



Lunch Bags

Option 1

Wholemeal Tortilla Wrap with Smoked Chicken, Salad, Citrus Mayo and Leafy Greens
Ham, Egg, Aged Cheddar and Roasted Tomato Pastry Slice
Fresh Fruit Salad

Option 2 (Halal)

Scottish Bap with Roast Beef, Cheddar Cheese and Pickles
Thai Style Chicken Salad with Coconut, Chilli and Lime
Chocolate Chip Oat Biscuit

Option 3

Turkish Bread with Roast Lamb, Tabbouleh and Salad Greens
Rainbow Slaw with Toasted Sunflower and Tahini Dressing
Chocolate Brownie

Option 4 (Vegetarian)

Semi Dried Tomato, Roast Capsicum, Spinach, Alfalfa and Caramelised Onion Filled Bagel
Vegetarian Rice Paper Wraps with Roasted Peanuts and Mint
Chewy Oat and Ginger Crunch Slice

Option 5 (Gluten Free)

Gluten Free Muffin with Cheese and Pesto (gf, v)
Smoked Chicken Waldorf Salad with Spiced Apple and Celery
Blackberry Friand (gf)

Option 6 (Paleo, df, gf)

Salmon, Spinach, Kale and Courgette Frittata Slice
Mixed Nut Loaf with Cashews, Smoked Paprika and Thyme
Fresh Fruit Salad

Option 7 (Vegan)

Shelly Bay Sourdough, Marinated Tempeh, Iceberg Lettuce, Tomato and Vegan Mayo
Asian Noodle Salad with Toasted Nuts and Chilli
Peanut Butter and Almond Biscuit

Option 8 (Keto)

Chicken And Bacon Roulade Filled with Sage and Pistachio
Classic Greek Salad with Marinated Feta
Keto Nut and Seed Bar



Lunch Platters

Option 1

Wholemeal Tortilla Wrap with Smoked Chicken Salad, Citrus Mayo and Leafy Greens
Ham, Egg, Aged Cheddar and Roasted Tomato Pastry Slice
Chocolate Peppermint Slice
Fresh Fruit Salad

Option 2 (Halal)

Scottish Bap With roast beef, Cheddar Cheese and Pickles
Thai Style Chicken Salad With Coconut, Chilli and Lime
Chocolate Chip Oat Biscuit
Whole Fruit

Option 3

Turkish Bread with Roast Lamb, Tabbouleh and Salad Greens
Rainbow Slaw with Toasted Sunflower and Tahini Dressing
Tomato, Olive, Spinach and Thyme Tart
Chocolate Brownie

Option 4 (Vegetarian)

Semi Dried Tomato, Roast Capsicum, Spinach, Alfalfa and Caramelised Onion Filled Bagel
Vegetarian Rice Paper Wraps with Roasted Peanuts and Mint
Chewy Oat and Ginger Crunch Slice
Fresh Fruit Kebab

Option 5 (Gluten Free)

Gluten Free Muffin with Cheese and Pesto (gf, v)
Smoked Chicken Waldorf Salad with Spiced Apple and Celery
Blackberry Friand (gf)
Fresh Fruit

Option 6 (Paleo, df, gf)

Salmon, Spinach, Kale and Courgette Frittata Slice
Mixed Nut Loaf with Cashews, Smoked Paprika and Thyme
Mexican Spiced Chicken Skewers
Fruit Salad

Option 7 (Vegan)

Shelly Bay Sourdough, Marinated Tempeh, Iceberg Lettuce, Tomato and Vegan Mayo
Asian Noodle Salad with Toasted Nuts and Chilli
Peanut Butter and Almond Biscuit
Fresh Fruit Kebab



Option 8 (Keto)

Chicken And Bacon Roulade Filled with Sage and Pistachio

Classic Greek Salad with Marinated Feta

Homemade Keto Crackers and Aged Cheddar

Keto Nut and Seed Bar

Drinks

400 ml Orange \$3.50

400 ml Apple \$3.50

750 ml Sipper Water \$3.00