



FOOD MENU



TOASTIES

CHEESE	\$4.50
HAM & CHEESE	\$5.00
HAM, CHEESE & TOMATO	\$5.00

CROISSANTS

CHEESE	\$5.50
HAM & CHEESE	\$6.00
HAM, CHEESE & TOMATO	\$6.00

WRAPS

HONEY MUSTARD & HAM	\$9.00
HUMMUS & FALAFEL (VG)	\$9.00

HOT FOOD

SMALL CHIPS	\$5.50
LARGE CHIPS	\$7.00
CHICKEN NUGGETS & CHIPS	\$10.00
DINO SNACK PACK	\$6.00
WEDGES	\$10.00

PIZZAS

HAWAIIAN	\$8.50
VEGGIE SUPREME	\$8.50

FUEL FOR YOUR WORKOUT!

BAKERY

BLUEBERRY MUFFIN	\$5.50
CHOC MUFFIN	\$5.50
CARROT SLICE	\$7.00
CHOC MUD SLICE	\$7.00
BANANA SLICE	\$7.00
LAMINGTONS	\$6.50
DOUGHNUTS	\$5.00
YOGHURT POT	\$5.00
YOGHURT TUB	\$5.50



DRINKS MENU



COFFEE

MEDIUM	\$5.00
LARGE	\$5.50
FLAT WHITE LATTE	
CAPPUCCINO	
LONG BLACK	
HOT CHOCOLATE	
ESPRESSO / PICCOLO	\$3.50
BABYCCINO	\$2.00
TEA	\$3.50

EXTRAS

EXTRA SHOT	\$0.50
SYRUP	\$1.00
CARAMEL	
HAZELNUT	
VANILLA	
ALTERNATIVE MILK	\$1.00
ALMOND	
SOY	
OAT	
MACADAMIA	
LACTOSE FREE	

COLD DRINKS

COOL RIDGE 600ML	\$3.50
COOL RIDGE 750ML	\$4.50
SOFT DRINKS	\$5.00
GATORADE	\$5.00
SPRING VALLEY JUICE	\$4.00
LIPTON ICED TEA	\$5.00
POP TOPS	\$3.50
Milkshakes	\$6.00
RED BULL	\$4.50

FROZEN DRINKS

SMALL	\$3.50
LARGE	\$4.50

STAY HYDRATED!