



SUMMER MENU

BREAKFAST

Artisan Fruit Loaf or Sourdough:

1 Piece	\$3.00
2 Pieces	\$5.00

Smashed Avo:

1 Piece	\$4.00
2 Pieces	\$7.50

with Feta extra 50c

Plain Toast with Spreads

1 Piece	\$1.50
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Coconut Yoghurt with stewed fruit + granola \$5.50

Bacon & Egg Wrap \$6.00

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

NEW Vegan Coconut Yoghurt (GF, DF) \$4.00

Tapioca Pudding (GF, DF)

\$3.30

Fruit Salad (GF, DF)

\$4.00

Piece of Seasonal Fruit

\$1.00

Peeled Carrot \$0.50

Air Popped Popcorn (GF, DF) \$2.50

Boiled Egg \$1.00

Fruit Straps (100% real fruit) \$1.00

Bliss Ball Caramel (DF, RSF) \$2.00

Bliss Ball Lamington (GF, DF, RSF) \$2.00

Triple Chocolate Brownies \$3.50

Bite Sized \$2.00

Savoury Muffins \$4.50

Sweet Daily Special Muffin \$3.50

Chocolate Chip Cookie \$2.50

DAILY SPECIALS

Sushi Monday, Wednesday, Thursday, Friday \$4.00

Vietnamese Rice Paper Rolls Tuesday \$7.50

Dumplings Monday – Thursday \$4.50

Fried Rice Tuesday – Friday \$5.00

LUNCH

Homemade Garlic Bread Rolls \$2.00

NEW Baquettes:

Waldorf Chicken with Rocket
Vietnamese Chicken & Salad \$6.50

Deli Sandwiches on Sourdough:

Reuben
Ham & Provolone Cheese \$8.00

Wraps:

Vegetarian
Turkey & Brie + Lentil \$8.00

Lentil

Fritatas: (GF)

Frittatas: (GF)

Pumpkin, Spinach & Feta

Bacon & Sweetcorn \$5.50
With Salad \$9.50

Gourmet Pies \$4.00

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

● SALADS ●

NEW Mango, Avocado & Feta Salad (DF) (GF) \$6.50
With Chicken \$8.50

Chicken Caesar Salad \$8.00

Brown Rice Salad (GF, DF) \$6.00
With Chicken \$8.00

Chicken Soba Noodle Salad (DF) \$8.50

Salad Of The Day \$6.00
with Chicken \$8.00

DRINKS

Toby Estate Coffee

Small \$3.50

Large \$4.00

Hot Chocolate Sm 3.50 lg \$4.00

Extra Shot \$0.50

Soy \$0.50

Piccolo Latte/Espresso \$3.00

Turmeric Latte \$4.50

Chai Latte Sm 3.50 lg \$4.00

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!