## Fresh Food Menu 2021

| Cheese and Tomato  Egg and Lettuce  Au Chicken and cheese Salad  Au Chicken, cheese and tomato Au Chicken, cheese and pineapple Ham, cheese Ham, c | Sandwiches (Wholemeal or White Bread)  |               | Toasted Sand                               | lwiches          | 5.00        |
|--|--|---------------|--|------------------|-------------|
| Egg and Lettuce 4.00 Salad 4.00 Chicken, avocado and cheese Chicken, cheese and pineapple Ham, Cheese and Tomato 4.80 Ham or Chicken Salad 5.20 Chicken, Avocado and Cheese Chicken, Avocado, tomato, Spanish onion and cheese Chicken, Avocado and Cheese Tuna, Lettuce and Mayo 4.80 Chicken, Avocado and Cheese 5.00 Tuna, Lettuce and Mayo 4.00 Tuna Salad 5.20 Avocado and salad 5.20 Bread Roll 70c Chicken, avocado and cheese Chicken, avocado and cheese Chicken, avocado and cheese Chicken, avocado and cheese Chicken, tomato, Spanish onion, capsicum and cheese Chicken, avocado and cheese Chicken, avocado and cheese Chicken, avocado and cheese Chicken, tomato, Spanish onion, sliced black olives and feta cheese Avocado, sundried tomato, Spanish onion, sliced black olives and french dressing Chicken and Avocado and cheese Chicken, avocado, tomato, Spanish onion and cheese Chicken, avocado and cheese Avocado, sundried tomato, capsicum, spanish onion, avocado and feta cheese Avocado, sundried tomato, cucumber, avocado, sundried tomato, cucumber, avocado, sundried tomato, cucumber, avocado, s | Chasse and Tamata  | 2.00          | Ham cheese a                               | nd tomato        | 5.00        |
| Salad 4.00 Chicken, avocado and cheese Chicken, cheese and pineapple Ham, Cheese and Salad 5.20 Chicken, cheese and pineapple Ham of Chicken, Avocado and Cheese Chicken, Lettuce and Mayo 4.80 Chicken, Avocado and Cheese 5.00 Tuna, Lettuce and Mayo 4.00 Tuna Salad 5.20 Avocado and Salad 5.20 Avocado and Salad 5.20 Avocado and Salad 5.20 Bread Roll 70c Chicken, avocado and cheese Chicken, Avocado and Cheese Chicken, Avocado and Cheese Chicken, Avocado and Cheese Chicken, tomato, Spanish onion, capsicum and cheese Chicken, tomato, Spanish onion, capsicum and cheese Chicken, tomato, Spanish onion, sliced black olives and feta cheese Avocado, sundried tomato, Spanish onion, sliced black olives and feta cheese Avocado, sundried tomato, capsicum, Spanish onion and cheese  Salads  Sides  Freit Salad 4.00 Fresh Fruit Salad 4.00 Fresh Fruit Salad 4.00 Mixed lettuce, chicken, avocado, tomato, cucumber, capsicum, sliced black olives and french dressing Chicken caesar Salad Mixed lettuce, tomato, cucumber, capsicum, sliced black olives and french dressing Chicken and Avocado Salad Mixed lettuce, chicken, avocado, tomato, cucumber, capsicum, sliced black olives and feta cheese Avocado, sundried tomato, capsicum, Spanish onion, aparimental defense and french dressing Chicken Caesar Salad Mixed lettuce, chicken, avocado, tomato, cucumber, capsicum, sliced black olives and feta cheese Nocado, sundried tomato, capsicum, Spanish onion, aparimental defense and french dressing Chicken Caesar Salad Mixed lettuce, chicken, avocado, tomato, spanish onion, aparimental defense and pineapple Chicken, avocado and cheese Chicken, avocado and cheese Chicken, tomato, Spanish onion, capsicum, sliced black olives and feta cheese Avocado, sundried tomato, capsicum, sliced black olives and feta cheese Avocado, sundried tomato, spanish onion, capsicum sliced black olives and feta cheese Avocado and cheese Chicken, avocado, sundried tomato, spanish onion, capsicum and feta chees |  |               |  |                  |             |
