



Smoothies

Buckle-up banana fresh banana, honey low fat milk, vanilla frozen yoghurt & ice

Captain strawberry strawberries, fresh banana apple juice, strawberry frozen yoghurt & ice

Go-man-go mango, fresh banana, tropical juice, vanilla frozen yoghurt & ice

Berry blast off strawberries, blueberries raspberries, apple juice, strawberry frozen yoghurt & ice

Choc-a-block chocolate, low fat milk vanilla frozen yoghurt & ice

reg 7.00

lge 7.50



Healthy Habits

kRushies

dairy free

Mile high mango mango, fresh banana tropical juice, fat free mango sorbet & ice

Berry backpacker strawberries, blueberries raspberries, apple juice, fat free strawberry sorbet & ice

Paradise passion passionfruit, fresh banana tropical juice, fat free mango sorbet & ice

Melon on-the-move watermelon (freshly juiced), raspberries, tropical juice, fat free strawberry sorbet & ice

Star-class strawberry strawberries, fresh banana, apple juice, fat free strawberry sorbet & ice

reg 7.00

lge 7.50



Juices

Freshly squeezed,
no added sugar!

Pilot's pick orange & pineapple

Jetsetter pineapple, orange, carrot & ginger

Flying fruit apple, pineapple, orange & watermelon

Veggie velocity carrot, celery, beetroot ginger, apple & orange

The red baron tomato juice, carrot celery & beetroot

...or create your own!

sml 6.50

reg 7.00



START the day

Fresh start

Yoghurt - various flavours **6.00**

Fruit Salad **7.00**

☺ for breakfast add yoghurt 1.20 extra

Toast **3.90**

Fruit Loaf **5.00**

Croissant & Jam **5.00**

Ham & Cheese Croissant **5.50**

Ham, Cheese & Tomato Toastie **6.50**

Bacon & Egg Toastie **6.50**

Bacon & Egg Roll **7.50**

Brekkie Wrap **7.50**

Big Brekkie Roll **8.00**

Healthy Habits



sandwich + juice bar



COLD DRINKS

Water from 4.00

Pump Water, Kiwi Blue Sparkling
Glaceau Vitamin Water

Juice from 4.00

Keri Juice, Keri Kids

Soft Drinks from 4.00

Coca-Cola, Coke Zero, Diet Coke
Sprite, Sprite Zero, Fanta, L&P
Deep Spring Mineral Water

Energy Drinks from 4.00

Lift Plus, Mother, Powerade



GRAB & GO

Choose from our
fresh daily selection

Favourites

Wraps	5.50
Turkish rolls	from 8.90
Salads	reg 7.00 lge 9.00

Light Snacks

Yoghurt	6.00
Fruit Salad	7.00

make
it a
meal



add
\$4*

*add any
600ml soft drink or
750ml water for only \$4

OUR TOP 10

#1 Smoked Salmon Sensation

smoked salmon, cream cheese
lettuce, onion & capers

9.90

#2 Hail Caesar roast chicken
breast, lettuce, bacon, egg mix
& Caesar sauce

9.00

#3 The Schnitzel lightly crumbed
chicken breast, tasty cheese
& shredded coleslaw

9.00

#4 Roastin' Chicken & Avocado

roast chicken breast, avocado
tomato, baby spinach & mayo

8.60

#5 Ham-mer Time ham, swiss cheese
lettuce, tomato & honey mustard

8.40

#6 Turkey & Cranberry Crush

roast turkey breast, lettuce, tasty
cheese & cranberry sauce

7.90

#7 Fully Loaded Salad

avocado lettuce, tomato, cucumber
carrot, beetroot & onion

7.90

#8 Ragin' Cajun

roast Cajun chicken breast, lettuce, tomato
& fruit chutney

7.50

#9 Temptin' Tuna

baby spinach flakes of tuna, spring onion
capsicum & mayo

6.60

#10 Classic Crushed Egg

egg mayo mix and lettuce

6.20

☺ baguette or turkish roll 1.20 extra



CREATE IT

Breads white, wholemeal, multigrain

☺ for wrap, baguette, turkish roll 1.20 extra

Fillings

egg mayo mix	5.50	chicken schnitzel	7.00
shaved ham	5.90	full salad	7.20
tuna mix	5.90	smoked salmon	7.40
chicken breast	6.10	hot roast beef	7.80
turkey breast	6.10	pork roast	7.80

Add lettuce, tomato, cucumber, carrot
onion, beetroot, baby spinach .70 ea

avocado, tasty cheese, cream cheese, swiss cheese
coleslaw, pineapple, egg mix, roasted peppers
capers, semi-sundried tomatoes 1.10 ea



HOT SELECTION

100% breast chicken schnitzel

sandwich from 7.00 roll from 8.20
with salad or vegies 9.50

Hot Roast

sandwich from 7.80 roll from 9.00
with salad or vegies 10.50

Quiche or Lasagne

with salad or vegies 7.50 10.50

Hot Potatoes

top with your favourite ingredients from 7.50

Seasoned Wedges

with sour cream & sweet chilli sauce 4.50