






# EAT SMART

*Combos also available!*

## WRAPS

	PRICE
Butter Chicken Wrap 	\$5.00
Veggie Pocket  	\$4.20
Chilli Bean Wrap  	\$4.80
1/2 Wraps <i>Ham, Chicken or Vege</i>  	\$4.00



## RICE DISHES

	PRICE
Teriyaki Chicken on Rice <i>(Cold)</i> 	\$5.50
Butter Chicken on Rice <i>(Hot)</i> 	\$5.50
Rice Balls <i>See cabinet for selection</i> 	\$2.00
Chicken Fried Rice 	\$3.80
Sushi <i>See cabinet for selection</i> 	\$4.00 <sub>4pk</sub>
Sushi Sandwich 	\$5.00

## SANDWICHES

	PRICE
Sandwiches <i>See cabinet for selection</i> from	\$2.00

## PASTA DISHES

	PRICE
Tuna Pasta Salad 	\$3.80
Italian Pasta 	\$3.50
Surimi Pasta Salad	\$4.00
Pesto Chicken 	\$4.50
Spaghetti Meatballs	\$4.80

## ROLLS

	PRICE
Rolls <i>Ham, Beef, Chicken or Vege</i>  	\$5.50
Crispy Chicken Roll	\$3.20
Garlic Bread Plain 	\$2.00
Garlic Bread Cheesy 	\$2.20

## BURGERS

	PRICE
Cheese Burger	\$3.80
Chicken Burger	\$5.00

## SALADS

Salads *Chicken or Vege*  

Fruit Salad  

Curried Cauliflower  

## PRICE

from \$3.80

from \$3.80

\$5.50

## LOOSE CHANGE

Hash Brown 

Hot Dog

Chicken Tender

Wedges 

Popcorn 

Chicken Sticks *Southern Style*

## PRICE

\$1.00

\$3.00

\$1.50

\$2.80

\$2.00

\$1.30

## TREATS

Mrs Higgins Brownie Bites<sup>30g</sup>

Fruit and Jelly Cup

Caramel Slice 

Juicies 

Yoghurt Tub  

## PRICE

\$1.90

\$2.00

\$2.50

\$1.50

\$1.50

## FRESH BAKED

Muffins *Blueberry, Banana, Apple* 

Scones 

## PRICE

\$2.00

\$2.00

## OTHER

Chicken & Vege Dumplings  \$4.00<sup>6pk</sup>

Steamed Pork Buns  \$3.50

## PRICE

## EXTRAS

Sauce \$0.50

Sour Cream \$0.50

Cheese \$0.50

## PRICE

## HOT DRINKS

Soup Range  \$2.50

## PRICE

## DRINKS

See selection available

## PRICE

**Place an order, ready for lunch and don't forget to ask for your free apple!**