

TO GO LUNCH

(served in an individual box)



LUNCH OPTIONS

\$20.0

OPTION 1

bread item + side salad + sweet + fresh fruit

OPTION 2

bread item + savoury + sweet + fresh fruit

OPTION 3

bread item + side salad + sweet + savoury

BREADS

DAILY CREATION BY OUR CHEFS

- club sandwich (x2)
- turkish pocket
- multigrain roll
- wrap
- wholegrain sandwich bread (large)
- panini melt

FILLINGS

ALL FILLINGS ACCOMPANIED WITH SALAD AND COMPLEMENTARY CONDIMENTS

- ham
- roast beef
- pastrami
- chicken
- vegetarian

SALADS

chickpea salad (Vg)

CHICPEAS, GREEN BEANS, SEMI-DRIED TOMATOES, FRESH HERBS

quinoa & wild rice salad (G,D,V)

FRESH HERBS, CUCUMBER, SPROUTS, SEEDS, SOY SAUCE

orzo pasta salad (V)

SUNDRIED TOMATOES, BASIL DRESSING, RED ONION, MIXED LEAVES

oil & vinegar slaw (G,D,V)

WITH FRESH APPLE & SUNFLOWER SEEDS

thai beef/chicken salad

VERMICELLI NOODLES, ASIAN HERBS, NUOC NAM DRESSING

SAVOURY

see the working lunch menu for full range

cheese & crackers

SWEETS

muffins

SWEET OR SAVOURY

slice selection (G*D*)

cookies

MILK CHOCOLATE CHIP or WHITE CHOCOLATE & MACADAMIA

cake (G*D*)

CHOCOLATE or CARROT CAKE or BANANA or WALNUT DATE LOAF (GF)

FRESH FRUIT

fruit skewers or whole fruit

BEVERAGES

ADDITIONAL COST

assorted soft drinks (canned)	\$2.5
bottled water	\$3.0
organic fruit juice	\$4.0

dietary requirements:

we are able to cater for all dietary requirements at an additional cost of \$1.5 per item.

please note:

hot items leave our kitchen hot, however they may only be warm when they reach you, please keep this in mind. We deliver hot items in foil so that if you want to pop them back in the oven you can.

GST:

all quoted prices are exclusive of GST.

V vegetarian

D dairy free

Vg vegan

G gluten free

* available