

WRAPS/PANINIS

Creamy Chicken & Herb Mayonnaise, Avocado & Baby Spinach Panini	6.50
Cheese & Herb Mayonnaise, Avocado & Baby Spinach Panini	6.50
Salad Wrap Choice of Chicken, Ham, Tuna Mayo, Cheese, or Egg Mayo (All served with Tomato, Cucumber, Lettuce, Grated Carrot & Mayo)	6.50
Chicken Caesar Wrap (Poached Chicken, Bacon, Egg, Parmesan, Lettuce & Caesar Dressing)	6.50
Chicken Schnitzel Wrap (Bread Crumbed Chicken, Lettuce & Mayonnaise)	6.50
BLAT Turkish (Bacon, Lettuce, Avocado & Tomato Toasted Turkish)	6.50
All Day Value Pack (Chicken Schnitzel Wrap, Popcorn, Cookie, Apple & Water)	14.50

SALADS

Poke Bowl (Mon, Wed & Fri) (Choice of Chicken Schnitzel, Poached Asian Chicken, or Vegetarian with Sushi Rice, Avocado, Pickled Red Cabbage Cucumber, Carrot & Mayonnaise)	6.50
Grazing Bowl (Tues & Thurs) (Ham, Cheddar Cheese, Feta, Black Olives, Roasted Capsicum, Carrot, Cucumber & Toasted Turkish Bread)	6.50
Chicken Caesar Salad (Poached Chicken, Bacon, Egg, Lettuce, Parmesan Croutons & Caesar Dressing)	6.50
Greek Salad (Feta, Tomato, Cucumber, Lettuce, Olives Spanish Onion & Balsamic Dressing)	6.50

SNACKS

Fruit Salad Pot	4.00
Chocolate Muffin	4.00
Blueberry Muffin	4.00
Finger Bun	3.50
Cheese and Bacon Roll	3.50
Cheese and Vegemite Scroll	3.50
Red Rock Chips (Sea Salt & Honey Soy)	2.50
Popcorn	2.50
Watermelon Slice	2.50
Apple	2.50
Chocolate Chip Cookie	1.50
Anzac Biscuit	1.00

DRINKS

Oak Flavoured Milk 600ml/300ml (Chocolate, Strawberry, Iced Coffee)	5.00/3.50
Liptons Iced Tea (Peach, Mango, Passionfruit, Raspberry)	5.00
East Coast Juice 400ml (Apple, Orange, Lemonade)	5.00
Waterfords (Orange & Passionfruit, Lime, Watermelon)	5.00
Up & Go (Chocolate /Vanilla)	3.50
Water 600ml	2.50