



SUPER SANDWICHES (rolls 0.50c extra)

wholemeal or white bread

\$2.50 Vegemite

\$3.50 Super Salad

\$3.80 Chicken & Salad

\$3.80 Ham & Salad

\$3.50 1-3 fillings

avocado, tomato, lettuce, carrot, cucumber, vegemite, cheese, egg, hommus, ham, tuna, chicken

TOASTIES

\$3.50 Cheese Toastie

\$3.50 Ham & Cheese Toastie

\$3.50 Ham, Cheese & Tomato Toastie

\$3.50 Cheese & Tomato Toastie

SUPER SALAD PLATE

\$3.50 Garden Salad with Garlic Toast

WRAPS

\$3.80 Whole Chicken & Salad Wrap

\$3.80 Whole Cheese & Salad Wrap

PIZZA SUBS

Half grilled roll - selected toppings

\$2.80 TROPPO - Homemade tomato Napoli, cheese & pineapple

\$2.80 MARGHERITA - Homemade tomato Napoli & cheese

\$0.80 GARLIC SUB - Delicious herb & garlic oil

FANTASTIC FRUIT & VEG

0.30c selected seasonal fruit piece/slice or bunch
(Market & seasonally dependant! Please check Focus for daily specials!)

0.60c slinky apple

0.60c frozen pineapple ring

0.60c carrot sticks

TUMMY TEASERS

0.20c garlic finger

- herb & garlic oil on toasted bread finger

0.20c cinnamon crisp

- wedge of pita spread with butter and cinnamon sugar then baked!

0.20c rice cake

0.30c cheese cube

0.80c anzac biscuit (house-baked, dairy-free!)

0.80c mini muffin (house-baked)

New recipe! Please check Focus for daily specials!

\$1.20 popcorn Koala brand-lightly salted

YOGHURT (Evia Brand)

Select FRESH or FROZEN!!

0.80c 100ml yoghurt

***EXTRAS

0.40c fruit puree

- mango coulis or berry coulis

0.40c anzac crumble

FROM THE FREEZER

0.60c frozen pineapple ring

0.80c frozen 'JUICIES'

APPLE & BLACKCURRANT/ TROPICAL/
WILDBERRY

1.20 chocolate 'MOOSIE'

TERM 2 & 3 WINTER WARMERS

HOMEMADE SOUP

\$2.50 pumpkin

\$2.50 soup du jour
(check weekly specials!)

Pasta

\$3.80 Cheesy Pasta Bake

*HOT STUFF

*\$3.50 Meat Pie

*\$1.50 Party Pie

*0.30c tomato sauce

FRUIT JUICE

\$1.50 'JUST JUICE'-
apple / orange

Water

\$1.50 bottled water

MILO *hot or cold

\$2.00 cup of full cream
milk & milo

FLAVOURED MILK

\$1.60 BIG M - chocolate

\$1.60 BIG M - strawberry

NO BAG? NO WORRIES!!

...PLEASE ADD A 0.20 CENT SURCHARGE



...first Wednesday of each month...

(Check FOCUS for details)

PRE-ORDER ONLY!!

***FOR WEEKLY SPECIALS... REFER TO FOCUS**