

NOURISHED

at South



WEDNESDAY - FRIDAY
8AM - 2PM

PLEASE PLACE ORDERS BY 8.30AM



EVERY WEDNESDAY
\$6.00

LOOK ON FACEBOOK FOR THE DETAILS

SANDWICHES

ALL MADE ON WHOLEMEAL BREAD

CHEESE	\$3.50
HAM OR CHICKEN	\$3.50
HAM OR CHICKEN +CHEESE	\$4.00
HAM OR CHICKEN + CHEESE & TOMATO	\$4.50
CHICKEN & MAYO	\$4.50
SALAD	\$5.50
EGG & LETTUCE	\$4.00
EXTRAS: TUNA, CHEESE, HAM OR CHICKEN +\$1.00	

WRAPS

GLUTEN FREE WRAPS AVAILABLE

CHICKEN TENDER & SALAD	\$6.50
SWEET CHILLI TENDER & SALAD	\$6.50
HAM, CHICKEN OR TUNA & SALAD	\$6.50
SALAD	\$5.50

SALAD BOXES

STANDARD SALAD: LETTUCE TOMATO, CARROT, CUCUMBER, BEETROOT, CHEESE

SIDE SALAD (SMALL)	\$4.50
SALAD	\$5.00
ADD HAM, CHICKEN OR TUNA	+\$1.50
BURRITO BOWL	\$6.00

HOT FOOD

BEEF BURGER (WITH CHEESE & SAUCE)	\$5.50
BEEF BURGER (WITH SALAD & SAUCE)	\$6.50
CHICKEN BURGER (WITH CHEESE, MAYO & LETTUCE)	\$5.50
CHICKEN BURGER (WITH SALAD & MAYO)	\$6.50
ENGLISH MUFFIN PIZZA (HAM, CHEESE & PINEAPPLE)	\$4.00
SAUSAGE ROLL (INCLUDES ONE TOMATO OR BBQ SAUCE)	\$4.00
ZUCCHINI SLICE (GF)	\$4.00
CHICKEN CHIPS & VEGGIE STICKS	\$5.50
TOMATO OR BBQ SAUCE	+\$0.50
FRIED RICE (SMALL)	\$4.00
FRIED RICE (LARGE)	\$6.00
LASAGNE	\$6.00
EXTRA SAUCE	\$0.50

SNACKS

POPCORN	\$0.50
BOILED EGG	\$1.00
APPLE SLINKY	\$1.00
RICE CRACKERS & CHEESE	\$1.50
CRACKERS & CHEESE	\$1.50
FRUIT (ASSORTED, IN SEASON)	\$1.00
HOME BAKE	\$1.50

DRINKS

WATER	\$2.00
POPPER	\$2.50
PARADISE PUNCH JUICE, APPLE JUICE, ORANGE JUICE CHOCOLATE MILK, STRAWBERRY MILK	

FROZEN

FRUIT JUICE STICK	\$1.00
FROZEN YOGHURT STICK	\$1.00
VANILLA ICE CREAM CUP	\$1.50
BIRTHDAY BUCKET	\$15.00