

BREAKFAST

FRUIT CUPS a selection of fresh seasonal fruit	18
BANANA BREAD	11
PEANUT BUTTER BANANA BREAD slice of banana bread, sugar-free peanut butter, banana, honey, cinnamon	23
CHOCOLATE GRANOLA STRAWBERRY POT strawberries, yoghurt, crunchy chocolate granola, honey	22
PEANUT BUTTER & BANANA ALMOND POT yoghurt, banana, sugar-free peanut butter, toasted almonds, honey	25
AVO TOAST avo, lemon, slice of low gi toast	26
SCRAMBLED EGGS & TOAST free range scrambled eggs, slice of low gi toast add free range beef sausage	27
BREAKFAST CLUB WRAP free range scrambled eggs, free range beef sausage, white cheddar, tomato salsa	39

WRAPS

without chicken LESS 10

HARVEST WRAP avo, house greens, cucumber, feta, carrot, yoghurt mayo (contains free range egg)	28
NEW PULLED CHICKEN WRAP free range chicken, house greens, spicy chipotle mayo, rosa tomato, cucumber	35
NEW CHICKEN, CHEDDAR & CORN WRAP free range chicken, white cheddar, raw corn, yoghurt mayo (contains free range egg)	38
TROPICAL CHICKEN WRAP free range chicken, house greens, pineapple, carrot, thai pei peanut dressing	40
MOROCCAN WRAP free range chicken, warm brown rice, carrot, rosa tomato, feta, avo, moroccan sauce	40
MAGMATIC WRAP free range chicken, warm brown rice, rosa tomato, white cheddar, sweet chilli sauce, tomato salsa	40
PRINCESS WRAP free range chicken, yoghurt mayo (contains free range egg), house greens, avo, feta, rosa tomato, carrot	43
OLD STYLE CHICKEN CAESAR WRAP free range chicken, house greens, rosa tomato, pecorino, caesar dressing (contains free range egg)	43



SANDWICHES

served on low gi bread

CREAM CHEESE & CUCUMBER SANDWICH cream cheese, cucumber	18
TOASTED CHEESE & TOMATO white cheddar, tomato	20
CHICKEN SALAD SANDWICH free range chicken, yoghurt mayo (contains free range egg), tomato, cucumber, baby spinach, white cheddar	23
TOASTED CHICKEN MAYO free range chicken, yoghurt mayo (contains free range egg), baby spinach	28
CLUB BEEF SANDWICH free range beef sausage, white cheddar, tomato, baby spinach, dijon mustard, yoghurt mayo (contains free range egg)	28
TOASTED BOLOGNAISE PITA beef bolognaise, whole wheat pita, white cheddar	28
NEW PULLED CHICKEN & CHEDDAR PITA free range chicken, toasted whole wheat pita, white cheddar	32



SALADS

without chicken LESS 10

HARVEST SALAD house greens, avo, cucumber, carrot, rosa tomato, feta, yoghurt mayo dressing (contains free range egg)	35
THAI CHICKEN SALAD free range chicken, house greens, red cabbage, carrot, cucumber, sesame seeds, thai peanut dressing	42
CHICKEN & CORN SALAD free range chicken, house greens, avo, carrot, rosa tomato, raw corn, yoghurt mayo dressing (contains free range egg)	44
CHICKEN CAESAR SALAD free range chicken, house greens, rosa tomato, pecorino, caesar dressing (contains free range egg)	44
PRINCESS SALAD free range chicken, house greens, avo, carrot, rosa tomato, feta, yoghurt mayo dressing (contains free range egg)	44

NATURALLY



SCHOOL MENU

HOT MEALS

PIZZA SLICE OF THE DAY	19
POTATO WEDGES WITH WHITE CHEDDAR & SALSA	20
POTATO WEDGES WITH MINCE & WHITE CHEDDAR	25
MAC & CHEESE	30
NEW PULLED CHICKEN & WEDGES free range chicken, potato wedges, white cheddar	30
COTTAGE PIE	30
SP AGHETTI BOLOGNAISE	32
BEEF LASA GNE	32
CHICKEN PESTO PASTA	32
NEW BBQ WINGS & WEDGES free range chicken, potato wedges	35
NEW CHICKEN BANGERS & WEDGES free range chicken sausage, potato wedges	35
CHICKEN BURGER	42
BEEF BURGER add white cheddar	40 5

COLD & HOT DRINKS

WATER 500ml still or sparkling / 750ml still	10 / 15
CERES selection of flavours	15
JUST JUICE selection of flavours	15
GRAPETIZER white or red	18
APPLETIZER	18
ICED TEA selection of flavours	18

GLACEAU VITAMIN WATER	22
TEA regular or rooibos	15
HOT CHOCOLATE	18
COFFEE only served to teachers and parents	18

SMOOTHIES

	250ml S	350ml M	500ml L
STRAWBERRY STINGER pressed apple juice, strawberries, frozen yoghurt, banana	20	25	30
NEW MANGO BERRY mango, raspberries, coconut milk, coconut infused water, agave	20	25	30
PEANUT BUTTER BLISS banana, cacao, milk, frozen yoghurt, sugar-free peanut butter	20	25	30
BERRY DAIRY blackberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk	20	25	30
GEM banana, toasted almonds, honey, frozen yoghurt, milk	20	25	30



Full menu not available daily. Menu rotates weekly.