



Breakfast from 8:00-9:00am

Brekky Burrito – Bacon, egg, cheese, BBQ sauce, toasted	\$3.50
Veggie Delight Wrap – egg, baby spinach, mushroom, cheese, tomato & aioli	\$4.50
Croissant – ham and cheese	\$3.50
Cheese Toastie	\$2.50
Ham, cheese Toastie	\$3.00
Fresh fruit salad	\$3.00
Banana bread full	\$3.00
Fruit muffins	\$2.00
Vanilla yogurt fruit & granola	\$3.50

Weekly Specials

Monday

BBQ Pork Rib, Creamy Coleslaw on a Roll	\$5.50
Sweet Chilli Chicken Wrap Sweet chilli chicken tender, mixed salad with mayo & sweet chilli sauce	\$5.50
Southern Style Crispy Chicken Wrap Crispy chicken, mixed salad, cheese, topped with Peri Peri mayo	\$5.50

Tuesday

Chicken Korma with Rice (gluten free)	\$5.50
Vegan Korma with Rice (gluten free)	\$5.50
Satay Chicken with Rice	\$5.50

Wednesday

Chicken Burrito Bowl Mexican pulled chicken, rice, cheese, tomato & corn salsa, sour cream & homemade tortilla chips	\$5.50
Karaage Chicken Bowl Karaage chicken, rice, Edamame beans, stir fry pickled veggie with mayo and ketchup manis	\$5.50

Thursday

Steamed Boa Bun *Pork *, Karaage Chicken	\$5.50
Lasagne Beef or Veggie	\$5.50

Friday

Pizza Pepperoni, Hawaiian, BBQ Chicken	\$5.00
Crisp Chicken Hawaiian Parmy Roll Chicken tender, pineapple, ham, cheese, marinara sauce	\$5.50

Salads

Chicken Caesar – chicken, egg, bacon, Parmesan cheese, lettuce	\$6.00
Pesto Pasta Salad – pasta, pesto, baby spinach, red onion	\$5.50
Sweet Chilli Chicken Tub – lettuce, tomato cucumber, carrot, red onion, with sweet chilli dressing	\$5.50

Sushi

Chicken / tuna / avocado (Sml/Twin)	\$3.50/\$5.50
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Sandwiches & Wraps

Ham & cheese	\$4.00
Cheese & salad	\$5.00
Ham, cheese & tomato	\$4.50
Chicken, lettuce & mayo	\$5.00
Egg, lettuce & mayo	\$4.50
Curried egg	\$4.00
Chicken & mayo	\$4.50
Chicken, baby spinach, mayo	\$5.00

Snack Wrap – chicken, tomato, lettuce, & mayo wrap	\$4.50
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Chicken Caesar Wrap – chicken, lettuce, bacon, parmesan cheese, egg and Caesar dressing	\$6.00
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Focaccia (fresh or toasted) Herb and Garlic Focaccia – Chicken, cheese, avocado and aioli	\$5.50
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Herb and Garlic Focaccia – Chicken, pesto, baby spinach, cheese	
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Vegan Focaccia – Roasted vegetable, vegan mayo, vegan cheese	
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Turkish (toasted) BLT – Bacon, baby spinach, tomato, aioli	\$5.50
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Snacks

Cheese & Crackers	\$2.50
Fresh fruit salad tub	\$3.00
Watermelon tub	\$3.00
Whole Fruit – Apple, Orange, Banana (each)	\$1.00
2 x Boiled Eggs	\$3.00
Vanilla yogurt, fruit & granola	\$3.50
Assorted muffins baked daily	\$2.00
Protein balls	\$3.50

Iceblocks

Twisted frozen – dairy free / gluten free	\$3.00
Watermelon & Mango or Strawberry & Cream (dairy free, nut free, gluten free)	
Billabong – Rainbow, Chocolate	\$2.00
Icey Pole- Lemonade or Raz	\$1.50
Calippo	\$1.00

Everyday Hot Food

Meat pie – low fat	\$4.00
Potato pie	\$4.00
Sausage Roll - low fat	\$3.00
Cheese & spinach pastry	\$4.00
Chicken & mayo roll	\$5.00
Chicken & gravy roll	\$5.00
Meatball sub	\$5.00
Noodle cup – chicken or beef	\$3.00
Hotdog	\$3.00
Hotdog with cheese	\$3.50

Homemade

Mini meat ball sub	\$2.50
Penne pasta bake (Sml/Lg)	\$3.00/\$4.50
Special fried rice	\$3.00
Creamy chicken pesto pasta (Sml/Lg)	\$3.50/\$5.50

Burgers

Cheese Burger – beef, cheese, BBQ sauce	\$4.50
Chicken Burger – chicken, lettuce & mayo	\$5.00
Sweet Chilli Chicken Burger – chilli chicken tender, tomato, lettuce, cheese with sweet chilli sauce	\$5.50
PBC Mac – beef, tomato, cheese, lettuce and PBC secret sauce	\$5.50
Vegan Burger – Vegan pattie, tomato, lettuce, vegan cheese (only Friday)	\$5.50

Hot Drinks

Flat white/Cappuccino/Latte (Reg/Lg)	\$3.50/\$4.50
Extras- Syrups (vanilla, Caramel)	\$0.50
Extra Shot or Soy/ Almond / Lactose Free Milk	\$0.50
Hot chocolate	\$3.00
Chai Latte (Reg/Lg)	\$4.00/\$4.50

Drinks

Milk 300ml (Chocolate, Strawberry, Iced Coffee)	\$2.50
Milk Full Cream 500ml	\$3.00
Milk 500ml (Real Chocolate)	\$3.80
Nutrient Water (2 flavours)	\$4.00
Water (600ml / 1L)	\$2.00/\$3.00
Bundaberg Juice (Orange, Apple, ABC, Pineapple)	\$3.80
Emma & Tom Smoothie & Pressed Juice	\$3.80
Oak Protein Plus Milk	\$4.50