

Have a look at our current menu offering.

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Our menu

- The menu displayed here represents our current offering.
- You can choose either a TWO course or THREE course LUNCH on any given day
- There are 30 choices within each course selection.
- Click on the Menu Item to reveal the Ingredients
- [Download a PDF version of the menu](#)

A TWO Course Lunch is \$8.65 and a THREE Course Lunch is \$10.25

Lunch Item One	Lunch Item Two	Lunch Item Three/Snack
Greek Style Salad with Feta & Olives (V, GF)	Fresh Fruit Combo	Apple Fruit Juice Drink
Thai Style Rice Noodle Salad (GF)	Carrot, Cucumber, Red & Yellow Capsicum pieces	Orange Fruit Juice Drink
Brown Rice & Mixed Bean Salad (GF)	Freshly chopped Strawberries with Red Grapes	Nippy's Choc Milk Drink
Pic(k)nic Box - Vegetarian (GF)	Apple pieces with Lemon juice, Brown Sugar & Cinnamon	Cobs - Lightly salted Popcorn (GF)
Pic(k)nic Box with Ham (GF)	Freshly chopped Orange Segments	Cobs - Slightly sweet, Lightly salted Popcorn (GF)
Sushi - Teriyaki Chicken Hand Roll (2)	Lightly steamed Corn Wheels & Broccoli pieces	Freshly chopped Orange Segments
Sushi - Cooked Tuna Hand Roll (2)	Cherry Tomatoes & Tasty Cheese with Rice Crackers(GF)	Fresh Red &/or Green Grapes
Sushi - Avocado Handroll (2)	Whole Banana with Chocolate Dipping Sauce	Apple pieces with Lemon juice, Brown Sugar & Cinnamon
Sushi - Cucumber Hand Roll (2)	Freshly chopped Honey Dew and Cantaloupe	Carrot, Cucumber, Red & Yellow Capsicum pieces
Sushi - Vegetarian Hand Roll (2)	Blueberry Muffin	Lightly steamed Corn Wheels & Broccoli pieces
Cheese & Bacon Roll (Bakery)	Choc Chip Cookie	Cherry Tomatoes & Tasty Cheese with Rice Crackers(GF)
Cheese and Vegemite Scroll (V) (Bakery)	Choc Brownie Bites	Freshly chopped Honey Dew and Cantaloupe
Topped with Only Cheese Roll (Bakery)	Hedgehog Slice	Blueberry Muffin
Margherita Pita Pizza	Cup Cake	Banana Cake (GF, DF)
Ham and Pineapple Pita Pizza	Banana Cake (GF, DF)	Apple Cinnamon Cake
Fresh Tomato & Italian Herb Pita Pizza	Apple Cinnamon Cake	Choc Chip Cookie
Spinach and Feta Pita Pizza	Finger Bun with Sprinkles	Cup Cake
Ham and Cheese Roll	Roasted Fav-va Beans (GF)	Choc Brownie Bites
Vegemite Sandwich (2)	Raspberry Chobani Yoghurt (GF)	Hedgehog Slice
Chicken and Salad Roll	Blueberry Chobani Yoghurt (GF)	GF, DF Choc Cup Cake (GF,DF)
Wrap (GF) Ham & Salad	Mango Chobani Yoghurt (GF)	Finger Bun with Sprinkles
Turkey, Cranberry, Cheese and Lettuce Sandwich	Tzatziki Dip with Rice Crackers	Roasted Fav-va Beans (GF)
Simple Salad Roll	Avocado Dip with Rice Crackers	Raspberry Chobani Yoghurt (GF)
Cheese and Salad Roll (V)	Spring Onion & Cream Cheese Dip with Rice Crackers	Blueberry Chobani Yoghurt (GF)
Beetroot and Salad Roll	GF, DF Choc Cup Cake (GF,DF)	Mango Chobani Yoghurt (GF)
Roast Beef, Fruit Chutney, Cheese and Lettuce Roll	Apple Fruit Juice Drink	Plain Chobani Yoghurt (GF)
Ham, Cheese and Tomato Sandwich	Orange Fruit Juice Drink	Tzatziki Dip with Rice Crackers
Wholegrain Cheese & Tomato Sandwich (Low GI)	Nippy's Choc Milk Drink	Avocado Dip with Rice Crackers
Mild Salami and Salad Roll	Cobs - Lightly salted Popcorn (GF)	Spring Onion & Cream Cheese Dip with Rice Crackers
Gluten Free Ham and Cheese Sandwich	Cobs - Slightly sweet, Lightly salted Popcorn (GF)	Cranberry Food for Health Bar (GF)