

# INDIVIDUALLY PACKAGED

#### Breakfast -

\$6.05 Fruit Salad VG GF H NF

\$7.25 Greek Yoghurt with Toasted Muesli & Berries V GF H

\$10.40 Mini Cheese & Tomato Croissant, Fetta, Ricotta & Spinach Pastry Triangle, Cheese & Onion Pastry Twists V H NF \$12.35 Bacon & Egg Slider with Tomato Chutney, Hash Brown, Vegetable Mini Muffin

# - Morning/Afternoon Tea -

\$6.30 Mini Muffin, Fresh Baked Cookie, Strawberries V H

\$7.70 French Caramel Donut, Cake Slices (Chocolate; Carrot; Banana), Strawberries V H

\$7.80 Caramel & Peanut Petite Slice, Sticky Date Mini Muffins, Strawberries GF VG H NF

# - Lunch -

\$8.35 - ½ Sandwich, ½ Brioche (20% V)

\$10.70- ½ Sandwich, 2 pieces of Sushi, Vegetarian Rice Paper Roll (20% V)

\$17.20 - ½ Focaccia Roll, Rice Paper Roll, Cake Slice, Fruit Salad (20% V)

PACKED IN BROWN BAG - \$12.00 - Filled Hamburger Roll, Piece of Fresh Fruit, Sweet Biscuit pack OR Crinkle Cut Chips

PACKED IN BROWN BAG - \$12.30 - Filled Hamburger Roll, Piece of Fresh Fruit, Le Snak Cheese Pack OR Uncle Toby's Muesli Bar

### - Hot Fork Dishes -

\$14.45 - Individual Serve (16oz)

Chicken & Cashew Stir Fry with Rice GF DF H

Thai Green Chicken Curry with Rice GF DF H NF

Malaysian Beef Rendang with Rice GF DF H NF

Teriyaki Beef & Vegetable Stir Fry with Rice GF DF H NF

Spinach & Ricotta Tortellini, Napoli Sauce with Basil V

Sweet Potato, Chick Pea & Coconut Curry with Steamed Basmati Rice VG GF H NF

Vegetable Rendang Curry with Steamed Basmati Rice VG GF H NF

# - Salads -

\$10.85 - Individual Serve (16oz)

Charred Chicken & Roasted Cashew Nut Garden Salad with Orange & Mustard Dressing GF DF H NF Tandoori Chicken, Charred Capsicum, Spinach & Cucumber Salad with Tzatziki Dressing GF DF H NF Falafel Garden Salad with Lemon Dijon Vinaigrette VG GF H NF Roasted Pumpkin, Charred Capsicum, Spinach & Feta Salad with Balsamic Italian Dressing VG GF H NF

#### Buddah Bowls -

\$17.95 Individual Serve (1000ml)

Charred Chicken, Sweet Potato, Quinoa with Lemon Vinaigrette **GF DF H NF**Sweet Potato, Chickpea, Brown Rice with Tahini Dressing **VG GF H NF**Smoked Salmon, Soba Noodles, Edamame Bowl with Japanese Dressing **GF DF H NF** 

-All Menus including Individual BBQ's, Pizzas Beverages etc. here-

**V** Vegetarian **VG** Vegan **GF** Gluten Free **DF** Dairy Free **H** Halal Friendly **NF** Nut Free