



BURGERS

Beef: Beef mince, garlic, tomato sauce, salt & pepper, plain flour, oregano, wholemeal bun, lettuce, cheese, tomato sauce.

Chicken (44%), Flour (Wheat, Maize, Rice), Vegetable Oil, Potato Flakes/Crumb Emulsifier (471), Acidity Regulator (330, 450), Preservative (220)], Water, Soy Protein, Salt, Onion, Thickener (1404, 412, 401, 415), Flavours [Hydrolysed Vegetable Protein, Yeast Extract, Hydrogenated Soy Oils, Vitamin (Thiamine)

Vegetarian: Water, vegetable protein, wheat, soy, tapioca starch, potato starch, guar gum, bread crumbs, dextrose, rice bran extract, calcium carbonate, onion and garlic, vegetable oil, rice flour,

Chicken Schnitzel Chicken, wheat breadcrumbs, egg, flour, salt, pepper

Chicken tenders Chicken, sweet chilli coating, wheat flour, rice flour, salt, vegetable oil, yeast, soy flour, 341,400,500, dextrose, milk solids, 160c, 100, 160b, sugar, 481, calcium carbonate 170,160c, finger, onion, garlic, barley, 415, egg powder, hydrolysed vegetable protein, 262, 341, 551, 451,450, 262,551,341,,422

TACO

Soft taco Wheat flour, water, glycerine, sunflower oil, emulsifier, dextrose,, raising agent, sodium bicarbonate, sodium acid, salt, potassium sorbate,

Fish soft taco Fish – hoki, wheat, flour, water, canola oil, starch, maize starch, salt, sugar, gluten, yeast, 451, 450

Allergen – contains fish and wheat.

Crumbed cauliflower Cauliflower, wheat flour, egg, milk, herbs and spices, salt, pepper

BAKERY

Cheese and spinach roll Wheat flour, water, cream cheese, 410, margarine, 417,, 331,330, 307b,160a, spinach,441, mineral salt,222, 330, onion, 1422,461,471, salt, 160b, spices

Pasty Wheat flour, vegetables,223, vegetable oil,water, salt, 471,472c,304,, water, wheat starch,, 1422,milk protein,332 soy, 110,102, 200,211

Sausage roll and Pie Water, wheat flour, beef and mutton, margarine, 322 from soy, 471, 307b,butter ,330,160a,1422, textured soy protein,maltodextrin, yeast extract, soy protein isolate, salt, sugar, rice flour, 150a,160a,onion powder,maize, nutmeg, 160a

Mrs Mac's Chicken Pie wheat flour, water, chicken, vegetables, margarine, 471,472, 304,160a,1422,1412,1142,1414, flavour enhancers, 635, 627, 631, glaze, salt, spice, colour 150

GLUTEN FREE BUTTER CHICKEN

Water, tomato paste, sugar, maize starch, salt, tamaring, spices, almonds garlic, acetic lactic, flavours, colours 112, 129, margarine, milk solids, cheddar cheese, 1422, rice, olive oil, chicken, soy protein, salt, 451, 450, 452, 508, dextrose, hydrolysed maize protein, maltodextrin, 407, flavours, yeast extract, 331.

MAC N CHEESE

Durum wheat, semolina Contains gluten, wheat and may contain egg
Cheese Pasteurised Milk, Salt, Starter Cultures, Non-Animal Enzymes.

PASTA BOLOGNAISE

Durum wheat, semolina, beef, tomatoes, citric acid, onion, sugar, garlic, salt, basil pepper

LASAGNE

Durum wheat, semolina. Beef tomatoes, citric acid, sugar, garlic, salt, basil, pepper
Butter, milk, wheat flour, cheese

BAKED POTATO

Potato

FRIED RICE

Rice, carrot, peas, corn, soy sauce, sesame oil

NACHOS

Corn chips, Corn, oil, salt Salsa- tomato, capsicum, water, onion, tomato paste, vinegar, sugar, maize starch, spices, salt, jalapeno, pepper, garlic powder
Cheese, Pasteurised Milk, Salt, Starter Cultures, Non-Animal Enzymes.

CROISSANT

Wheat flour, butter, water, sugar, yeast, glaze, wheat gluten, salt, egg, natural colour 16 Oa, processing aid
Contains egg, gluten, wheat, milk
Allergen may be present Lupin, peanuts, tree nuts, sesame , soy

TURKISH BREAD

Wheat flour, water, sesame seeds, yeast, vinegar, salt, oil, wheat gluten,, nigella seed, potassium sorbate, potassium chloride, vitamins

HOTDOG

Tip-Top Hotdog Roll - Wheat Flour, Water, Baker's Yeast, Canola Oil, Wheat Gluten, Sugar, Iodised Salt, Soy Flour, Vitamins (Thiamine, Folate), Preservative (282), Emulsifiers (481, 472e, 471).

