

Sandwich, Tortilla Wrap, Panini, Seeded Turkish, Baguette, Sourdough & Gluten Free

Chicken

Chicken Schnitzel	chicken schnitzel, herb mayonnaise, tomato & lettuce
Chicken Caesar	chicken breast, caesar dressing, parmesan cheese, boiled egg, crispy bacon & lettuce
Chicken Mayonnaise	chicken breast, mayonnaise & mixed lettuce
Chicken & Avocado	chicken breast, mayonnaise, avocado spread, semi dried tomato & lettuce
Chicken & Bacon Club	chicken breast, avocado spread, mayonnaise, crispy bacon, tomato & lettuce
Walnut Chicken	chicken breast, mayonnaise, walnuts, celery, dill & rocket
Pesto Chicken	chicken breast, pesto mayonnaise, tomato, fresh basil, mozzarella cheese & lettuce
Chicken, Miso & Asian slaw	chicken miso mayonnaise, Asian veg, coriander, toasted sesame mayonnaise & sweet chilli sesame dressing
Chicken Parma	chicken schnitzel, smoked ham, mozzarella cheese, napoletana sauce & baby spinach

Vegetarian

Vegan Rainbow	homous, cucumber, carrot, pickled red onion, baby spinach, mint, red & white cabbage
Waldorf Salad	shredded purple and green cabbage, carrot, walnuts, celery, apple, vegan mayonnaise, grapes & spinach
Cheese & Tomato	tasty cheese & tomato
Dairy Free Cheese & Tomato	dairy free cheese, vegan mayonnaise & tomato
Super Salad	tasty cheese, avocado spread, cucumber, mayonnaise, tomato, carrot & lettuce
Egg & Lettuce	egg mayonnaise & lettuce
Falafel & Tabouli	falafel, homous, tabouli, tomato, sweet chilli sauce & mixed lettuce
Tomato, Bocconcini & Basil	tomato, bocconcini cheese, baby spinach, basil pesto & balsamic glaze

Deli Cuts

Ham, Cheese & Tomato	smoked ham, honey mustard mayo, tasty cheese & tomato
Ham & Mozzarella Ploughmans	smoked ham, mozzarella cheese, dijon mayonnaise, dill pickle, tomato, mustard pickle & mixed lettuce
Prosciutto, Basil & Mozzarella	prosciutto, aioli, tomato, basil, mozzarella cheese, capsicum & mixed lettuce
Turkey, Cranberry & Brie	turkey breast, cranberry sauce, brie cheese, cucumber & lettuce
BBQ Pulled Pork	pulled pork, smokey bbq sauce, mayonnaise, tasty cheese, carrot, lettuce, shredded purple & green cabbage
New York Beef	roast beef, horseradish mayo, mozzarella cheese, tomato, caramelised onion & lettuce
Roast Beef	roast beef, grain mustard, tomato, caramelised onion & lettuce
Corned Beef, Slaw & Mozzarella	corned beef, mozzarella cheese, shredded purple & green cabbage, mayonnaise, carrot & lettuce
Reuben	corned beef, Russian dressing, tomato, dill pickle, mozzarella cheese, lettuce & sauerkraut
Italian Club	smoked ham, sopressa salami, herb mayo, basil, mozzarella cheese, tomato & lettuce
Lamb Souvlaki	roast lamb, tzatziki, cucumber, shredded purple & green cabbage, dukkah, kalamata olives, pickled red onion, mint & mixed lettuce
Tuna Salad	pole & line caught tuna, mayonnaise, celery, parsley, tomato, red onion, corn & lettuce
Tuna, Aioli & Cucumber	pole & line caught tuna, celery, parsley, tomato, red onion, corn, fresh dill, aioli, cucumber & lettuce

