

# Café menu

(V) Vegetarian  
(DF) Dairy free  
(GF) Gluten free  
(P) Paleo

## BLACKBOARD MENU

Soup: Refreshing Summer Tomato with Orange and coriander served with toasted Artisan bread. <sup>V</sup>	\$9. <sup>00</sup>
NZ Lamb Burger: Lamb Patty with beetroot, red onion, Jalapeno Aioli and mint sauce.	\$12. <sup>00</sup>
NZ WhiteBait Fritter: Served with lemon and fresh white buttered bread.	\$16. <sup>50</sup>

## HOT FOOD

Pies (see cabinet for selection)	\$5. <sup>50</sup>
Chicken and Mushroom Filo	\$8. <sup>00</sup>
Sausage Rolls	\$4. <sup>00</sup>
Wedges (with Sour Cream & Sweet Chilli)	Small \$6. <sup>00</sup> Large \$7. <sup>50</sup>

## CAKES AND DESSERTS

Chocolate Brownie <sup>GF</sup>	\$5. <sup>50</sup>
Carrot Cake	\$5. <sup>50</sup>
Nut and Seed Slice <sup>P</sup>	\$6. <sup>50</sup>
Lemon Slice	\$5. <sup>50</sup>
Muffins	Small \$2. <sup>00</sup> Large \$5. <sup>00</sup>
Scones	\$5. <sup>00</sup>

DAILY BLACK BOARD SPECIALS ALSO AVAILABLE

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## DAILY FRESH MADE SANDWICHES

Roast beef, horseradish mayo, green salad and cucumber.	\$6. <sup>50</sup> \$7. <sup>50</sup> GF
Ham, cheese, watercress, tomato and mayonaise.	\$6. <sup>50</sup> \$7. <sup>50</sup> GF
Low GI Dark Rye Vegetarian Roll: avocado, hummus with dukka, lettuce, tomato, aioli. <sup>V</sup>	\$6. <sup>50</sup>
Vegetarian Salad Greens, capsicum, tomato, carrot, avocado.	\$7. <sup>50</sup> GF

## FRESH SALADS

Black rice, red lentil, edamame bean & walnut on carrot and baby spinach with lemon dressing. <sup>V,GF,DF</sup>	\$10. <sup>00</sup>
Prawn & corn salad: corn and tomato salsa with grilled prawns & chipotle mayo with toasted tortilla. <sup>DF</sup>	\$12. <sup>00</sup>
Fresh Fruit Salad: honeydew, rock melon, watermelon, pineapple, grapes, with mint syrup. <sup>V,GF,DF</sup>	\$8. <sup>00</sup>
Classic caesar salad: baby cos, garlic, croutons, egg, parmesan, anchovy, bacon.	\$10. <sup>00</sup>

## TOASTED CIABATTA POCKETS

Bacon, Lettuce, Tomato with Russian dressing.	\$8. <sup>00</sup>
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## WRAPS

Smoked Salmon, cream cheese, Spinach and Lemon.	\$6. <sup>50</sup>
Chicken tenderloin, basil pesto, lettuce, tomato Aioli.	\$6. <sup>50</sup>

GLUTEN FREE & PALEO OPTIONS AVAILABLE.  
PLEASE ASK A TEAM MEMBER.