



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

Salads

				Large	Small
DUKKAH CRUSTED PUMPKIN SALAD	G	V G D F V	Dukkah crusted pumpkin, broccoli, house dried tomatoes, pepitas, baby spinach leaves, marinated fetta and sticky balsamic dressing.	\$6.90	\$4.90
VERMICELLI NOODLE	G	D F G F	Vermicelli noodles lightly coated in sesame oil, julienne carrots, capsicum and spring onions, Chinese cabbage, coriander and mint with Asian chicken and a honey lime dressing.	\$6.50	\$4.90
GREEK	G	V	Lettuce, marinated fetta cheese, Kalamata olives, roasted capsicum, red onion, tomato, cucumber with a garlic and oregano vinaigrette.	\$6.50	\$4.90
CHICKEN CAESAR	A		Seared chicken, egg, bacon, lettuce, tomato, cucumber, parmesan cheese and Caesar dressing.	\$6.50	N/A
TANDOORI CHICKEN	G	G F	Tandoori chicken breast, lettuce, cucumber, red onion, roasted capsicum, cheese and yoghurt dressing.	\$6.50	N/A
FALAFEL	G	V G V	Falafel nuggets, lettuce, tomato, cucumber, carrot, roasted capsicum, red onions and mint yoghurt dressing.	\$6.50	N/A
CHICKEN PENNE	A		Penne pasta lightly coated in Caesar dressing, sliced chicken breast, grilled bacon, spring onions and parmesan cheese.	\$5.50	\$3.90
FRUIT SALAD	G	V G D F V	Chopped seasonal fruits.	\$4.30	N/A

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	A		\$5.50	\$5.50	\$5.50
TANDOORI CHICKEN	G		\$5.50	\$5.50	\$5.50
BEEF	G		\$5.50	\$5.50	\$5.50
CREAMY CHICKEN	A		\$5.50	\$5.50	\$5.50
MEDITERRANEAN	A		\$5.50	\$5.50	\$5.50
PERI PERI CHICKEN	G		\$5.50	\$5.50	\$5.50
TURKEY & CRANBERRY	G		\$5.50	\$5.50	\$5.50
ROASTED VEGETABLE	G	V	\$5.50	\$5.50	\$5.50
FALAFFEL	G	V	\$5.50	\$5.50	\$5.50
TUNA & PARSLEY	G		\$5.50	\$5.50	\$5.50
HAM	A		\$5.50	\$5.50	\$5.50
TOASTED SANDWICH	G	V			\$3.20
TOASTED SANDWICH	G				\$3.80
TOASTED GARLIC SUB	G	V	\$2.00		
HOT CHEESE & BACON STUFFED SUB (A)	A		\$3.50		

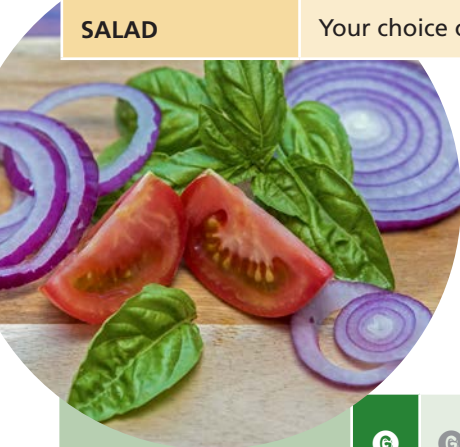


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Build Your Own

MEAT FILLINGS	Crumbed chicken, seared chicken, Tandoori chicken, ham, bacon, tuna with parsley mix, falafel, egg, turkey breast, roast beef and salami.				
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 (GF available), mint yoghurt, sweet chili aioli, Caesar, honey mustard.				
		x1	x2	x3	4+
SANDWICH	Fillings = meat & salads	\$4.00	\$4.50	\$5.00	\$5.50
ROLL	Fillings = meat & salads	\$4.00	\$4.50	\$5.00	\$5.50
WRAP	Fillings = meat & salads (Lettuce is required in wraps)	\$4.00	\$4.50	\$5.00	\$5.50
SALAD	Your choice of 1 x meat, salad fillings and 1 x salad dressing				\$6.50



Our baguettes, wraps and sandwiches are made fresh when you order them.

Gluten free rolls available \$1.50

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

Specialties

			1 ROLL	2 ROLLS	3 ROLLS
SUSHI <i>(no variations allowed)</i>	G G F *	Teriyaki Chicken Teriyaki chicken, cucumber, capsicum and Kewpie mayonnaise.	\$3.30	\$5.90	\$7.90
	G G F *	Tuna Tuna mixed with parsley and Spanish onion, cucumber and Kewpie mayonnaise.	\$3.30	\$5.90	\$7.90
	G V G F *	Vegetarian Roasted sweet potato, Avocado, cucumber, Chinese radish and Kewpie mayonnaise.	\$3.30	\$5.90	\$7.90
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
VIETNAMESE MEAT ROLL (BANH MI)	G	Vietnamese roll filled with Saigon chicken, cucumber, carrot, spring onion, coriander, lettuce, Chinese radish & sriracha aioli (mild).			\$5.50