| Chickes and Salad Ham, Cheese and Tomato Ham or Chicken Salad Chicken, Lettuce and Mayo Chicken, Avocado and Cheese Chicken, Avocado and Cheese Tuna, Lettuce and Mayo Tuna, Lettuce and Mayo Tuna Salad S.20 Avocado and salad S.20 Ham, cheese and pineapple Avocado, tomato, Spanish onion and cheese Total Tortilla and Focaccias Tuna Salad Toc Chicken, Avocado and Pocaccias Tuna Salad Toc Tuna Salad Toc Chicken, Avocado and Pocaccias Toc Tuna Salad Toc Chicken, Avocado and pineapple Tocaceias Toc |  |               |  |                  |             |
| Ham, Cheese and Tomato Ham or Chicken Salad Chicken, Lettuce and Mayo Wraps  Salad Chicken, Lettuce and Mayo Ham, Cheese and pineapple Avocado, tomato, Spanish onion and cheese Chicken, avocado and Cheese Tuna Salad Avocado and Salad S.20 Bread Roll Toc Chicken, Lettuce and Mayo Ham, Cheese and pineapple Chicken, avocado and cheese Chicken, avocado and cheese Chicken, avocado and cheese Chicken, tomato, Spanish onion, capsicum and cheese Chicken, Lettuce and Mayo Ham, Cheese and Tomato Ham or Chicken Salad Chicken Caesar Salad SaladS SaladS SaladS SaladS Sides Sides Sides Sides  Sides  Sides  Sides  Watermelon wedge term 1&4 1.00 Fresh Fruit Salad Avocado, sundried tomato, capsicum, Spanish onion and cheese Chicken, avocado and cheese Chicken, avocado and cheese Chicken, avocado and cheese Avocado, sundried tomato, capsicum, Spanish onion and cheese Chicken, avocado and cheese Avocado, sundried tomato, capsicum Avocado salad Mixed lettuce, chicken, avocado, tomato,  |  |               |  |                  |             |
| Ham or Chicken Salad Chicken, Lettuce and Mayo Tuna, Lettuce and Mayo Auocado and Salad Avocado and Salad Avocado and Salad Salad Avocado and Salad Fread Roll  Toc Salad Chicken, Avocado and Salad Toc Salad Chicken, Lettuce and Mayo Auocado and salad Salad Chicken, Lettuce and Mayo Auocado and salad Salad Chicken, Lettuce and Mayo Auocado and salad Chicken, Lettuce and Mayo Auocado and cheese Chicken, avocado and cheese Chicken, tomato, Spanish onion, capsicum and cheese Avocado, sundried tomato, Spanish onion, sliced black olives and feta cheese Avocado, sundried tomato, capsicum, Spanish onion and cheese Avocado and salad Chicken Caesar Salad Avocado and salad Chicken, tomato, Spanish onion, capsicum and freacheese Avocado and cheese Avocado and cheese Avocado and cheese Avocado, sundried tomato, capsicum, Spanish onion and cheese Ablack olives and feta cheese Avocado, sundried tomato, capsicum, Spanish onion and cheese Avocado and cheese Avocado, sundried tomato, capsicum and cheese Avocado, sundried tomato, capsicum and theese Avocado, sundried tomato, capsicum  |  |               |  |                  |             |
| Chicken, Lettuce and Mayo Chicken, Avocado and Cheese Tuna, Lettuce and Mayo Tuna Salad Salad Salad Wraps Salad Chicken, Lettuce and Mayo Tuna Salad Salad Salad Salad Chicken, Lettuce and Mayo Tuna Salad Salad Chicken, Lettuce and Mayo Ham, Cheese and Tomato Ham or Chicken Salad Chicken Caesar Salad Salads Salads Salads Salads Sides Salads Sides Salad  Sides Salad  Watermelon wedge term 1&4 1.00 Fresh Fruit Salad 4.00 Pasta Salad 4.00 Pasta Salad 4.00 Pasta Salad 4.00 Mixed lettuce, chicken, avocado, sundried tomato, Spanish onion, sliced black olives and feta cheese Avocado, sundried tomato, capsicum, Spanish onion and cheese  Sides  Sid | ·  |               |  |                  | nd chaese   |