Table Spread _All From Vegetable Sources): Vegetable Oil, Water, Salt, Emulsifiers (471, Sunflower Lecithin), Flavour, Vitamins A,D,E.

Castlemaine Skinless Continental - Franks 8" Ingredients: Meat including pork (72%), water, starch (tapioca, potato), salt, soy protein, acidity regulators (325, 262) emulsifiers (451,450,452), dextrose (tapioca, maize), antioxidants (316,307b), hydrolysed vegetable protein (maize), molto dextrin (maize), garlic, fermented red rice, sodium nitrite (250), yeast extract, spice extracts, colours (160c,110,129), smoked. Contains Soy

Cheese – Shredded Tasty Cheese Mainland - Tasty Cheddar Cheese [Milk, Salt, Cultures, Enzyme (Rennet)], Anticaking Agent (460), Preservative (200).

Tomato Sauce- Tomatoes 76% (from Paste), Sugar, Salt, Food Acid (Acetic), Onion, Spice Extract.

water, vegetable protein, wheat, soy, salt, textured vegetable protein, vegetable oil,garlic, sugar, chilli, spice, guar carrageenan, paprika, tapioca, potato, annatto, zinc, iron, B12

TREAT OF THE WEEK COOKIE BASE

(S.R. Flour, butter, condensed milk),

Apple pie muffin: Muffin Base tinned pie apple (Ardmona), cinnamon

Jam drop cookie: Cookie base as above, jam

Chocolate muffin: Muffin base as above, cocoa, choc chips

Smarties cookie: Cookie base as above, smarties

Vanilla muffin: Muffin base as above

White choc chunk cookie: Cookie base above, white choc chips

Strawberry Sundae Muffin: Muffin base as above (but uses strawberry milk), strawberries

Muesli cookie: Cookie base as above, Muesli (wholegrain rolled oats, sultanas, pawpaw, pineapple, raisins, coconut, glucose, banana chips, sunflower seeds, sesame seeds, canola oil, preservative 220, oat bran, antioxidant vitamin E)

Apricot crumble muffin: Muffin base as above, tinned apricot, crumble topping (oats, butter, cinnamon, raw brown sugar)

WRAP OR SANDWICH

Bread - Whole Grain Wholemeal Wheat Flour (50%), Water, Wheat Flour, Baker's Yeast, Vinegar, Wheat Gluten, Iodised Salt, Canola Oil, Emulsifiers (481, 472e, 471), Soy Flour, Vitamins (Thiamine, Folate).

Wrap – Water, Wholemeal Wheat Flour (35%), Wheat Flour, Vegetable Fat, Humectant (422), Mixed Grains (2.5%) (Malted Wheat Flakes, Kibbled Triticale, Kibbled Rye, Kibbled Corn, Kibbled Wheat), Vegetable Emulsifier (471, 481), Soy Flour, Raising Agent (501, 541), Cultured Dextrose, Iodised Salt, Linseeds, Wheat Gluten, Wheat Starch, Acidity Regulator (297), Thickener (412), Vitamins (Thiamine, Folic Acid).

SAUCES/CONDIMENTS

Butter Buttery Table Spread - All From Vegetable Sources): Vegetable Oil, Water, Salt, Emulsifiers (471, Sunflower Lecithin), Flavour, Vitamins A,D,E.

Mayonnaise - Water, Sugar, White Vinegar, Maize Thickener (1442), Salt, Vegetable Gums (415,460,466), Lemon Juice, Sunflower Oil (Antioxidant [320]), Spices, Colour (171, Lutein), Food Acid (Citric), Flavour.

Tomato Sauce- Tomatoes 76% (from Paste), Sugar, Salt, Food Acid (Acetic), Onion, Spice Extract.

Barbeque Sauce fruit puree, apple pulp, tomato paste,sugar,thickener, salt,acidity regulators, molasses, natural colour smoke flavour, spices, vegetable gum

Sweet Chilli Sauce - Sugar, Pickled Red Chilli (21%), Water, Garlic, Vinegar, Salt, Stabiliser: (415).

French Dressing water, vegetable oil,sugar, white vinegar, salt food acid 330, garlic, 332,341,508, vegetable gums 407, 410, 415, 440, parsley, natural colour

Ranch Dressing water, vegetable oil, white vinegar, sugar, salt, whole egg, maize thickener, malt maltodextrin, garlic, vegetable gum, parsley, wheat starch, black pepper, natural colour.

