.00	Sausage Roll	3.40
Baked Goods		Pizza – BBQ Chicken or Ham	3.80
Cake - chocolate or vanilla	1.90	Pasta Carbonara – creamy bacon, egg & cheese sauce	4.90
Iced Finger bun	2.50	Gnocchi - tomato, cannellini & mushroom (GF, Vegan)	4.90
Banana bread	2.50	Toasted Turkish Bread - BBQ pulled pork & cheese	5.25
Cookies – baked onsite	2.60	Toasted Turkish Bread – Chicken, ham & cheese	5.25
Slices – vanilla, apple, chocolate, caramel etc.	3.90	Sandwiches	
Apple & cinnamon scroll	4.40	Sandwiches	3.75
Lamington	3.20	<ul style="list-style-type: none"> Salad wrap - lettuce, tomato, cucumber, carrot, beetroot Salami, cheese & red onion Chicken Caesar, bacon & lettuce Ham, cheese & tomato Egg salad & lettuce 	
Pre-packaged chips		Extra fillings or Toasted, each	+0.50
Grain waves	1.60	Roll or Gluten Free, each	+1.00
Snaps (GF)	1.60	Salads and Sushi	
Red rock deli chips 28gm	1.60	Greek salad – lemon infused chicken tenders (GF)	5.80
Red rock deli chips 45gm	2.60	Roast vegetable salad – Pomegranate molasses (GF, V)	5.80
Ice Blocks		Quinoa, corn, cannellini & tomato salad (GF, Vegan)	5.80
Calippo	1.30	Falafel Garden Salad, beetroot dressing (GF, Vegan)	5.80
Icy Twist – lemonade	1.60	Sushi Rolls (beef, chicken, tuna or vegetarian)	3.90
Ice cream cups (Nut & Gluten Free)	1.50		
Paddle Pop – chocolate, rainbow, strawberry	2.20		
Cyclone	2.80		

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Splice – Pine Lime	2.90	Rice paper rolls (beef or chicken)	3.90
COLD DRINKS		COLD DRINKS	
Milk		Lightly Flavoured Sparkling Water (zero sugar)	
Plain milk 300ml	1.60	Lime and Lemon 375ml	2.50
Plain milk 500ml	2.20	Pineapple & Orange 375ml	2.50
Flavoured milk 300ml (chocolate, coffee, strawberry)	2.60	Raspberry & Blackcurrant 375ml	2.50
		Tropical Passionfruit 375ml	2.50
Juices		Krazy Lemon	
Orange or Orange/Mango 300ml	2.60	Classic – 500ml	4.50
Emma & Tom’s Small Juice 250ml	3.75	Ginger – 500ml	4.50
Emma & Tom’s Smoothie 350ml	4.25	Strawberry – 500ml	4.50
Emma & Tom’s Quencher 450ml	4.25	Kombucha (no sugar)	
Emma & Tom’s Green Tea 450ml	4.25	Assorted flavours in the fridge 250ml	3.20

ONLINE ORDERS

Orders must be placed by **7:30am** for same day service.
You can order up to 10 days in advance.

DIETARY REQUIREMENTS

Vegan
V = Vegetarian
GF = Gluten Free

GF options prepared by the kitchen may contain traces of gluten,
as we are not a gluten free environment.