

GRAB & GO

TOASTIES

Ham, Tomato & Cheese or Cheese & Tomato

BREKKIE WRAP

Bacon, tomato relish, mixed salad leaf, smashed avo, aioli

ENGLISH BREAKFAST MUFFIN

Curried eggs, pickles, cheddar, leg ham

SALMON BAGEL

Smoked salmon, soft boiled egg, onion, sliced red onion, aioli

CHICKEN PESTO WRAP

Poached chicken breast, mixed salad leaf, sundried tomato, cheddar cheese, pesto mayo

FITNESS FIRST WRAP

Poached chicken, avo, mixed salad leaf, sundried tomato, cheddar cheese, pesto mayo

HAM & EGGPLANT SANDWICH

Leg ham, Grilled eggplant, mixed salad leaf, tomato, cheddar cheese, aioli

CHICKEN & AVO SANDWICH

VEGGIE WRAP

Mixed salad leaf, grilled red capsicum, pickles, carrots, grilled eggplant, corn, hummus, tomato

HOT ARTISAN PIES

Vegan Thai curry pie

Pulled pork pie

BBQ Chicken pie

Lamb shank pie

Smokey BBQ beef pie
