**Wraps**

Fillings to choose from: Caesar, Sweet Chilli, Smoked Salmon, Cranberry, Avo, Tuna, Chicken, Cucumber, Carrot, Cheese, Mayo, Egg

- **Lasagna** $5.00
- **Soups—Chicken or Pumpkin** $4.00
- **Chilli Con Carne and Rice** $5.00
- **Smashed Avo and Fetta on Toasted Ciabatta** $5.00
- **Roll with Salmon** $6.00
- **Salmon and Avo Stack** $5.00
- **Mince with Relish on a Ciabatta Roll** $6.00
- **Pancake with Caramalised Fruit with Maple Syrup** $4.50
- **Smoked Salmon with Poached Eggs, Avo** $6.00
- **Dill and Cottage Cheese Spread** $4.50
- **Chicken Sutzel with Coleslaw, Fennel, Mushy Peas and Parmesan** $6.00

**Drinks**

Milkshakes, Cold Drinks, Ice Creams from the old Menu

- **Coffee**
  - Small $3.50
  - Large $4.00
- **Cappuccino** $3.50
- **Latte** $3.50
- **Flat White** $3.50
- **Long Black** $3.00
- **Ristretto** $3.00
- **Macchiato** $3.00
- **Chai Latte** $3.50
- **Vanilla/Shot of Coffee 50 cents Extra**
- **Hot Chocolate** $3.50
- **Cherry Ripe Flavour Mocha** $4.00
- **Affagato with Amaretto** $4.00
- **Coffee Frappes/Mocha** $4.00
- **No Coffee**

**Wrap & Drink Offer**

Chocolate/Caramel/Vanilla $2.50

**Healthy Options**

- **Salads/Garden** $3.50
- **Salads/Caesar** $4.00
- **Salads/Greek** $4.00
- **Salads/Chicken, Mango and Avo** $5.00
- **Salads/Smoked Salmon, Fetta and Avo** $5.00
- **Sushi Rolls from** $3.50
- **Fresh berries and Yoghurt** $3.00
- **Cheese and Crackers** $2.40
- **Fruit Salad** $4.00
- **Watermelon Bowl** $3.50
- **Seasonal fruit** $1.20

**Sandwiches/Rolls/Wraps**

- **Vegemite, Jam, Honey, Cheese** $3.00
- **Ham and Cheese** $3.80
- **Ham, Cheese and Tomato** $4.00
- **Egg, Lettuce and Mayo** $4.00

**Specials (available daily)**

**Please order day before**

- Lasagna $5.00
- Soups—Chicken or Pumpkin $4.00
- Chilli Con Carne and Rice $5.00
- Smashed Avo and Fetta on Toasted Ciabatta $5.00
- Roll with Salmon $6.00
- Salmon and Avo Stack $5.00
- Mince with Relish on a Ciabatta Roll $6.00
- Pancake with Caramalised Fruit with Maple Syrup $4.50
- Smoked Salmon with Poached Eggs, Avo $6.00
- Dill and Cottage Cheese Spread $4.50
- Chicken Sutzel with Coleslaw, Fennel, Mushy Peas and Parmesan $6.00

**Gluten and Vegetarian**

(please pre-order)

- Pasta Bolognaise $5.00
- Pizza/Choose your topping if available $4.00
- Omelette/Choose your filling if available $5.50
- Falafel/Pita Pocket Burgers $5.50
- Falafel Wraps $5.00
- Falafel’s on their own with Salad $4.50
- All with Tabouli and Tahini $4.50

**Breakfast Snacks**

- Hash Browns $1.00
- Bacon and Egg Muffin $4.00
- Omelette/Plain $5.00
- Omelette/Chipolata’s and the Works $5.50
- Omelette/Mushroom and Fetta $5.50
- Breakfast Toasties/Chesse and Ham $3.00
- Breakfast Toasties/Bacon/Egg and Cheese $4.00
- Burgers/Chesse $4.00
- Burgers—Aussie with the Works $6.00
- Burgers—Hawaiian $5.00
- Nachos/Chesse and Salsa $4.00
- Nachos/Mince/Chesse and Salsa $4.50
- Hot Dog with Sauce $3.50
- Hot Dog with Cheese or Onions $4.00
- Beef Pies $4.00
- Home Made Sausage Rolls $3.00
- Party Pies $1.40
- Potato Wedges/Chips $3.50
- Potato Wedges/Chips with Gravy $4.00
- Garlic Bread $3.50
- 1/2 Garlic Bread $2.00

**Daily May Vary**

**Second Break**

**Hot Mex Monday**

- Beef Burritos $6.00
- Chicken Enchiladas $5.00
- Cheese Quesada’s $3.00
- All Include Sauces $5.50
- Fresh Chicken Baguettes $5.50
- With Avo, Cheese and Sauce $5.50

**Nalitan Cuisine Tuesday**

- Pasta Carbonara $5.00
- Spaghetti Bolognaise $5.00

**Curry in a Hurry Wednesday**

- Butter Chicken and Rice $5.00
- Beef Curry and Rice $5.00
- All include a Pappadum $5.00

**A Taste of the Orient Thursday**

- Beef Stir-fry $5.00
- Chicken with Noodles $5.00

**Aussie BBQ ‘Mate’ Friday**

- Steak Rolls $6.50
- Sausage in a Roll $5.00
- Chicken Nibblets $5.00
- BBQ Onion/Capsicum/Cheese and Chips on the side $5.00

**Take the ‘Wait’ off your feet**

**RELAX and enjoy one of our COFFEES and our DELICIOUS FOOD SELECTIONS**

**In a Hurry?......**

**GRAB a COFFEE to go**

**TO KEEP you COMPANY!**

**Visit Flexis schools today to register** -

www.flexischools.com.au and order online today, or call the helpdesk on 1300 361 769.

The Menu is a fixed Monday to Friday selection. # denotes small size meals available by online ordering for $4.50.