SERVICING TOORAK
AVAILABLE ON MONDAY, WEDNESDAY \& FRIDAY Order ONLINE until 8.30am on the DAY LUNCH IS REQUIRED

## LUNCH ITEM ONE

SALADS
Greek Style Salad with Feta and Olives (V, GF)
Pic(k)nic Box - Vegetarian (V, GF)
Pic(k)nic Box with Ham (GF)
Pic(k)nic Box with a Whole Egg
Falafel with Tabouli Salad (V,G/DF, H)
Mexican Inspired Salad (V, GF)
Tuna Mix with Brown Rice \& Quinoa Cakes (V, GF)
SUSHI
Teriyaki Chicken Hand Rolls (2)
Cooked Tuna Hand Rolls (2)
Avocado Hand Rolls (2)
Cucumber Hand Rolls (2)
Vegetarian Hand Rolls (2) Tofu Hand Rolls (2)

BAKERY
Cheese and Bacon Roll
Cheese and Vegemite Scroll (w/m)
SCROLL with Ham \& Cheese
Semi Dried Tomato and Olive ROLL
Topped with Only Cheese Roll
GOZLEME - Lamb \& Beef (H)
GOZLEME - Spinach and Cheese (V, H)
BAKED FRESH PIZZAS
(Thin \& Crisp, Served at room temp)
Margherita Pizza
Ham and Pineapple Pizza

## SANDWICHES, ROLLS \& WRAPS

Turkey, Cranberry, Lettuce and Cheese Sandwich
Gluten Free Ham \& Cheese Sandwich (GF)
Simple Salad Roll (V)
Cucumber \& Ham Sandwich (GF)
Vegemite Sandwich (2)
Mild Salami and Salad Roll
Plain Cheese Sandwich (2)
Roast Beef, Fruit Chutney, Cheese and Lettuce Roll
Cheese and Salad Roll
Wholegrain ROLL with Cheese and Tomato
WRAP (GF, DF) Ham and Salad
Wholegrain Ham and Cheese Sandwich
Chicken MAYO and Lettuce Roll (H)
Garden Salad Wrap (GF,DF,V)

LUNCH ITEM TWO/THREE
FRESH FRUIT \& VEG
Freshly chopped strawberries with Grapes Fresh Fruit Combo

Lightly Steamed Corn wheels \& Broccoli pieces
Celery \& Carrot Sticks with Sultanas
Chopped Carrot, Cucumber, Red \& Yellow Capsicum
Apple pieces with Lemon Juice, Cinnamon \& Brown Sugar
Chia Bowl with Banana, Coconut \& Strawberries
Sugar Snap Peas, Beans \& Cherry Tomatoes
Cantaloupe \& Honeydew pieces
Edamame (Lightly Salted)
Cherry Tomatoes with Tasty Cheese \& Rice Crackers
Freshly chopped Orange Segments
Whole Fruit - Banana OR Mandarin
YOGHURT
Strawberry Chobani Yoghurt
Blueberry Chobani Yoghurt
Passionfruit Chobani Yoghurt
Plain Chobani Yoghurt
BAKED GOODS
Choc Chip Cookie
Cornflake Cookie
Finger Bun with Sprinkles
Hedgehog Slice
Choc Cup Cake (GF,DF)
Blueberry Muffin
Fruit Bun
Jam Drop Biscuit (GF, NF, H)
DIPS \& CRACKERS
Tzatziki Dip with Rice Crackers
Avocado Dip with Rice Crackers
Spring Onion Dip with Rice Crackers
POPCORN/SNACKS
Dried Fruit Medley with a Yoghurt Frog
Popcorn - Lightly Salted
Popcorn - Slightly Sweet, Lightly Salted
Lightly salted Fav'va Beans
Chickpeas with Lime \& Black Pepper
Balsamic \& Sea Salt Fav’va Beans
DRINKS
Apple Juice
Orange Juice
Full Cream Milk
Nippy's Chocolate Milk
Strawberry (Lactose Free) Milk
So Good Soy Milk

