



WINTER MENU

BREAKFAST

Artisan Fruit Loaf:	
1 Piece	\$4.00
2 Pieces	\$7.50
Smashed Avo:	
1 Piece	\$4.00
2 Pieces	\$7.50
Plain Toast with Spreads	
1 Piece	\$1.50
2 Pieces	\$3.00

Egg & Bacon Wrap	\$6.00
Ham & Cheese Croissant	\$5.50
Organic Yoghurt: (GF)	
Small: Apple & Cinnamon Rose & Vanilla	\$3.30
Large: Passionfruit (GF) Mixed Berry	
	\$4.40

SNACKS

NEW Frozen Fruit Slushie Pouches (GF, DF, RSF)			
100% Fruit: Tropical, Strawberry & Apple	\$2.20	Peeled Carrot	\$0.50
NEW Vegan Chocolate Mousse (GF, DF, RSF)		Air Popped Popcorn (GF, DF)	\$2.50
Salted Caramel & Chocolate	\$5.00	Boiled Egg	\$1.00
Tapioca Pudding (GF, DF)		NEW Fruit Straps (100% real fruit)	\$1.00
Mango, Raspberry	\$3.30	NEW Bliss Ball Caramel (DF, RSF)	\$2.00
Fruit Salad (GF, DF)	\$4.00	NEW Bliss Ball Lamington (GF, DF, RSF)	\$2.00
Piece of Seasonal Fruit	\$1.00	Triple Chocolate Brownies	\$3.50
		Bite Sized	\$2.00
		Savoury Muffins	\$4.50
		Sweet Daily Special Muffin	\$3.50
		With Coffee	\$6.00

DAILY SPECIALS

Sushi	Monday, Thursday, Friday	\$4.00
Vietnamese Rice Paper Rolls	Tuesday	\$7.50
Dumplings	Monday – Thursday	\$4.50
Nonnas Meatballs	Wednesday, Thursday	\$6.00
Japanese Chicken Noodles	Tuesday	\$6.00
Fried Rice	Tuesday – Friday	\$5.00

LUNCH

NEW Homemade Garlic Bread Rolls	\$2.00
NEW Jacket Potato: (GF) Mexican Beef Chicken & Chives	\$5.50
Deli Sandwiches on Sourdough: Reuben Ham & Provolone Cheese	\$8.00
Wraps: Vegetarian Turkey & Brie	\$8.00
Frittatas: (GF) Pumpkin Spinach & Feta Bacon & Sweetcorn With Salad	\$5.50 \$9.50

Selection of custom sandwiches and ready meals
Available for ordering via munch monitor

● SALADS ●

NEW Feta, Pumpkin & Beetroot Salad (GF) With Chicken	\$6.00 \$8.00
Chicken Caesar Salad	\$8.00
Brown Rice Salad (GF, DF) With Chicken	\$6.00 \$8.00
Chicken Soba Noodle Salad (DF)	\$8.50
Soup Of The Day With Dinner Roll	\$8.50

DRINKS

Toby Estate Coffee Small Large Extras: Extra Shot Soy	\$3.50 \$4.00 \$0.50 \$0.50
NEW Turmeric Latte	\$4.50
Brewed Chai	\$4.50
Tea	\$3.00

Important Information

Order Online @
[MunchMonitors.com](https://munchmonitors.com)

Lunch Monitor Logins:

Username: NBCS
Password: munch2084

Keys

DF: Dairy Free
GF: Gluten Free
RSF: Refined Sugar Free

We are still a nut free zone!