**Snacks**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Fruit Salad (Watermelon, Apple, Orange &amp; Kiwifruit)</td>
<td>$3.00</td>
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<tr>
<td>Raisin Toast (1 slice)</td>
<td>$1.00</td>
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<tr>
<td>(with margarine or Nuttelex on request)</td>
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<tr>
<td>Boiled Egg</td>
<td>$1.00</td>
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<tr>
<td>Apple Slinky</td>
<td>$1.00</td>
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<tr>
<td>Cookies (Anzac &amp; Choc Chip) 2 pack</td>
<td>$0.60</td>
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<tr>
<td>Mini—Iced Cup Cake or Apple Muffin</td>
<td>$1.80</td>
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<tr>
<td>Mini—Double Choc Chip Muffin</td>
<td>$1.80</td>
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<tr>
<td>Sao Crackers x 2 with (Lite) Cheese or Vegemite &amp; Margarine</td>
<td>$0.70</td>
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<tr>
<td>Vegemite &amp; Cheese Mini Scroll</td>
<td>$1.80</td>
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<tr>
<td>Frozen Yoghurt—(Strawberry or Mango)</td>
<td>$2.20</td>
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</tbody>
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**Snack Combo $4.50**

1 Mini Cupcake or Muffin + Fruit Salad

**All Toasted & Fresh Sandwiches/ Rolls**

Are made on the premises to order Multigrain / White Bread / White Roll using Margarine, Nuttelex available upon request.

You may add salad to any sandwich. Salad consists of carrot, lettuce, tomato, cucumber & beetroot (add $1.80) Avocado (add $0.50)

- Egg (no Mayonnaise) $2.50
- Lite Cheese $2.00
- Chicken (Ingham’s skin free chicken breast) $3.50
- Ham (97% fat free Leg Ham) $2.30
- Salad $2.90
- Vegemite $1.00

**Toasted Sandwiches**

To add Tomato $0.50

- Lite Cheese $2.00
- Chicken & Lite Cheese $3.90
- Ham (97% fat free Leg Ham) $2.40
- Ham & Lite Cheese $2.90

**Salad Bowls**

- Lettuce, Tomato, Carrot, Cucumber, Beetroot & Avocado $3.50
- With Egg, or Tuna or Chicken $4.50

**Hot Food**

- Pizza Muffin — (1 half) $1.50
- Lite Cheese $1.80
- Lite Cheese & Ham $2.00
- Lite Cheese, Ham & Pineapple $2.00
- Hot Potato (Leg Ham & Lite Cheese) $1.40
- Potato Bolognaise with Lite Cheese $2.40
- Spaghetti Bolognaise—(using Heart Smart Mince) $3.00
- Corn Cobette (fresh) $0.80
- Lasagne $4.10
- Pie—Mini (Tomato/BBQ Sauce) $1.90
- Pie—Mini with Potato Topping (Tomato/BBQ Sauce) $2.30
- Sausage Roll (Tomato/BBQ Sauce) Whole or Half $2.60
- Half $1.30
- Hot Dog (Hans 97% Fat Free) (Tomato/BBQ Sauce) $3.00
- Whole or Half **only available at Big Lunch** $1.50
- Chicken Burger (100% Chicken Breast) with Lettuce & Mayo Whole or Half **only available at Big Lunch** $4.00

**Sushi**

- Nori Rolls—Tuna / Chicken Teriyaki / Vegetarian/ Chicken & Avocado $2.40
- Soy Sauce $0.10

**Drinks**

- LOL (Raspberry, Tropical, Blackcurrant or Mandarin) $2.10
- Juice Poppers 250mls 100% (Apple, Blackcurrant, Tropical) $1.40
- NUDIE 250mls 100% Orange Juice $1.60
- Krazy Lemon 200mls—Homestyle Lemonade $1.80
- Milk (Plain) 300ml $1.30
- Milk—Fresh Flavoured 300ml (Chocolate/Strawberry) $2.35
- Water 600ml $1.20

**Iceblocks** Available over the counter at Big Lunch.

Prices start from $0.40 (Items can vary during the year) Majority are Amber—**Milo Scoop Shake is Red**