**Gluten free without soy sauce sachets*





CHICKEN NOODLES

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

Home Cooked

BUTTER CHICKEN	G	G F	Chicken marinated in yoghurt and spices, combined in a creamy tomato and herb sauce served with rice	\$5.00
PENANG CHICKEN CURRY	G	D F	Fragrant South Eastern Chicken curry with rice	\$5.00
BEEF LASAGNE	A		Bolognaise and béchamel sauce baked between fresh pasta sheets	\$5.00
VEGAN LASAGNE	G	V G D F V	Pasta sheets layered with our Napoletana sauce and oven roasted vegetables	\$5.00
ROAST CAPSICUM RAVIOLI	G	V	Spinach and ricotta ravioli topped with our tomato and roasted capsicum sauce and parmesan cheese	\$5.00
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

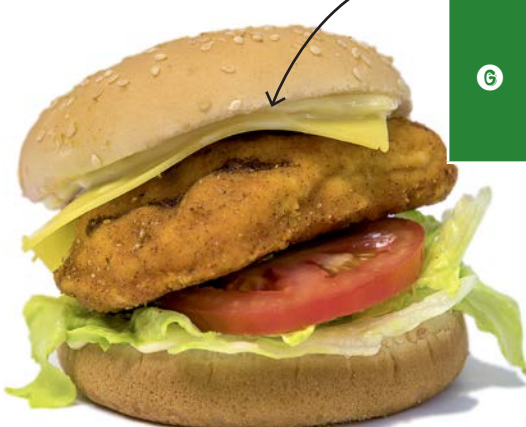
HOT HOME COOKED COMBOS

ANY HOME COOKED MEAL PLUS A FRUITYLICIOUS JUICE OR NIPPYS 250ML MILK \$7.50



Burgers

A	BEEF AND CHEESE BURGER		Premium beef pattie, cheese and tomato sauce on a sesame bun	\$4.40
A	CRUMBED CHICKEN BURGER		Crumbed chicken breast pattie, lettuce and mayonnaise on a sesame bun	\$4.40
G	GRILLED CHICKEN BURGER		Grilled chicken breast pattie, cheese, lettuce, tomato and mayonnaise on a sesame bun	\$4.90
G	MEXICAN BURGER WITH SMASHED AVOCADO	V G D F V	Mexican black bean patty with lettuce, tomato, smashed avocado and sweet chilli sauce on a gluten free bun	\$5.90



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	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	\$4.80
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	\$3.60
6 X CHICKEN BREAST NUGGETS	A		All include one choice of sweet chili aioli, tomato sauce, bbq sauce, sweet chili sauce	\$4.90
3 X CRUMBED CHICKEN TENDERS	A		All include one choice of sweet chili aioli, tomato sauce, bbq sauce, sweet chili sauce	\$4.90

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



Snacks

WATERMELON CUP	G	V G V G F D F	Watermelon chunks	\$2.00
JELLY CUP	A	V D F		\$2.00
CHOCOLATE MOUSSE	A	V		\$2.00
DIPS N STICKS	G	V G F	French onion dip with carrot & celery sticks	\$2.00
CHIPS	A		Sea Salt, Honey Soy	\$2.00
HASH BROWN OVAL	A	V G V G F		\$2.00

Pizza

MARGHERITA	G	V	Pizza sauce and melted mozzarella cheese	\$4.50
HAWAIIAN	A		Pizza sauce, diced ham, pineapple and melted mozzarella cheese	\$5.00
BBQ CHICKEN	A		Pizza sauce, chicken breast, bacon, pineapple, BBQ sauce and melted mozzarella cheese	\$5.00
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

A	BALFOURS JUNIOR SNACK PIE	\$3.20
A	BALFOURS PIE, PASTIE & SAUSAGE ROLLS	\$4.30
SAUCE		\$0.20



Hot Dogs

A	PUPPY DOG WITH SAUCE	\$2.70
A	HOT DOG WITH SAUCE	\$4.20
A	HOT DOG WITH CHEESE & SAUCE	\$4.60

Iceblocks

A further range of iceblocks and drinks may be available, please enquire at the canteen.

A	ZOOPER DOOPER	ASSORTED FLAVOURS	\$1.00
A	ICY POLE	Lemonade	\$1.50
A	FROSTY FRUITS	Natural Tropical	\$2.50
A	LIFE SAVERS		\$2.50
G	NIPPY'S FROZEN FRUIT CUPS	Apple and Blackcurrant	\$1.80
A	MILO SCOOP		\$3.40
A	BILLABONG	Rainbow Chocolate	\$2.00



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Drinks



G	NATURAL SPRING WATER	500ml		\$2.50
A	FOCUS WATER	300ml	Lemonade, Blackcurrant, Raspberry	\$3.20
G	UP AND GO	250ml	Chocolate, Strawberry, Banana	\$3.00
G	100% JUICE POPPERS	250ml	Apple, Apple-Blackcurrant, Orange	\$2.60
A	NIPPY'S FLAVOURED MILK	250ml	Chocolate, Strawberry, Honeycomb	\$3.20
G	NIPPY'S 100% JUICE FRUITYLICIOUS	350ml	Orange, Apple Guava, Apple Blackcurrant, Multi Fruit	\$3.50