

# LUNCH MENU

## DAILY HOT MEALS

CHEF MADE PASTA BOLOGNESE WITH CHEESE ●	\$8.50
AUTHENTIC BUTTER CHICKEN WITH A RICE QUINOA BLEND ●	\$8.50
HEARTY DAILY SOUPS ● <i>new</i>	\$6.50
– Snack size wrap	\$4.00
– Seasonal side salad & dressing	+ \$2.50
– Garlic bread	+ \$2.50
– Slice of buttered sourdough	+ \$1.50

## WEEKLY SPECIALS from \$8

### MONDAY

**WEEK A** MASSAMAN BEEF WITH JASMINE RICE (GF) ● *new*

**WEEK B** MEXICAN BEEF NACHOS, GUALCAMOLE, SALSA & CHEESE (GF) ● *new*

### TUESDAY

**WEEK A** CRISPY CHICKEN SCHNITZEL SUB & SALAD ● *new*

**WEEK B** CLASSIC MEATBALL & CHEESE SUB & SALAD ● *new*

### WEDNESDAY

**WEEK A** CHICKEN & LEEK PUFF PASTRY POT PIE ● *new*

**WEEK B** RAVIOLI (BEEF OR SPINACH & RICOTTA) W|CHEESY CRUMB ● *new*

### THURSDAY

**WEEK A** SOFT SHELL TACO DAY - BEEF MINCE & SEASONAL SIDES ● *new*

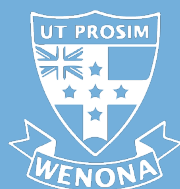
**WEEK B** SOFT SHELL TACO DAY - CRISPY FISH & SLAW ● *new*

### FRIDAY PIZZA WITH A JUICE BOMB CAN

BBQ CHICKEN / VEGETARIAN / HAWAIIAN / PEPPERONI ● *new*

#### Health Rating System

- Green - great foods for daily consumption balanced item of energy, vitamins, and minerals
- Amber - select carefully energy-based item / combine with a green item for minerals and vitamins.
- Red - only available on special days twice per term, large portion treat foods (cupcakes/sweet pastries)



# LUNCH MENU

## HEALTHY SANDWICHES

SIMPLE SANDWICHES ● – 7 options	FR \$4.00
GOURMET WRAPS ● – 4 options	FR \$6.50
TURKISH TOASTIES ● – 9 options	FR \$4.50
MYO GARDEN SALAD ● – 6 options	FR \$6.50
MYO NUT FREE PESTO PASTA SALAD - 3 options	FR \$6.90
SINGLE SERVE POKE BOWL ● new – Tofu / Trout	\$6.90

## SUSHI & RICE PAPER ROLLS

HOMEMADE NORI ROLLS ● – Sushi grade salmon & avocado – Teriyaki chicken & cucumber – Teriyaki beef & cucumber – Tuna, cucumber & mayo – Just avocado – Panko chicken & lettuce	FR \$4.50
HOMEMADE RICE PAPER ROLLS TWIN PACK ● – Hoisin chicken & crisp vegetables – Avocado & crisp vegetables	\$6.90

## WARM PASTRIES AND LIGHT SNACKS

MINI GARLIC BREAD LOAF ●	\$2.60
CRISPY OVEN BAKED CHICKEN GOUJONS ●	\$5.00
CLASSIC HAM, CHEESE & TOMATO TOASTIE ●	\$5.50
VEGEMITE & CHEDDAR TURKISH TOASTIE ●	\$5.20
OVEN BAKED HASH BROWN TRIANGLE & SAUCE ● new	\$2.00
BEEF SAUSAGE ROLL W  SAUCE ●	\$4.00
BABY BEEF PIE W  SAUCE ●	\$2.50
SPINACH & CHEESE FLAKY ROLL W SAUCE ●	\$4.50

## HEALTHY CHOICES

WHOLE FRUIT ● – Apple - Banana	\$1.60
SEASONAL FRUIT BOWLS ● – Orange – Melon & berry – Fruit salad	\$3.00 \$4.00 \$4.50
CLASSIC YOGHURT POT ● W  FEATURE FRUITS	\$4.50
CRACKERS & CHEESE CUP ●	\$4.00
CRUNCH & MUNCH VEGGIES & DIP ●	\$4.00
SUPERFOOD RASPBERRY ● LAMINGTON POWER BALL	\$4.00
MANGO & COCONUT CHIA PUDDING	\$4.30



# SNACKS & DRINKS

## SNACKS AND BAKED TREATS

EUCALYPTUS DROPS ●	\$1.70
BROWNIE BITES	\$3.50
CRISPY FRUIT PACKET ●	\$3.00
YOGURT FROGS ●	\$2.00
PROPER CRISPS	\$3.50
GRAIN WAVES	
- Sour Cream & Chive	\$2.50
POPCORN BAG SEA SALT ●	\$2.50
CHOC CHIP COOKIE ●	\$3.00
BIG ANZAC SPRINKLE COOKIE ●	\$4.00
FRESHLY BAKED HOUSE MADE MUFFIN ●	\$4.00
WARM BANANA LOAF W/ BUTTER (GF OPTIONAL) ●	\$4.50
WARM SAVOURY CROISSANT ●	FR \$4.00
- Ham & cheese	
- Cheese & tomato	
DAILY SWEET PASTRIES	\$5.00
- Pain au Chocolat	
TOASTED BLUEBERRY BAGEL ● W/ CREAM CHEESE	\$4.00
SENSATIONAL BITES (2) ●	\$3.50
- Brownie	
- Caramel	
- Blondie	

## COLD DRINKS

BOOST JUICES ●	\$4.90
JUICE FARM ●	\$4.00
JUICE BOMB CANS ●	\$3.80
REMEDY KOMBUCHA CANS ● new	\$4.70
JUST JUICE BOXES ●	\$2.80
FLAVOURED MILK BOXES ●	\$3.70
- Chocolate - Strawberry	
DASH FRUITY SPARKLING WATER CAN ● new	\$4.00
CHILL ALOE	\$4.50
- Original - Watermelon	
CHILL ICED TEA	\$4.50
- Raspberry - Mango	
PINK LEMONADE ●	\$4.50
ICED DRINKS (IN HOUSE) ●	\$4.70
- Latte - Chocolate	
- Mocha - Chai	
ALTERNATIVE MILKS ●	+.30c
- Oat - Soy	
FLAVOURED SYRUPS ●	+.30c
- Vanilla - Caramel	



# SNACKS & DRINKS

## SMOOTHIES

MANGO ●	\$5.00
MIXED BERRIES ●	\$5.00

## HOT DRINKS

LITTLE MARIONETTE ESPRESSO COFFEE ●	R \$3.70	L \$4.00
MIGHTY MOCHA ●	R \$3.70	L \$4.00
CREAMY HOT CHOCOLATE ●	R \$3.70	L \$4.00
VANILLA CHAI LATTE ●	R \$3.70	L \$4.00
SOOTHING TEAS ●	\$3.50	
- Breakfast      - Green		
- Lemon & Ginger		
ALTERNATIVE MILKS ●	+ .30c	
- Oat              - Soy		
FLAVOURED SYRUPS ●	+ .30c	
- Vanilla          - Caramel		
EXTRA	+ .30c	
- Decaf            - Extra shot		

## ICEY TREATS

JUICIES ICEY FRUIT STICKS ●	\$3.00
GELATO, ICE CREAM & FROZEN YOGHURT CUPS ● new	FR \$3.00