| Chicken, Avocado and Cheese Tuna, Lettuce and Mayo Avocado and salad 5.20 Bread Roll Tuna Salad Avocado and salad 5.20 Bread Roll Tuna Salad Tuna Salad Tuna Salad S.20 Bread Roll Tuna Salad Tuna Salad Tuna Salad Tuna Salad Tuna Salad S.20 Bread Roll Tuna Salad Tuna Sundried tomato, Spanish onion, capsicum, sliced black olives and feta cheese Tuna Sundried tomato, Spanish onion, capsicum, sliced black olives and seta cheese Tuna Sundried tomato, Spanish onion, capsicum, sliced Sulad Tuna Sundried Tomato, Spanish onion, capsicum, sliced Sulad Tuna Sundried Tomato, Spanish onion, capsicum, sliced Sulad Tuna Sulad Tuna Sulad Tuna Sulad Tuna Sulad Tuna Sulad Tuna Cheese and pineapple Chicken, avocado and cheese Avocado, sundried tomato, Spanish onion, capsicum, sliced Sulad Tuna Sulad Tuna Cheese Avocado, sundried tomato, Spanish onion, capsicum, sliced black olives and feta cheese Tuna Sulad Tuna Sulad Tuna Sulad Tuna Sulad Tuna Cheese Tuna Sulad Tuna Cheese Tuna Chicken Sulad Tuna Cheese Tuna Cheese Avocado, sundried tomato, Spanish onion, capsicum, sliced black ol |  |               | Avocado, tornato, Spanish onion and cheese |                  | na cheese   |
| Tuna, Lettuce and Mayo Tuna Salad S.20 Avocado and salad Bread Roll Toocado and salad S.20 Bread Roll Toocado and salad S.20 Bread Roll Toocado and salad S.20 Bread Roll Toocado and cheese Chicken, avocado and cheese Chicken, tomato, Spanish onion, capsicum and cheese Chicken, Lettuce and Mayo Ham, Cheese and Tomato Ham or Chicken Salad Chicken Caesar Salad  Salads Salads Soldes Salads Soldes Salads Soldes Salads Soldes Solde | · · · · · · · · · · · · · · · · · · ·  |               |  |                  |             |
| Tuna Salad Avocado and salad Bread Roll Tuna Salad Solution Bread Roll Tuna Salad Solution Bread Roll Tuna Salad Solution Surant | •  |               | To pate d Tout                             | lle and Faccai   |             |
| Avocado and salad Bread Roll  Toc Chicken, Lottuce and Mayo Ham, Cheese and Tomato Ham, Cheese and Tomato Ham, Cheese and Tomato Ham or Chicken Salad Chicken Caesar Salad  Salads  Salads  Sides  Sid | · · · · · · · · · · · · · · · · · · ·  |               | Toasted Tortilla and Focaccia              |                  |             |
| Wraps  5.20 Salad Chicken, Lettuce and Mayo Ham, Cheese and Tomato Ham or Chicken Salad Chicken Caesar Salad  Salads  5.00 Garden Salad (chicken or ham optional) Mixed lettuce, tomato, cucumber, carrot, beetroot, capsicum, arrot, beetroot and french dressing Chicken, avocado, sundried tomato, Spanish onion, sliced black olives and feta cheese Avocado, sundried tomato, capsicum, Spanish onion and cheese  Sides  S |  |               | Hans abassassas                            | al               | 6.00        |
| Wraps  5.20 Chicken, tomato, Spanish onion, capsicum and cheese Ham, sundried tomato, Spanish onion, sliced black olives and feta cheese Avocado, sundried tomato, capsicum, Spanish onion and cheese Avocado, sundried tomato, capsicum, Spanish onion and cheese Salads  Sides  S |  | _             |  |                  |             |
