

AUTUMN MENU

Blueberry cheesecake muffins \$2.50

Savoury scrolls \$3.00

Banana and coconut bread (Vegan) \$3

**Homemade almond and honey granola layered with Greek yoghurt and berry compote \$5
-Go Gluten free +50c**

Almond milk chia pudding with Greek yoghurt and berry compote (Gluten free) \$5

Grilled bacon brekkie roll \$5 -Add a fried egg +\$1 -Go Gluten free +50c

Cashew, date and cranberry Bliss balls (Gluten free & Vegan) \$2

Almond, apricot and coconut oaty cookies \$2

Fresh fruit \$1.50

**Roast chicken wrap with coleslaw, fresh salad, cucumber and pesto mayo \$7
-Go Gluten free +50c / -Go Vegan with avocado & vegan mayo n/c**

**Ham and salad roll with cheddar cheese, tomato, grated carrot, lettuce and mayo \$6.50
-Go Gluten free +50c / -Go Vego with avocado n/c**

**Mexi bean burrito with baby spinach and melting cheese, with sweet chilli and sour cream (Vego)
\$6 -Go Gluten free +50c**

**B.L.T Bacon, lettuce and tomato roll with mayo and tomato relish \$6.50
-Go Gluten free +50c / -Go Vego with avocado n/c**

**Buddha bowl with shredded roast chicken, rice noodles, slaw, fresh salad and edamame beans
with a soy sesame dressing on the side (Gluten free) \$7
-Go Vegan with avocado n/c / -Add avocado +\$1**

SPECIALS:

Monday

Open Tuna melt with parmesan, red onion, mayo and capers \$5

Tuesday

Cheesey \$3 / Chilli chicken cheesey \$4

Wednesday

Pizza slice with olives, spinach, feta, oregano and cheese \$5

Thursday

Vasse bakery beef pie \$6

Friday

Homemade pork and apple sausage rolls \$5 / Homemade roast pumpkin, spinach and feta rolls \$5