



fuel
fresh
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DAILY MENU			
SANDWICHES		SNACK PACKS	
Chicken & salad	\$5.00	Fresh fruit salad dome cup	\$4.00
Roast beef & salad	\$5.00	Fresh fruit salad, muesli and yoghurt	\$4.50
Ham & salad	\$5.00	Piece of fresh fruit	\$2.00
Vegetarian (pre-order)	\$5.00	Cheese & Crackers	\$2.50
Egg & lettuce	\$5.00		
Chicken & lettuce	\$5.00		
Any sandwiches not listed above (eg chicken & salad, no cucumber or butter) need to be pre-ordered.			
WRAPS		DRINKS	
Vegetarian	\$5.00	250ml Orchy	\$3.00
Roast beef & salad	\$5.00	600ml Water	\$2.20
Ham & salad	\$5.00	750ml Pump water	\$4.00
Chicken Caesar	\$5.00	250ml 100% poppers	\$2.50
Chicken, avocado & salad	\$5.00	Large flavoured milk	\$4.00
SALADS		Small flavoured milk	\$2.50
Plain Caesar (pre-order)	\$6.00	600 ml plain milk	\$2.50
Chicken Caesar (pre-order)	\$6.50	375ml Nippy juice	\$3.00
Meat & salad plate (pre-order)	\$6.50	Juice frozie cups	\$1.00
PIES / SAUSAGE ROLLS		SNACKS	
Plain steak	\$4.00	Garlic Bread	\$2.00
Flavoured pies (variety)	\$4.50	Red Rock Deli chips	\$2.00
Sausage roll	\$3.00	Low fat muffins	\$3.00
MONDAY & THURSDAY ONLY		TUESDAY & FRIDAY ONLY	
HOT DOGS		BURGERS	
Plain Hot Dog	\$3.50	Hamburger with cheese & sauce	\$5.00
Hot Dog with cheese	\$4.00	Chicken burger	\$5.00
		Vegetarian (pre-order)	\$6.00
HOT MEAL DAILY SPECIAL (see Menu board)			
Small	\$4.00	WEDNESDAY ONLY	
Large	\$6.00	Sushi	\$4.00

NB: prices and availability throughout this menu are subject to change. Current as at 22/7/2019