| Salad Chicken, Lettuce and Mayo Ham, Cheese and Tomato Ham or Chicken Salad Chicken Caesar Salad  Salads  Sides  Salads  Sides  Salads  Sides  Salads  Sides  Salads  Sides  Fresh Fruit Salad  A.00  Fresh Fruit Salad  Gourmet Berry Yogurt  A.00  Muffin  Signet Berry Yogurt  Signet Berry Yo | Bread Roll   | 700           | ·  |                  |             |
| Salad Chicken, Lettuce and Mayo Ham, Cheese and Tomato Ham or Chicken Salad Chicken Caesar Salad  Salads  Salads  Salads  Sides  Salads  Sides  Salads  Sides  Salads  Sides  Salads  Sides  Sides  Salads  Sides  Fresh Fruit Salad  A.00  Gourmet Berry Yogurt  Signification onion and cheese  Fresh Fruit Salad  Sourmet Berry Yogurt  Signification of the Seas of Salad  Mixed lettuce, chicken, avocado, tomato, cucumber, capsicum, carrot, beetroot and french dressing  Chicken Caesar Salad  Mixed lettuce, chicken, avocado, tomato, cucumber, capsicum, sliced black olives and feta cheese  Grilled Chicken Salad  Sides  Watermelon wedge term 1&4  1.00  Fresh Fruit Salad  Sourmet Berry Yogurt  Sushi Varie Berry Yogurt  Sush | \V/  |               | · · · · · · · · · · · · · · · · · · ·      |                  | apsicum and |
| Salad Chicken, Lettuce and Mayo Ham, Cheese and Tomato Ham or Chicken Salad Chicken Caesar Salad  Sides  Salads  5.00  Garden Salad (chicken or ham optional) Mixed lettuce, tomato, cucumber, capsicum, carrot, beetroot, apsicum, carrot, beetroot and french dressing Chicken and Avocado Salad Mixed lettuce, chicken, avocado, tomato, cucumber, capsicum, carrot, beetroot and french dressing Chicken Caesar Salad Mixed lettuce, chicken, avocado, tomato, cucumber, capsicum, carrot, beetroot and french dressing Chicken Caesar Salad Mixed lettuce, chicken, bacon, egg, croutons, parmesan cheese and Caesar dressing Greek Salad Mixed lettuce, tomato, cucumber, Spanish onion, capsicum, sliced black olives and feta cheese Grilled Chicken Salad Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing Water Nippy's Juice popper Nippy's Juice 350ml Nippy's Juice 350ml Nippy's Juice 350ml Aland Chicken Salad Nippy's Ju | wraps  | F 00          |  |                  |             |
| Chicken, Lettuce and Mayo Ham, Cheese and Tomato Ham or Chicken Salad Chicken Caesar Salad  Sides  Salads  5.00  Garden Salad (chicken or ham optional) Mixed lettuce, tomato, cucumber, carrot, beetroot, capsicum, and french dressing Chicken and Avocado Salad Mixed lettuce, chicken, avocado, tomato, cucumber, capsicum, carrot, beetroot and french dressing Chicken Caesar Salad Mixed lettuce, chicken, bacon, egg, croutons, parmesan cheese and Caesar dressing Greek Salad Mixed lettuce, tomato, cucumber, Spanish onion, capsicum, sliced black olives and feta cheese Grilled Chicken Salad Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing Water 2.50 Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing Water 2.50 Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing Water 3.00 Oak Flavoured Milk 300ml Vitamin Water  Avocado, sundried tomato, capsicum, Spanish onion and cheese Water 18:4 1.00 Fresh Fruit Salad A.00 Pasta Salad Gourmet Berry Yogurt Muffin  Water  Vipriks  Drinks  Water  Nippy's Juice popper  Nippy's Juice 350ml 3.00 Oak Flavoured Milk 300ml 2.50 Waterfords mineral water 500ml 3.50 Vitamin Water  Vitamin Water   | Calad  | 5.20          | ·  |                  |             |
