

Wraps + PANINIS

Chicken Caesar Salad Panini	6.50
BLAT Turkish (Bacon, Lettuce, Avocado & Tomato Toasted Turkish)	6.50
Salad Wrap Choice of Chicken, Ham, Tuna Mayo, Cheese, or Egg Mayo (All served with Tomato, Cucumber, Lettuce, Grated Carrot & Mayonnaise)	6.50
Salad Panini Choice of Chicken, Ham, Tuna Mayo, Cheese, or Egg Mayo (All served with Tomato, Cucumber, Lettuce, Grated Carrot & Mayonnaise)	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
Ham, Cheese & Tomato Sandwich Chicken Mayonnaise, Tomato & Lettuce Sandwich Egg Mayonnaise & Lettuce Sandwich	5.50

THE Salad Bar

Mexican Chicken Burrito Bowl (Spiced Chicken, Rice, Corn Chips, Tomato, Lettuce, Spanish Onion, Salsa & Guacamole)	7.00
Nourish Bowl (Rice, Feta, Sweet Potato, Avocado, Red Capsicum, Baby Spinach with a Lemon Dressing)	7.00
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

BREAKFAST+ Snacks

Ham/Chicken, Cheese with Tomato or Avocado Toastie	5.50
Ham/Sweet Chilli Chicken/Tomato with Cheese Toastie	5.00
Fruit Salad Pot	4.00
Individual Fruit Pots (Watermelon, Rockmelon)	4.00
Banana Bread/Chocolate Chip Muffins	4.00
Cinnamon Scroll /Doughnut	4.00
Cheese and Bacon Roll/Cheese & Vegemite Scroll	4.00
Hash Browns	3.50
Red Rock Chips (Sea Salt & Honey Soy)	2.50
JJs (Chicken, Pizza)	2.50
Roasted Seaweed	2.50
Watermelon Slice	2.50
Chocolate Chip Cookie	1.50

DRINKS

Oak Flavoured Milk 600ml/300ml (Chocolate, Strawberry, Iced Coffee)	5.00/3.50
The Juice Farm Juice 500ml (Apple, Orange, Lemonade)	5.00
Chill Aloe (Peach, Watermelon)	5.00
BARE Sparking Flavoured Water (Watermelon, Lemon Lime, Pine Coconut)	5.00
Liptons Iced Tea (Peach, Mango, Raspberry)	5.00
Waterfords (Orange & Passionfruit, Lime, Watermelon, Apple Berry)	5.00
Glee (Grape, Sour Watermelon, Tropical)	4.00
Up & Go (Chocolate /Vanilla/Strawberry)	3.50
Water 600ml/1.5L	2.50/4.00