Parmesan Dressing water, vinegar, canola oil, sugar, parmesan cheese powder, Worcestershire sauce, sea salt, mustard powder,, xanthan gum, citrus fibre, onion, garlic, spice

SNACKS

Grain Waves

Wholegrain Cereals (63%) (Corn, Wheat, Oats), Vegetable Oil, Rice, Sugar, Maltodextrin, Milk Powder, Salt, Onion Powder, Yeast Extract, Natural Flavours (Soy), Mineral Salt (Potassium Chloride), Cheese Powder (Milk), Food Acids (Citric Acid, Lactic Acid), Herb (Parsley), Natural Colour (Paprika Extract).

Popcorn

Corn kernels

Red Rock Chips

Sea Salt: Potatoes, Sunflower Oil

Jelly cup

McKenzies – sugar, feldine, citric acid, flavour, colour
Allergen: Cream and Milk

DRINKS

Water
100% Water

Fruit Juice Box – Golden Circle Popper Juice - no added sugar

Water, Reconstituted Fruit Juice [Apple (24.5%), Black Currant (0.5%), Food Acid (Malic Acid), Vitamin C, Flavour.

Chocolate Milk

Full cream milk, sugar, cocoa (24%), milk solids, starch, salt, flavour

Allergens: Contains Milk

Strawberry Milk

Full cream milk, strawberry syrup (sugar, strawberry Puree (25%), natural colour (120), acidity regulator (330, 331), natural flavour).

Allergens: Contains Milk

Mountain Fresh Juice: Apple & Mango, Apple & Guava, Apple , Orange & Tropical

Made from 100% Australian Fruits

- No added artificial colours or flavours
- No added preservatives ○ No added sugars ○ No added water

FROZEN

Juice Cup - Apple Blackcurrant

Reconstituted Apple Juice 91.4%, Reconstituted Blackcurrant Juice 8.5%, Food Acid (330), Preservative (202), Flavour, Vitamin C (300)

Ice Cream Cup – Everest Gluten Free

Water, Sugar, Milk Fat 10%, Milk Solids Non Fat, Emulsifiers (471, 433), Vegetable Gums (466, 412, 410, 407, 407A), Vanilla Flavour

Moosies

Chocolate: Water, Sugar, Skim Milk Powder, Cream, Cocoa(0.5%), Emulsifier(471), Stabiliser(466,412,407), Natural Flavour

Strawberry: Water, Skim Milk Powder, Sugar, Cream, Emulsifier(471),

Stabiliser(466,412,407), Natural Flavour, Natural Colour(120)

Banana: Water, Skim Milk Powder, Sugar, Cream, Emulsifier(471), Stabiliser(466,412,407), Flavour, Colour(102)

Lime: Water, Skim Milk Powder, Sugar, Cream, Emulsifier(471), Stabiliser(466,412,407), Flavour, Colour(102,133)

Juicies

Orange: Fresh Pressed Apple Juice(94.5%), Orange Juice Concentrate(5%), Natural Flavour, Ascorbic Acid(Vitamin C)

Tropical: Fruit Juice(99.8%)[Fresh Pressed Apple Juice(95.8%), Reconstituted Fruit

MAY CONTAIN MILK AND WHEAT

Wildberry: Fruit Juice(99.8%)[Fresh Pressed Apple Juice(96.5%), Reconstituted Fruit

Juices(Apple, Boysenberry, Blackcurrant)], Natural Flavour, Ascorbic Acid(Vitamin C)

Apple: Fresh Pressed Apple Juice (99.9%), Vitamin C

Icy Twist

Water, sugar,glucose,maltodextrin,vegetable gum 410, food acid 330, lemon juice, natural flavour MAY CONTAIN MILK AND WHEAT

Calippo

Water, reconstituted juices apple, pineapple, raspberry, sugar,maltodextrin, citric acid, vegetable gum 410, flavours and colours 124, 123,102

MAY CONTAIN MILK AND WHEAT

Icy pole

Water, sugar, dextrose, citric acid, guar gum, colours (beet red, caramel IV,annatto) natural flavours

MILK AND EGG MAY BE PRESENT

Frozen Mango Yoghurt – Bulla Cup

Fresh Whole Milk, Fresh Skim Milk, Liquid Sugar(Sugar, Water), Mango Puree(5%), Milk

Solids Non-Fat, Maltodextrin(from Maize), Fresh Cream, Dextrose(from Maize), Water,

Emulsifier(Vegetable Origin)(471), Vegetable Gums(412,410,407), Food Acid(270), Flavour, Yogurt Culture, Colour(160b)

UFO pineapple ring tinned pineapple golden circle

Frozen Pineapple - Pineapple (58%), Pineapple Juice or Reconstituted Pineapple Juice, Reconstituted Pear Juice.