| Ham, Cheese and Tomato Ham or Chicken Salad Chicken Caesar Salad  Sides  Salads  5.00  Garden Salad (chicken or ham optional) Mixed lettuce, tomato, cucumber, carrot, beetroot, capsicum and french dressing Chicken and Avocado Salad Mixed lettuce, chicken, avocado, tomato, cucumber, capsicum, carrot, beetroot and french dressing Chicken Caesar Salad Mixed lettuce, chicken, bacon, egg, croutons, parmesan cheese and Caesar dressing Greek Salad Mixed lettuce, tomato, cucumber, Spanish onion, capsicum, sliced black olives and feta cheese Grilled Chicken Salad Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing Grilled Chicken Salad Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing Vitamin Water  onion and cheese  Sides  Sides  Watermelon wedge term 1&4 1.00 Fresh Fruit Salad 4.00 Gournet Berry Yogurt Muffin  4.00  Water  Muffin  Vater  Vater  2.50 Nippy's Juice popper 2.00 Nippy's Juice 350ml 3.00 Oak Flavoured Milk 300ml 2.50 Waterfords mineral water 500ml No Sugar Cans Vitamin Water  Vitamin Water  |  |               |  |                  |             |
| Ham or Chicken Salad Chicken Caesar Salad  Sides  Salads  5.00 Watermelon wedge term 1&4 1.00 Fresh Fruit Salad 4.00 Mixed lettuce, tomato, cucumber, carrot, beetroot, capsicum and french dressing Chicken and Avocado Salad Mixed lettuce, chicken, avocado, tomato, cucumber, capsicum, carrot, beetroot and french dressing Chicken Caesar Salad Mixed lettuce, chicken, bacon, egg, croutons, parmesan cheese and Caesar dressing Greek Salad Mixed lettuce, tomato, cucumber, Spanish onion, capsicum, sliced black olives and feta cheese Grilled Chicken Salad 6.00 Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing Vater 2.50 Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing Vaterfords mineral water 500ml Vitamin Water Vaterior Material A.00 Vitamin Water Vater 2.50 Vitamin Water Vater 2.50 Vitamin Water Vater 3.00 Vater 4.00 Vater 6.00 Oak Flavoured Milk 600ml Vitamin Water Vitamin Water  | The state of the s |               |  |                  |             |
| Salads  5.00 Watermelon wedge term 1&4 1.00  Garden Salad (chicken or ham optional) Mixed lettuce, tomato, cucumber, carrot, beetroot, capsicum and french dressing Chicken and Avocado Salad Mixed lettuce, chicken, avocado, tomato, cucumber, capsicum, carrot, beetroot and french dressing Chicken Caesar Salad Mixed lettuce, chicken, bacon, egg, croutons, parmesan cheese and Caesar dressing Greek Salad Mixed lettuce, tomato, cucumber, Spanish onion, capsicum, sliced black olives and feta cheese Grilled Chicken Salad Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing  Sushi Varieties  Sides  Watermelon wedge term 1&4 1.00  Fresh Fruit Salad 4.00  Gourmet Berry Yogurt 2.80  Muffin  Fresh Fruit Salad 4.00  Fresh Fruit Salad 5.00  Water  Fresh Fruit Salad 5.00  Wuffin  June Suffin  S | ,  |               | onion and cheese                           |                  |             |
| Salads  5.00  Garden Salad (chicken or ham optional) Mixed lettuce, tomato, cucumber, carrot, beetroot, capsicum and french dressing Chicken and Avocado Salad Mixed lettuce, chicken, avocado, tomato, cucumber, capsicum, carrot, beetroot and french dressing Chicken Caesar Salad Mixed lettuce, chicken, bacon, egg, croutons, parmesan cheese and Caesar dressing Greek Salad Mixed lettuce, tomato, cucumber, Spanish onion, capsicum, sliced black olives and feta cheese Grilled Chicken Salad Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing Grilled Chicken Salad Mixed lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing Water Plain Milk 300ml 1.80 Oak Flavoured Milk 300ml 2.50 Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing Waterfords mineral water 500ml Vitamin Water Vitamin Water   |  |               |  |                  |             |
