

FRUITS & YOGHURTS**FRUITS:**

FRUIT SALAD	\$2.50
WATER MELON	\$2.50
SLINKY APPLE	\$1.50
SEASONAL FRESH FRUIT (each)	\$1.00

YOGHURTS:

MIXED BERRY YOGHURT	\$2.50
MUESLI YOGHURT	\$2.50

CAKES & MUFFINS

BANANA BREAD	\$3.00
CARROT CAKE	\$3.00
BLUEBERRY MUFFIN	\$3.00
CHOCOLATE MUFFIN	\$3.00

SUSHI (GF except schnitzel)

SUSHI ROLLS (Cooked tuna, teriyaki chicken, teriyaki beef, raw salmon, chicken schnitzel, tofu veggie)	\$3.80 MM
SUSHI BABY BOX (Cooked tuna, teriyaki chicken, cucumber)	\$3.80 MM
RICE PAPER ROLL (Chicken, pork or vegetarian)	\$3.80 MM

ROLLS

PLAIN BREAD ROLL (Buttered/non buttered)	\$1.00
CHICKEN SCHNITZEL (chicken schnitzel, lettuce, tomato & mayo)	\$5.00 MM
HAM AND CHEESE (ham, tasty cheese & tomato)	\$4.50 MM
CHICKEN AND AVOCADO (chicken, avocado, lettuce, mayo)	\$5.00 MM
TANDOORI CHICKEN (tandoori chicken, lettuce, carrot, Spanish onion, mayo)	\$5.00 MM
TUNA (tuna, lettuce, tomato, Spanish onion, mayo)	\$4.50 MM
SALAD (lettuce, tomato, carrot, cucumber, Spanish onion, cheese)	\$4.50 MM
EGG (egg mayonnaise & lettuce)	\$4.00 MM

WHOLE SANDWICHES

HONEY/JAM/ VEGEMITE	\$1.80
TASTY CHEESE	\$2.50
TASTY CHEESE & TOMATO	\$3.00
HAM	\$3.00
HAM & TASTY CHEESE	\$3.50
HAM, TASTY CHEESE & TOMATO	\$4.00
EGG MAYONNAISE	\$3.00
EGG MAYONNAISE LETTUCE	\$3.50

HALF SANDWICHES

CHICKEN SCHNITZEL (chicken schnitzel, lettuce, tomato & mayo)	\$3.00 MM
HAM AND SALAD (ham, lettuce, tomato, carrot, cucumber, Spanish onion)	\$3.00 MM
CHICKEN AND AVOCADO (chicken, avocado, lettuce, tomato & mayo)	\$3.00 MM
TANDOORI CHICKEN (tandoori chicken, lettuce, carrot & mayo)	\$3.00 MM
TUNA (lettuce, tomato, Spanish onion, mayo)	\$3.00 MM
SALAD (lettuce, tomato, carrot, cucumber, Spanish onion, cheese)	\$2.50 MM

HALF WRAPS

CHICKEN SCHNITZEL (chicken schnitzel, lettuce, tomato, carrot, cucumber, mayo)	\$4.50 MM
HAM AND CHEESE (ham, cheese, lettuce, tomato, carrot, cucumber)	\$4.50 MM
CHICKEN AND AVOCADO (chicken, avocado, lettuce, tomato, carrot, cucumber, mayo)	\$4.50 MM
TANDOORI (tandoori chicken, lettuce, tomato, carrot, cucumber, onion, mayo)	\$4.50 MM
SALAD (avocado, cheese, lettuce, tomato, carrot, cucumber, Spanish onion, mayo)	\$4.50 MM

SALADS

CHICKEN CAESAR		M \$5.00	L \$6.00
CHICKEN PESTO PASTA		M \$5.00	L \$6.00
CHICKEN CRISPY NOODLES		M \$5.00	L \$6.00
THAI BEEF SALAD	GF	M \$5.00	L \$6.00
GREEK SALAD	V, GF	M \$5.00	L \$6.00
GARDEN SALAD	V, GF, DF	M \$4.00	L \$5.00

HOT FOODS**HOT FOOD SPECIALS**

BEEF STROGANOFF WITH RICE (Tuesday & Thursday)	GF	M \$5.50	L \$7.00
BUTTER CHICKEN WITH RICE (Monday, Wednesday & Friday)	GF	M \$5.50	L \$7.00
BLACK BEAN BEEF WITH RICE (Monday)	GF, DF	M \$5.50	L \$7.00
BLACK BEAN CHICKEN WITH RICE (Tuesday)	GF, DF	M \$5.50	L \$7.00
MONGOLIAN BEEF WITH RICE (Wednesday)	GF, DF	M \$5.50	L \$7.00
MONGOLIAN CHICKEN WITH RICE (Thursday)	GF, DF	M \$5.50	L \$7.00
BLACK PEPPER BEEF WITH RICE (Friday)	GF, DF	M \$5.50	L \$7.00
COMBINATION FRIED RICE (Monday)	GF, DF	M \$5.50	L \$7.00
CHICKEN STIR FRY WITH HOKKIEN NOODLES (Tuesday)	DF	M \$5.50	L \$7.00
VEGETARIAN FRIED RICE (Wednesday)	GF, DF	M \$4.50	L \$6.00
BEEF STIR FRY WITH RICE NOODLES (Thursday)	GF, DF	M \$5.50	L \$7.00
VEGETARIAN STIR FRY WITH HOKKIEN NOODLES (Friday)	DF	M \$4.50	L \$6.00

PASTA (only available in Term 2 & Term 3)

CHICKEN MUSHROOM FETTUCINE	M \$5.00	L \$6.50 MM
SPAGHETTI BOLOGNAISE	M \$5.00	L \$6.50 MM
HAM & CHEESE PASTA	M \$5.00	L \$6.50 MM
CHICKEN TORTELLINI	M \$5.00	L \$6.50 MM
SPINACH RICOTTA TORTELLINI	M \$5.00	L \$6.50 MM

BURGERS

CHICKEN BURGER (grilled chicken fillet, lettuce, mayo)	\$5.50 MM
CHICKEN SCHNITZEL BURGER (chicken schnitzel, lettuce, mayo)	\$5.50 MM
CHICKEN TENDER BURGER (chicken tender, lettuce, mayo)	\$5.50 MM
HAMBURGER (lettuce, tomato, BBQ sauce)	\$5.50 MM
ADD CHEESE	\$0.50 MM
ADD PINEAPPLE	\$0.50 MM

SNACKS:

BEEF MEAT PIE	\$4.00
BEEF SAUSAGE ROLL	\$2.00
VEGETABLE PIE	\$4.50
CHEESE MELT	\$1.00
GARLIC BREAD	\$1.50
WEDGES	\$3.50 MM
CHICKEN GOUGON NUGGETS (5)	\$2.50

DRINKS

MT FRANKLIN PLAIN WATER 600ML	\$2.20
ICED TEA	\$3.50
ORGANIC COCONUT WATER	\$3.00
COOL RIDGE SPARKLING WATER	\$3.00
COOL RIDGE SPARKLING FLAVOUR WATER	\$3.00
JUST JUICE BOX	\$1.80
PLAIN MILK 300ml	\$2.00
FLAVOURED MILK 300ml	\$2.80

FROZEN TREATS

CHOCOLATE/STRAWBERRY/BANANA MOOSIE	\$1.00
ORANGE/WILD BERRY/LEMONADE JUICE SORBET TUBE	\$1.00
FROZEN APPLE CUP	\$1.00

MM: MUNCH MONITOR online pre-order only.

V: Vegetarian

DF: Dairy Free

GF: Gluten Free