Finger Sandwiches

Walnut Chicken & Rocket	chicken breast, mayonnaise, walnuts, celery, dill & rocket
Lemon Thyme Chicken	chicken breast, lemon thyme mayonnaise, lettuce
Turkey Cranberry & Brie	turkey breast, cranberry sauce, brie cheese, cucumber & spinach
Smoked Salmon & Dill	smoked salmon, cream cheese & fresh dill
Egg, Mayo & Chives	smashed egg, mayonnaise & chives
Beef, Tomato & Horseradish	roast beef, caramelised onion, semi dried tomato, horseradish mayonnaise & rocket
Bocconcini, Pesto & Spinach	baba ganoush, bocconcini cheese, capsicum, pesto & baby spinach
Ham, Relish & Mozzarella	smoked ham, tomato relish & mozzarella cheese

Salad & Poke Bowls

Middle East Mezze	falafel, feta cheese, peas, broccoli florets, toasted seeds, coriander, mixed quinoa, brown rice, red & white cabbage, baba ganoush & French dressing
Mexican Supergrain Bowl	Mixed quinoa, brown rice, shredded red & white cabbage, red capsicum, black beans, corn, tortilla chips, salsa, lemon, guacamole & coriander
Vegan Rainbow Bowl	Mixed quinoa, pickled red onion, brown rice, shredded red & white cabbage, carrot, peas, mint, homous, broccoli florets, toasted seeds, lemon wedge & french dressing
Pumpkin, Beetroot & Feta	roasted pumpkin, feta cheese, kale, cos lettuce, mint, beetroot, green peas, toasted seeds & French dressing
Cranberry & Kale Supergreens	cos lettuce, chopped kale, rocket, edamame, mint, almonds, mixed seeds, cranberries, sweet potato, cherry tomato, lime & mint dressing
Persian Lamb & Pomegranate	herb roasted lamb, sweet potato, pomegranate, mint, green olives, pickled red onion, mesclun, rocket, cucumber, homous & mint dressing
Vietnamese Chicken Noodle Salad	chicken breast, white & red cabbage, hokkien noodles, carrot, mint, coriander, crispy shallots, lemon, cucumber & sweet chilli sesame dressing
Chicken Avocado	chicken breast, cucumber, avocado, grape tomato, toasted seeds & salad mix, balsamic dressing
Chicken Caesar	chicken breast, bacon, caesar dressing, cos lettuce, croutons, boiled egg & parmesan cheese
Chicken Souvlaki Salad	dukkah spiced chicken breast, cucumber, feta cheese, kalamata olives, pickled red onion, grape tomato, mixed quinoa, brown rice, shredded & white cabbage, mint, lemon wedge & balsamic dressing
Thai Chicken Salad	chicken breast, Chinese & red cabbage, fresh red capsicum, carrot, mint, coriander, shallots, crushed peanuts, brown rice, mixed quinoa, lemon wedge & sweet chilli sesame dressing
Mexican Chicken Kale Caesar	chicken breast, kale, cos lettuce, shredded cheese, tortilla chips, red capsicum, jalapeno chilli, coriander & chipotle caesar dressing
Chicken Poke Bowl	chicken breast, mixed quinoa, brown rice, shredded purple & green cabbage, edamame beans, cucumber, carrot, pink radish, coriander, shallots, toasted seeds, shoyu dressing, wasabi mayo
Salmon Poke Bowl	salmon, mixed quinoa, brown rice, shredded purple & green cabbage, edamame beans, cucumber, carrot, pink radish, coriander, shallots, toasted seeds, shoyu dressing, miso tahini
Spanish Tuna Salad	pole & line caught tuna, mayonnaise, celery, parsley, mixed lettuce, green olives, cherry tomato, boiled egg, dill pickle & lemon dressing
Chilaca Chicken Salad	chicken breast, fusilli pasta, tomato pesto, peas, parmesan cheese, sliced green chilli & coriander

Breakfast

Spinach, Feta & Egg Wrap	spinach, feta cheese & scrambled egg
Bacon & Egg Wrap	bacon & scrambled egg
Ham & Cheese Croissant	ham & cheese
Bacon, Egg, BBQ Sauce & Cheese Roll	bacon, egg, bbq sauce & tasty cheese roll
Ham & Cheese Toastie	ham & tasty cheese
Chicken & Cheese Toastie	chicken breast, mayonnaise & tasty cheese