| Salads  5.00 Watermelon wedge term 1&4 1.00  Mixed lettuce, tomato, cucumber, carrot, beetroot, capsicum and french dressing Chicken and Avocado Salad Mixed lettuce, chicken, avocado, tomato, cucumber, capsicum, carrot, beetroot and french dressing Chicken Caesar Salad Mixed lettuce, chicken, bacon, egg, croutons, parmesan cheese and Caesar dressing Greek Salad Mixed lettuce, tomato, cucumber, Spanish onion, capsicum, sliced black olives and feta cheese Grilled Chicken Salad 6.00 Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing Mater Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing No Sugar Cans Waterfords mineral water 500ml 3.50  Sushi Varieties Vitamin Water 4.50   | Chicken Caesar Salad   |               |  |                  |             |
| Garden Salad (chicken or ham optional) Mixed lettuce, tomato, cucumber, carrot, beetroot, capsicum and french dressing Chicken and Avocado Salad Mixed lettuce, chicken, avocado, tomato, cucumber, capsicum, carrot, beetroot and french dressing Chicken Caesar Salad Mixed lettuce, chicken, bacon, egg, croutons, parmesan cheese and Caesar dressing Greek Salad Mixed lettuce, tomato, cucumber, Spanish onion, capsicum, sliced black olives and feta cheese Grilled Chicken Salad Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing Sushi Varieties  Matermelon wedge term 1&4 1.00 Fresh Fruit Salad 4.00 Gourmet Berry Yogurt 2.80 Muffin  Muffin  Drinks  Water 2.50 Water 2.50 Nippy's Juice popper 3.00 Oak Flavoured Milk 300ml 1.80 Oak Flavoured Milk 300ml 3.50 Waterfords mineral water 500ml 3.50 Vitamin Water  Vitamin Water  |  |               | Sides                                      |                  |             |
| Garden Salad (chicken or ham optional)  Mixed lettuce, tomato, cucumber, carrot, beetroot, capsicum and french dressing Chicken and Avocado Salad  Mixed lettuce, chicken, avocado, tomato, cucumber, capsicum, carrot, beetroot and french dressing Chicken Caesar Salad  Mixed lettuce, chicken, bacon, egg, croutons, parmesan cheese and Caesar dressing Greek Salad  Mixed lettuce, tomato, cucumber, Spanish onion, capsicum, sliced black olives and feta cheese Grilled Chicken Salad  Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing  Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing  Sushi Varieties  Fresh Fruit Salad 4.00  Acut Berry Yogurt Courmet Berry Yogurt Acut Berry Yogur Acut Berry Yogur Acut Berry Yogur Acut Berry Yogur | Salads   |               |  |                  |             |
| Mixed lettuce, tomato, cucumber, carrot, beetroot, capsicum and french dressing  Chicken and Avocado Salad Mixed lettuce, chicken, avocado, tomato, cucumber, capsicum, carrot, beetroot and french dressing  Chicken Caesar Salad Mixed lettuce, chicken, bacon, egg, croutons, parmesan cheese and Caesar dressing  Greek Salad Mixed lettuce, tomato, cucumber, Spanish onion, capsicum, sliced black olives and feta cheese  Grilled Chicken Salad  Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing  Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing  Sushi Varieties  Mater  Pasta Salad Gourmet Berry Yogurt Muffin  4.00  Water  Nuffin  Water  Nippy's Juice popper Nippy's Juice 350ml Plain Milk 300ml 1.80 Oak Flavoured Milk 300ml 2.50 Oak Flavoured Milk 600ml A.00 Waterfords mineral water 500ml 3.50 Waterfords mineral water 500ml Vitamin Water  Vitamin Water  |  |               |  |                  |             |
