











Real Food Real Good • Fast & Fresh • Gluten Free Here • Guilt Free • Refreshing • Vegetarian • Healthy Options

Hot Baked Spuds

CHILLI SPUD– Warm spud Filled with Chilli Con Carne topped off with sour cream and cheese.

SALSA SPUD-Warm spud filled with salsa topped with cheese and sour cream.

HAWAIIAN SPUD-Warm spud Filled with Ham, Pineapple and finished with cheese and sour cream. *GF*

COLESLAW SPUD -Warm spud filled with coleslaw topped with cheese and sour cream. *GF*

VEGETARIAN BAKED BEANS -Warm spud filled with baked beans topped with cheese Sour cream and chives.

Real Food Real Good

SANDWICHES - daily fresh assorted selection. 4F

GARDEN SALAD- Choose from daily variety of healthy salads. GF **FRUIT SALAD**-Freshly cut, sweet and juicy cold fruit salad. GF

PITA WRAPS- Made fresh daily a variety of pita wraps. 4F

GOURMET GREEK WITH FETA SALAD- Greek style Vegetable Salad With Feta Cheese Cubes and Black Olives. GF

GOURMET COLESLAW- Shredded cabbage, Carrots, Red Onion and spring onion mixed in a traditional Egg Based Mayonnaise.

SUSHI/NORI ROLLS-Mixed selection fresh daily - 6 tray pkt.qF

GF -Assorted Variety of Gluten free options available ask for the daily selection



SPUDS