Protein Tubs

Chicken Slow Burner	chicken breast, feta cheese, cucumber, green chilli, coriander, mint, dukkah, spinach, rocket, kale, lentils, red & white cabbage, peas & salsa verde dressing
Hot Smoked Salmon Protein Tub	Hot Smoked Salmon, mixed quinoa, brown rice, shredded red & white cabbage, peas, lemon wedge, dill, grape tomatoes, almonds, spinach & French dressing
Chicken Satay & Broccolini Tub	chicken breast, mixed quinoa, brown rice, shredded purple & green cabbage, satay sauce, broccolini, lemon wedge, lentils, chilli, mint, coriander & toasted seeds
Halloumi & Grains Protein Tub	Halloumi, kale, mixed quinoa, brown rice, shredded purple & green cabbage, lentils, beetroot, almonds, sweet potato, toasted seeds & lemon dressing
Falafel & Beetroot Homous Tub	Beetroot homous, falafel, mixed quinoa, brown rice, shredded purple & green cabbage, cucumber, pomegranate, mint, feta, cherry tomato & French dressing

Fruit Pots

Fruit Salad Pot	Pineapple, rockmelon, watermelon, honeydew melon, grapes, strawberries & apple
Pineapple & Lime Pot	Pineapple & lime
Melon Melody Pot	Rockmelon, watermelon & honeydew melon
Fresh Coconut Pot	Fresh coconut
Grape Pot	Black & white grapes
Apple & Grape Pot	Apple & grapes
Apple & Peanut Butter	Apple wedges & peanut butter dip

Fruit Bowls & Yoghurts

Fruit Salad	Pineapple, rockmelon, watermelon, honeydew melon, grapes, strawberries & apple
Fruit Salad & Yoghurt	Pineapple, rockmelon, watermelon, honeydew melon, grapes, strawberries & apple with passionfruit yoghurt
Mixed Berry & Mango Yoghurt	Greek yoghurt, mixed berries & mango puree
Mango, Pineapple & Passionfruit	Greek yoghurt, mango, pineapple & passionfruit
Blueberry & Granola Yoghurt	Greek yoghurt, blueberries & granola

Salad & Snack Pots

Garden Salad Pot	Mixed lettuce, carrot, cucumber, cherry tomato
Chicken & Edamame Pot	Mixed quinoa, brown rice, rocket, chicken breast, edamame & lemon wedge
Smoked Trout & Egg Pot	Smoked trout, mixed quinoa, brown rice, spinach, edamame, boiled egg & lemon wedge
Tortilla Chips, Guacamole & Salsa Pot	Tortilla chips, guacamole dip & tomato salsa
Veggies & Baba Ganoush Pot	carrot, celery & baba ganoush
Veggies & Homous	carrot, celery & homous
Spinach & Eggs	cage free eggs & baby spinach

Specials

Roast Pork & Crackling Sourdough Baguette	Roast pork shoulder, apple chutney, crackling, butter & spinach
Smoked Ham & Swiss Sourdough Baguette	Smoked ham, tomato, butter, Swiss cheese & baby rocket
Smoked Bourbon Beef Brisket & Havarti Sourdough Baguette	Smoked bourbon beef brisket, havarti cheese, spinach & classic slaw
Chicken, Corn & Jalepeno Wholemeal Wrap	Chicken breast, aioli, coriander, mint, corn, jalepenos, capsicum & lettuce
Greek Chicken Salad Flatbread	Chicken breast, feta cheese, kalamata olives, tzatziki, tomato, cucumber, lemon dressing, cos lettuce, dill & pickled red onion
Roasted Pumpkin, Basil & Goats Cheese Flat Bread	roasted pumpkin, goats cheese, basil, capsicum, cucumber, spinach & mixed green leaves