| Chicken and Avocado Salad Mixed lettuce, chicken, avocado, tomato, cucumber, capsicum, carrot, beetroot and french dressing Chicken Caesar Salad Mixed lettuce, chicken, bacon, egg, croutons, parmesan cheese and Caesar dressing Greek Salad Mixed lettuce, tomato, cucumber, Spanish onion, capsicum, sliced black olives and feta cheese Grilled Chicken Salad Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing  Sushi Varieties  Gourmet Berry Yogurt  4.00  Muffin  4.00  Muffin  4.00  Water  2.50  Nippy's Juice popper  2.00  Nippy's Juice 350ml Nippy's Juice 350ml 3.00  Oak Flavoured Milk 300ml 2.50  Waterfords Milk 300ml 4.00  Oak Flavoured Milk 600ml 4.00  Waterfords mineral water 500ml 3.50  Vitamin Water  4.50   |  |               |  |                  |             |
| Chicken and Avocado Salad Mixed lettuce, chicken, avocado, tomato, cucumber, capsicum, carrot, beetroot and french dressing Chicken Caesar Salad Mixed lettuce, chicken, bacon, egg, croutons, parmesan cheese and Caesar dressing Greek Salad Mixed lettuce, tomato, cucumber, Spanish onion, capsicum, sliced black olives and feta cheese Grilled Chicken Salad Grilled Chicken Salad Grilled Chicken Salad Grilled Chicken Salad Muffin  4.00  Mixed lettuce, chicken, avocado, tomato, cucumber, carvotons in the part of |  |               |  |                  |             |
| Mixed lettuce, chicken, avocado, tomato, cucumber, capsicum, carrot, beetroot and french dressing  Chicken Caesar Salad  Mixed lettuce, chicken, bacon, egg, croutons, parmesan cheese and Caesar dressing  Greek Salad  Mixed lettuce, tomato, cucumber, Spanish onion, capsicum, sliced black olives and feta cheese  Grilled Chicken Salad  Grilled Chicken Salad  Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing  Sushi Varieties  Mater  Nippy's Juice popper  2.00  Nippy's Juice 350ml  3.00  Plain Milk 300ml  1.80  Oak Flavoured Milk 300ml  2.50  No Sugar Cans  Waterfords mineral water 500ml  3.50  Vitamin Water  Vitamin Water  |  |               |  | Yogurt           |             |
| Chicken Caesar Salad Mixed lettuce, chicken, bacon, egg, croutons, parmesan cheese and Caesar dressing Greek Salad Mixed lettuce, tomato, cucumber, Spanish onion, capsicum, sliced black olives and feta cheese Grilled Chicken Salad Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing  Sushi Varieties  Drinks  Water  2.50 Nippy's Juice popper  2.00 Nippy's Juice 350ml Nippy's Juice 350ml 3.00 Oak Flavoured Milk 300ml 2.50 Oak Flavoured Milk 300ml Vaterfords mineral water 500ml 3.50 Vaterfords mineral water 500ml Vitamin Water   |  | mate cucumber | Muffin                                     |                  | 4.00        |
| Chicken Caesar Salad Mixed lettuce, chicken, bacon, egg, croutons, parmesan cheese and Caesar dressing Greek Salad Mixed lettuce, tomato, cucumber, Spanish onion, capsicum, sliced black olives and feta cheese Grilled Chicken Salad Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing  Sushi Varieties  Water  Nippy's Juice popper  2.00 Nippy's Juice 350ml Nippy's Juice 350ml Nippy's Juice 350ml 3.00 Capsicum, sliced black olives and feta cheese Plain Milk 300ml Drinks  Water  Autority Juice 350ml Autority Juice 35 |  |               |  |                  |             |
