



**SUPER SPECIAL**  
ADD A 500ML SPRING WATER TO ANY SALAD OR COLD ROLLS FOR ONLY \$1.00

# Salads

S1	QUINOA & ROASTED CAULIFLOWER	G	V G D F V	Quinoa, roasted cauliflower, capsicum, chick peas, spring onions, parsley, pepita seeds and sticky balsamic dressing	\$6.90
S2	VERMICELLI NOODLE	G	D F	Vermicelli noodles lightly coated in sesame oil, julienne carrots, capsicum and spring onions, coriander and mint with Asian chicken and a soy lime dressing	\$5.90
S3	GREEK	G	V	Mixed lettuce, fetta cheese, Kalamata olives, roasted capsicum, red onion, tomato, cucumber with a garlic and oregano vinaigrette	\$5.90
S4	CHICKEN CAESAR	A		Seared chicken, egg, bacon, mixed lettuce, tomato, cucumber, parmesan cheese and Caesar dressing	\$5.90
S5	TANDOORI CHICKEN	G		Tandoori chicken breast, mixed lettuce, cucumber, red onion, roasted capsicum, cheese and yoghurt dressing	\$5.90
S6	FALAFEL	G	V G D F V	Falafel nuggets, mixed lettuce, tomato, cucumber, carrot, roasted capsicum, red onions and sticky balsamic dressing	\$5.90
S7	CHICKEN PENNE	A		Penne pasta lightly coated in Caesar dressing, sliced chicken breast, grilled bacon, spring onions and parmesan cheese	\$5.20
S8	COLD ROLLS	G	D F	Two large rice paper wraps filled with vermicelli noodles, julienne vegetable, fresh herbs and marinated chicken breast with a soy lime dressing	\$5.90

**DID YOU KNOW?**  
OUR SALADS PROVIDE 3 SERVES OF YOUR DAILY VEGETABLE REQUIREMENT

V G Vegan V Vegetarian G F Gluten free  
D F Dairy free



COLD ROLLS





**COMBO DEALS**  
 BAGUETTE, WRAP OR SANDWICH PLUS A JUICE POPPER OR 500ML WATER \$6.50

# Rolls, Wraps, Sandwiches

			BAG	WRAP	SAND
CHICKEN SCHNITZEL	G		\$5.00	\$5.00	\$5.00
TURKEY & CRANBERRY	G		\$5.00	\$5.00	\$5.00
HONEY MUSTARD HAM	A		\$5.00	\$5.00	\$5.00
CHICKEN CAESAR	A		\$5.00	\$5.00	\$5.00
TANDOORI CHICKEN	G		\$5.00	\$5.00	\$5.00
FALAFEL	G	V	\$5.00	\$5.00	\$5.00
EGG	G	V	\$5.00	\$5.00	\$5.00
MEDITERRANEAN	G	V	\$5.00	\$5.00	\$5.00
TOASTED SANDWICH	G	V			\$3.00
TOASTED SANDWICH	G				\$3.50
TOASTED GARLIC SUB	G	V	\$2.00		



*Our baguettes, wraps and sandwiches are made fresh when you order them.  
 Gluten free rolls available \$1.50*



## Build Your Own

MEAT FILLINGS	Crumbed chicken, seared chicken, tandoori chicken, ham, bacon, tuna, falafel, egg, turkey breast				
SALADS	Lettuce, tomato, cucumber, roasted capsicum, carrot, onion, cheddar cheese, fetta cheese, Kalamata olives				
ROLL DRESSINGS	Mayonnaise (GF available), mint yoghurt, sweet chili aioli, Caesar, honey mustard, tomato sauce, BBQ sauce				
SALAD DRESSINGS	Sticky balsamic (GF), creamy balsamic, Greek, mayonnaise, mayonnaise (GF), mint yoghurt, sweet chili aioli, Caesar, honey mustard				
		x2	x3	x4	5+
SANDWICH	Fillings = meat & salads	\$3.50	\$4.00	\$4.50	\$5.00
ROLL	Fillings = meat & salads	\$3.50	\$4.00	\$4.50	\$5.00
WRAP	Fillings = meat & salads (Lettuce is required in wraps)	\$3.50	\$4.00	\$4.50	\$5.00
SALAD	Your choice of 1 x meat, salad fillings and 1 x salad dressing				\$5.90

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CHICKEN NOODLES



**DID YOU KNOW?**  
OUR NAPOLITANA SAUCE IS PACKED FULL OF HIDDEN VEGGIES!!

# Home Cooked

H1	BUTTER CHICKEN	G	G F	Chicken marinated in yoghurt and spices, combined in a creamy tomato and herb sauce served with rice	\$5.00
H2	BEEF LASAGNE	A		Bolognaise and béchamel sauce baked between fresh pasta sheets	\$5.00
H3	VEGAN LASAGNE	G	V G D F V	Pasta sheets layered with our Napoletana sauce and oven roasted vegetables	\$5.00
H4	ROAST CAPSICUM RAVIOLI	G	V	Spinach and ricotta ravioli topped with our tomato and roasted capsicum sauce and parmesan cheese	\$5.00
H5	BOLOGNAISE	G		Penne pasta topped with our traditional bolognaise sauce and parmesan cheese	\$5.00
H6	SWEET CHICKEN NOODLES	G		Hokkien noodles in our sweet chili and soy sauce with chicken breast, fresh coriander, spring onions, carrots, capsicum and broccoli	\$5.00



