

## Kitchen Menu Term 2 - 2024

Item	Price	Item	Price
<b>Morning Tea</b>		<b>Snacks</b>	
English Muffin - bacon, egg & cheese	4.75	Cheddar cheese & crackers	3.20
Croissant - ham & cheese or chicken & cheese	5.90	Boiled eggs & crackers	3.20
Toasties – tomato & cheese (V) or ham & cheese	4.00	Vegetable sticks & hommus (Vegan, GF)	3.75
Pasta Carbonara – creamy bacon, egg & cheese sauce	5.50	Mexican dip, corn chips (V, GF)	5.50
Baked gnocchi – basil pesto & tomato sauce (GF, V)	5.50		
Sausage Roll	4.20	<b>Healthy fruits &amp; yoghurts</b>	
		Whole fruits – assorted (Vegan, GF)	1.00
<b>Lunch</b>		Fruit cup – watermelon or pineapple (Vegan, GF)	3.50
<b>Daily Specials:</b>		Fruit salad – (Vegan, GF)	4.50
Monday: Steamed chicken dim sum – nam jim (VO)	6.20	Fruit salad & yoghurt (GF, V)	5.50
Tuesday: Butter chicken, veges, rice & naan (GF, w/out naan)	6.20	Yoghurt cup, granola & berries (V)	5.50
Wednesday: Edamame & vegetable fried rice (GF, V)	6.20	Jelly fruit cup (GF)	2.00
Thursday: Nachos – Mexican chipotle beef nachos (GF, VO)	6.20		
Friday: Pasta Bolognese - parmesan cheese (VO)	6.20	<b>Baked Goods</b>	
		Cake - chocolate or vanilla	2.20
<b>Burgers (GF on request)</b>		Iced Finger bun	2.60
Grilled Chicken & Bacon Burger – lettuce, tomato & mayo	6.50	Banana bread	2.60
Gourmet Beef Burger – lettuce, tomato, cheese, chipotle sauce	6.50	Cookies – baked on site	2.80
Lentil burger - loaded salads & chickpea pate (Vegan)	6.50	Slices – vanilla, apple, chocolate, caramel etc.	4.50
<b>Hot Food</b>		Apple & cinnamon scroll	5.00
Crispy spinach & feta triangles (V)	4.60	Lamington	4.50
Hot Dog	4.60		
Meatball sub – tomato sauce & cheese	5.20	<b>Pre-packaged chips</b>	
Beef pie	5.50	Grain waves	1.80
Sausage Roll	4.20	Red rock deli chips 28gm	1.80
Pizza – Margherita (V) or Ham	3.80	Red rock deli chips 45gm	2.90
Pasta Carbonara – creamy bacon, egg & cheese sauce	5.50	Twisties – Cheese 45gm	2.90
Baked gnocchi – basil pesto & tomato sauce (GF, V)	5.50	Doritos – cheese supreme 45gm	2.90
Toasted Turkish Bread - BBQ pulled pork & cheese	5.90	Smith's BBQ	2.90
Toasted Turkish Bread – antipasto vegetables & cheese (V)	5.90	Burger Rings	2.90
<b>Sandwiches, Salads and Sushi</b>		<b>Ice Blocks</b>	
Sandwiches:	4.20	Calippo	1.90
• Wrap - lettuce, tomato, cucumber, carrot, beetroot (V)		Icy Twist – lemonade	2.00
• Wrap – Tandoori chicken, lettuce & raita		Ice-cream Cups (Nut & Gluten Free)	1.70
• Sandwich – Chicken, bacon, lettuce & Caesar dressing		Paddle Pop – chocolate, rainbow	2.60
• Sandwich - Ham, cheese & tomato		Cyclone	3.50
• Sandwich - Egg & lettuce		Splice – Pine Lime	3.50
- Extra fillings, add \$0.50		Easy Peasy Lemon Freezy (Vegan)	1.70
- Toasted, add \$0.50		Frozen Coconut Milk Dessert (Vegan)	1.90
- Roll, add \$1.00		Magnum – classic, white	5.20
- GF, add \$1.00			
Sesame chicken & glass noodle salad (GF, V)	6.20		
Roast pumpkin, mixed leaves, pepitas, feta & craisins – honey soy beef & pomegranate molasses (GF)	6.20		
Pumpkin arancini salad, chickpea dressing (GF, Vegan)	6.20		
Sushi Rolls (chicken, tuna or vegetarian)	4.00		

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

# Kitchen Menu 2024 Term 2

## Continued...

<b>Cold Drinks</b>	
<b>Milk</b>	
Plain milk 300ml	1.80
Plain milk 500ml	2.50
Flavoured milk 300ml (chocolate, coffee, strawberry)	3.00
<b>Juices</b>	
Orange - Orange/Mango – Orange/Passionfruit 300ml	3.00
Emma & Tom’s Small Juice 250ml	4.20
Emma & Tom’s Smoothie 350ml	4.90
Emma & Tom’s Quencher 450ml	4.90
<b>Kombucha (no sugar)</b>	
Assorted flavours in the fridge 250ml	3.50
<b>Sodaly (no sugar)</b>	
Assorted flavours in the fridge 250ml	3.50
<b>Lightly Flavoured Sparkling Water</b>	
Lime 375ml ( <i>zero sugar</i> )	2.50
Mango 375ml ( <i>zero sugar</i> )	2.50
Raspberry 375ml ( <i>zero sugar</i> )	2.50
Passionfruit 375ml ( <i>zero sugar</i> )	2.50
<b>Krazy Lemon</b>	
Classic – 500ml	4.60
Ginger – 500ml	4.60
Strawberry – 500ml	4.60

**Information:**

Online Order Cut Off Times:

Morning Tea: 7.30am

Lunch: 7.30am

If required for same day service.

(You can order up to 7 days in advance.)

Dietary Requirements

We are able to cater for most dietary requirements – please enquire at the Kitchen.