| Mixed lettuce, chicken, bacon, egg, croutons, parmesan cheese and Caesar dressing  Greek Salad  Mixed lettuce, tomato, cucumber, Spanish onion, capsicum, sliced black olives and feta cheese  Grilled Chicken Salad  Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing  Gushi Varieties  Mater  2.50  Nippy's Juice popper  2.00  Nippy's Juice 350ml  3.00  Plain Milk 300ml  2.50  Oak Flavoured Milk 300ml  4.00  No Sugar Cans  Waterfords mineral water 500ml  3.50  Vitamin Water   |  | an dicessing  | Drinks                                     |                  |             |
| parmesan cheese and Caesar dressing Greek Salad Mixed lettuce, tomato, cucumber, Spanish onion, capsicum, sliced black olives and feta cheese Grilled Chicken Salad Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing  Sushi Varieties  Water Nippy's Juice 350ml Nippy's Juice 350ml 3.00 Nippy's Juice 350ml 3.00 Nippy's Juice 350ml Oak Flavoured Milk 300ml 2.50 Oak Flavoured Milk 600ml No Sugar Cans Waterfords mineral water 500ml 3.50 Vitamin Water   |  | croutons.     |  |                  |             |
| Greek Salad<br>Mixed lettuce, tomato, cucumber, Spanish onion,<br>capsicum, sliced black olives and feta cheeseNippy's Juice 350ml3.00Grilled Chicken Salad6.00Oak Flavoured Milk 300ml1.80Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum<br>and French dressingOak Flavoured Milk 600ml4.00No Sugar Cans<br>Waterfords mineral water 500ml3.50Sushi VarietiesVitamin Water4.50   |  |               | Water                                      |                  | 2.50        |
| capsicum, sliced black olives and feta cheese Grilled Chicken Salad 6.00 Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing No Sugar Cans Waterfords mineral water 500ml 3.50 Sushi Varieties Vitamin Water   |  |               |  |                  |             |
| Capsicum, sliced black olives and feta cheesePlain Milk 300ml1.80Grilled Chicken Salad6.00Oak Flavoured Milk 300ml2.50Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum<br>and French dressingOak Flavoured Milk 600ml4.00No Sugar Cans2.50Waterfords mineral water 500ml3.50Sushi VarietiesVitamin Water4.50  | Mixed lettuce, tomato, cucumber, Spanish onion,  |               |  |                  |             |
| Mixed Lettuce, Tomato. Cucumber, Carrot, Capsicum and French dressing No Sugar Cans 2.50  Waterfords mineral water 500ml 3.50  Sushi Varieties Vitamin Water 4.50  |  |               |  |                  |             |
| and French dressing No Sugar Cans 2.50 Waterfords mineral water 500ml 3.50 Sushi Varieties Vitamin Water 4.50  |  | Oak Flavoured | Milk 300ml                                 | 2.50             |             |
| Sushi Varieties Waterfords mineral water 500ml 3.50 Vitamin Water 4.50   |  | Oak Flavoured | Milk 600ml                                 | 4.00             |             |
| Sushi Varieties Vitamin Water 4.50   | and French dressing  |               | No Sugar Cans                              |                  | 2.50        |
|  |  |               | Waterfords min                             | eral water 500ml | 3.50        |
| From 3.60 Powerade Zero 4.20   | Sushi Varieties  |               | Vitamin Water                              |                  | 4.50        |
|  |  | From 3.60     | Powerade Zero                              |                  | 4.20        |

Chicken Teriyaki Tuna and cucumber **Chicken Schnitzel**