

SEE OUR SPECIALS BOARD

Monday to Friday Athlete meal of the day

ALL DAY BREAKFAST

Fruit toast	5
Yoghurt & muesli <i>(gf & v)</i>	5
Ham & cheese toasty	6.5
Ham & cheese croissant	6.5
Egg & bacon roll	8
Breakfast Burger (hash brown, bacon, egg, melted cheese & BBQ sauce)	9.5

BAKERY ITEMS

Assorted muffins	4
Cakes - as displayed	5
Banana bread <i>(gf)</i>	6
Cookies	4
Slices - as displayed	5
Pastries - as displayed	5
Assorted protein balls	3.5

SANDWICHES, WRAPS, ROLLS

Chicken, avocado, tomato & lettuce wrap	10
Turkey, brie & cranberry roll	10
Ham, salami pickle mix meat sandwich	10
Assorted wedged sandwiches <i>(gf & v)</i>	6.5
Rice paper rolls <i>(gf & v)</i>	6.5

COLD SALADS

As displayed <i>(gf & v)</i>	5
----------------------------------	---

WARM SALADS

Base of cucumber, tomato, red onion & mixed greens	
choose from Grilled haloumi <i>(gf & v)</i>	10
or Chicken breast salad <i>(gf)</i>	10

BURGERS

Haloumi burger <i>(gf & v)</i>	9.5
Chicken schnitzel burger	11
Angus beef burger with rocket, tomato, tasty cheese & garlic aioli	12
Add egg	.50
Add bacon	.50
Add cheese	.30

HOT BITES

Salt & pepper squid (6 in a pack)	6.5
Gourmet meat pie	6.5
Sausage rolls	5
Chicken breast tenders (3 in a pack)	5
Sweet potato fries	5
String fries	4.5

We value your feedback!

COLD DRINKS

Juice 300ml	3.5
Sparkling water	3.5
Thank You charity water	3
Trio drinks 330ml	3.5
Coke varieties 600ml	4.5
Lipton ice tea	4.5
Coconut water	3.5
Flavoured milk 300ml	3
Flavoured milk 500ml	4.5
Flavoured milk 750ml	5.5

HOT DRINKS

Coffee small	3.9
Coffee large	4.3
Babyccino	1
T2 Tea	3.5
Hot chocolate	4.1
Coffee syrups (vanilla, hazelnut, caramel)	.40
Extra coffee shot	.40

MILKSHAKES

Chocolate, strawberry, caramel, banana, vanilla	5
Add malt	.30

SMOOTHIES

6.5

STAFF PRE ORDER SHEETS are available at the counter.

Please ask our friendly staff.