**HOT HOME COOKED COMBOS**  
ANY HOME COOKED MEAL PLUS A JUICE POPPER OR 500ML WATER \$6.50

# Burgers

A	BEEF AND CHEESE BURGER		Premium beef pattie, cheese and tomato sauce on a sesame bun	\$4.00
A	CRUMBED CHICKEN BURGER		Crumbed chicken breast pattie, lettuce and mayonnaise on a sesame bun	\$4.00
G	GRILLED CHICKEN BURGER		Grilled chicken breast pattie, cheese, lettuce, tomato and mayonnaise on a sesame bun	\$4.50
G	MEXICAN BURGER WITH SMASHED AVOCADO	V G D F V	Mexican black bean pattie with lettuce, tomato, smashed avocado and sweet chili sauce on a stone baked wholemeal roll	\$5.90

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We only use breast chicken and 95% fat free beef mince.

MEXICAN BURGER





ALL OF OUR PIZZAS ARE MADE FRESH IN HOUSE, AS IS OUR DELICIOUS FRENCH ONION DIP!

Oven baked

POTATO WEDGES	A	V G V D F	All include one choice of sweet chili aioli, tomato sauce, bbq sauce, sweet chili sauce	\$4.50
NACHOS	A	V	Corn chips served with tomato salsa and grilled cheese	\$4.50
POTATO GEMS	A	V V G	With tomato sauce	\$3.50
4 X CHICKEN BREAST NUGGETS	A		All include one choice of sweet chili aioli, tomato sauce, bbq sauce, sweet chili sauce	\$3.20
6 X CHICKEN BREAST NUGGETS	A		All include one choice of sweet chili aioli, tomato sauce, bbq sauce, sweet chili sauce	\$4.50
3 X CRUMBED CHICKEN TENDERS	A		All include one choice of sweet chili aioli, tomato sauce, bbq sauce, sweet chili sauce	\$4.80



**COMBO DEAL**  
5 X CHICKEN BREAST NUGGETS PLUS ANY SNACK ITEM PLUS YOUR CHOICE OF JUICE POPPER OR 500ML WATER \$6.90



Snacks

FRUIT SALAD CUP	G	V G V G F D F	Chopped seasonal fruits	\$1.80
WATERMELON CUP	G	V G V G F D F	Watermelon chunks	\$1.80
JELLY WITH FRUIT CUPS	A	V G F		\$1.80
CHOCOLATE MOUSSE	A			\$1.80
DIPS N STICKS	G	V G F	French onion dip with carrot & celery sticks	\$1.80
CHIPS	A		Sea Salt, Honey Soy	\$1.80
HASH BROWN OVAL	A	V G V G F		\$1.80

Pizza

MARGHERITA	G	V	Pizza sauce and melted mozzarella cheese	\$4.20
HAWAIIAN	A		Pizza sauce, diced ham, pineapple and melted mozzarella cheese	\$4.50
BBQ CHICKEN	A		Pizza sauce, chicken breast, bacon, pineapple, BBQ sauce and melted mozzarella cheese	\$4.50
VEGORAMA	G	V	Pizza sauce, roasted sweet potato, eggplant, zucchini and capsicum, red onion, fresh basil and melted mozzarella cheese	\$5.90



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Lunch order bags  
10 for \$0.20

HOT DOG WITH SAUCE



WE SELL THE BALFOURS BETTER BITE RANGE WHICH ARE REDUCED SODIUM AND FAT.

## Better Bite Pastries

<b>A</b>	BALFOURS JUNIOR SNACK PIE	\$2.90
<b>A</b>	BALFOURS PIE, PASTIE & SAUSAGE ROLLS	\$4.00
<b>SAUCE</b>		\$0.20



## Hot Dogs

<b>A</b>	PUPPY DOG WITH SAUCE	\$2.50
<b>A</b>	HOT DOG WITH SAUCE	\$3.80
<b>A</b>	HOT DOG WITH CHEESE & SAUCE	\$4.20

## Iceblocks

<b>A</b>	ZOOPER DOOPER	ASSORTED FLAVOURS	\$0.80
<b>A</b>	ICY POLE	Lemonade	\$1.20
<b>A</b>	FROSTY FRUITS	Natural Tropical	\$2.10
<b>A</b>	LIFE SAVERS		\$2.10
<b>G</b>	NIPPY'S FROZEN FRUIT CUPS	Apple and Blackcurrant	\$1.50
<b>A</b>	MILO SCOOP		\$3.00



**V** **G** Vegan **V** Vegetarian **G** **F** Gluten free **D** **F** Dairy free

## Drinks



<b>G</b>	NATURAL SPRING WATER	500ml		\$2.50
<b>A</b>	FOCUS WATER	300ml	Lemonade, Blackcurrant, Raspberry	\$2.90
<b>G</b>	UP AND GO	250ml	Chocolate, Strawberry, Banana	\$2.90
<b>G</b>	100% JUICE POPPERS	250ml	Apple, Apple-Blackcurrant, Orange	\$2.40
<b>G</b>	NIPPY'S FLAVOURED MILK	250ml	Chocolate, Strawberry, Honeycomb	\$3.00
<b>G</b>	NIPPY'S 100% JUICE FRUITYLICIOUS	350ml	Orange, Apple Guava, Apple Blackcurrant, Multi Fruit	\$3.20
<b>G</b>	NIPPY'S YOSIP YOGHURT		Strawberry or Mango Banana	\$3.00