

# Working Lunch Menu

Smokey bacon, lettuce, tomato and avocado sandwich on wholegrain bread Bagel with smoked salmon, capers and rocket Roast beef, beetroot and horseradish in pide French stick with roast pork, apple coleslaw Beetroot, haloumi and rocket turkish sandwich Tuna, caper, red onion and mayo on a puglia roll Chicken, coriander and fetta on ciabatta Sushi selection

Bacon and vegetable frittata

Homemade sausage roll, Bacon and egg pie - whole or individual Cheese and bacon muffin with tomato and avocado and feta Chilli corn muffin with prosciutto, avocado and coriander Cheesy risotto balls, Spicy lamb meatballs Cornmeal corn fritters served with a tomato salsa Curry and rice boxes

\$5.50 - \$8.50 per item

#### Dinner rolls

Ham off the bone, Cheddar and mustard, Vegetarian, Salami and salad, Chicken brie and salad \$5.50 per item

#### Mini quiches

Leek, bacon and parmesan / Mushroom, tomato and basil Blue cheese, pinenut and bacon / Bacon, sundried tomato, and pesto \$5.50 per item

> Wraps - Ham, Chicken or Tuna wraps with salad \$6.50 per item

> > Club sandwiches - a selection \$4.50 per item

Soups - served with crusty bread Creamy pumpkin, Mushroom and bacon, Vichycoise, Italian vegetable, Bacon and potato \$8.50 per item

### Salads

Tuna with baby potatoes, tomatoes, beans and olive Pasta with chicken, rocket, avocado and capsicum Greek - black olives, tomato, fetta Green with avocado, green beans Israeli couscous with roast vegetables Coleslaw with mint, red onion and vinegar dressing Roast beetroot, spinach, goats cheese and walnuts Raw energy- grated beetroot, carrot, pumpkin seeds etc

\$5.50 - \$8.50 per item

## Sweet treats

Date and citrus scone, Chocolate brownie, Lemon syrup cake, Raspberry and coconut friands, Orange slice, Cupcakes with a tangy lemon icing, Orange cupcakes with a passionfruit icing, Caramel crumble slice, Coconut macaroons, Ginger crunch

\$3.50 - \$4.50 per item