



Cold food

Sandwiches from...	\$3.80
Rolls from...	\$5.00
Gourmet wraps 1/2 from...	\$3.30
Gourmet wraps from...	\$5.50
Assorted focaccias	\$5.50
Homemade yoghurt	\$2.70
Bircher muesli	\$3.00
Salad packs from...	\$4.80

Homemade dessert cups	\$3.00
Cheese & crackers (each)	\$1.50
Fruit salad	\$3.50
Whole fruit	\$1.30
Deli lunch packs (frittata & salad)	\$5.30
Jelly cup	\$1.50

Hot snacks

Soup with mini wholemeal roll (winter only)	\$4.00
Low fat grilled burgers from...	\$5.20
Low fat hot dog with w/meal bun	\$3.20
Chicken schnitzel burger - twice a week only	\$5.50
Egg bacon & cheese roll	\$3.50

Daily specials - as per menu	\$5.50
Homemade pizza slice	\$3.50
Mrs Mac's light pies & pasties	\$3.40
Sausage rolls	\$3.00
Hot roast rolls	\$5.30
Toasted sandwiches from ...	\$3.00
Croissant	\$3.30

Drinks

Small flavoured milk - Big M	\$2.70
Large flavoured milk - Big M	\$3.70
Nippy's low fat flavoured milk 375ml	\$3.00
Up & go 250ml	\$3.20
Mt Franklin water 600ml	\$2.80
Pump water 750ml	\$3.80
Hot chocolate cups	\$2.20

Goulburn valley fresh juice 300ml	\$3.20
Nudie Coconutwater	\$3.00
Vita soy	\$3.30
V8 fruit & vegetable juice 300ml	\$3.50
Fruit box juice 250ml	\$2.20
Nudie kids juice 250ml	\$2.20
Nudie juice and soda 330ml	\$3.00

Treats

Liquorice strap	\$1.00
Sesame Bar	\$1.50
Piranha chips	\$2.20
Homemade muffin	\$2.20
Soy Crisps	\$1.50

Small assorted cakes & slices	\$2.00
Banana bread	\$2.50
Assorted small chips	\$2.20
Apricot and coconut t bars	\$2.80
Homemade cookies / large cookies	\$2.50

Frozen treats

Fangdangles	\$1.60
Milo	\$2.85
Icy-pole	\$1.20
Frosty fruit	\$2.00
Dixie Cup	\$2.30

Frozen apple/orange juice	\$1.20
Connoisseur	\$3.95