

Lunch Menu



made
fresh
daily

drinks

hot
food

sandwiches
and
wraps

snacks

Hot Food

<input type="checkbox"/> Mini Frankfurt	\$1.00
<input type="checkbox"/> Steamed Dim Sim	\$1.10
<input type="checkbox"/> Corn on Cob	\$1.50
<input type="checkbox"/> Party Pie	\$1.40
<input type="checkbox"/> Oven Baked Hash Brown	\$1.70
<input type="checkbox"/> Oven Baked Nugget	\$0.95
<input type="checkbox"/> Mini Sausage Roll	\$1.40
<input type="checkbox"/> Chunky Beef Pie	\$4.00
<input type="checkbox"/> Chunky Chicken & Veg Pie	\$4.50
<input type="checkbox"/> Hot Dog	\$3.80
<input type="checkbox"/> Hot Dog - With Sauce	\$4.10
<input type="checkbox"/> Hot Dog - With Cheese & Sauce	\$4.65
<input type="checkbox"/> Butter Chicken - With Rice	\$8.50
<input type="checkbox"/> Teriyaki Chicken - With Rice	\$8.50
<input type="checkbox"/> Beef Burger - With Lettuce & Tomato	\$7.50
<input type="checkbox"/> Cheese Burger - With Lettuce Cheese & Tom Sauce	\$7.00
<input type="checkbox"/> Grilled Chicken Burger - With Lettuce Cheese Mayo	\$7.50
<input type="checkbox"/> Veggie Burger - With Lettuce Tomato Cheese & Mayo	\$6.99
Macaroni & Cheese (Vegetarian)	\$6.99

Snacks

<input type="checkbox"/> Whole Fruit - (Banana, Apple, Orange)	\$2.00
<input type="checkbox"/> Seasonal Fruit Salad	\$6.50
<input type="checkbox"/> Vanilla Yoghurt	\$4.99
<input type="checkbox"/> Vanilla Yoghurt - With Fresh Mixed Berries & B Sauce	\$6.50
<input type="checkbox"/> Fruit Kebab - With Drizzled Chocolate Sauce	\$3.99
<input type="checkbox"/> Jelly Cup	\$2.50
<input type="checkbox"/> Cookie	\$2.70
<input type="checkbox"/> Muffin - Blueberry or Chocolate	\$4.50
<input type="checkbox"/> Banana Bread	\$3.70
<input type="checkbox"/> Chocolate Brownie	\$5.20
<input type="checkbox"/> Raisin Bread (with or without butter)	\$3.50
<input type="checkbox"/> Croissant with Cheese & Ham	\$4.99
<input type="checkbox"/> Air Popped Popcorn	\$3.50

Salads

<input type="checkbox"/> Small \$6.50	<input type="checkbox"/> Large \$8.50
<input type="checkbox"/> Chicken Salad - Lettuce, Cherry Tomatoes, Cucumber, Carrot, Red Onion, Tasty Cheese with Light salad Dressing	
<input type="checkbox"/> Egg Salad - Boiled Egg, Lettuce, Cherry Tomatoes, Cucumber, Carrot, Red Onion, Tasty Cheese with Herb Mayo	
<input type="checkbox"/> Tuna Salad - Tuna, Lettuce, Cherry Tomatoes, Cucumber, Carrot, Red Onion, Tasty Cheese with Herb Mayo	

CATERING AVAILABLE - SCHOOL FUNCTIONS

**Sandwiches, Wraps, Rolls, Cakes & Fruit Platter
for any School Function: Email or Phone to Order**

phone: 1300 361 769

email: orders@balancedlivingcatering.com.au

website: balancedlivingcatering.com.au

Sandwiches - Build Your Own

STEP 1 - Choose Your Bread

<input type="checkbox"/> Bread - White, Wholemeal, Multigrain	
<input type="checkbox"/> Toasted	\$0.50
<input type="checkbox"/> Roll or Wrap	\$0.80
<input type="checkbox"/> Focaccia or Gluten Free	\$1.35

STEP 1 - Choose Your Filling & Dressing

<input type="checkbox"/> 1 Filling	\$4.30
<input type="checkbox"/> 2 Fillings	\$4.80
<input type="checkbox"/> 3 Fillings	\$5.30
<input type="checkbox"/> 4 Fillings	\$5.80

Protein Fillings - Ham, Fresh Poached Chicken Mix, Egg, Tuna, Tandoori Chicken, Sweet Chilli Chicken Strip

Salad Fillings - Lettuce, Tomato, Cucumber, Carrot, Cheese, Advocado

Dressings (complimentary) - Mayonnaise, Mustard, Pickles, Cranberry Sauce, Honey, Vegemite, Sweet Chilli Sauce

Meal Deal 1

- Sandwich- White, Wholemeal, Multigrain 2 Fillings \$8.00
- Cookie or Whole Fruit
- Juice or Water

Meal Deal 2

- 2 x Party Pies or 2 Mini Sausage Rolls \$8.00
- Popcorn, Whole Fruit, or Cookie
- Juice or Water

Drinks

<input type="checkbox"/> Juice Box - Apple, Orange, Tropical	\$3.20
<input type="checkbox"/> Flavoured Milk Box - Strawberry, Chocolate	\$3.80
<input type="checkbox"/> Bottled Water	\$3.30

Daily Specials

Tuesday - Fried Rice or Vegetarian Fried Rice \$7.50

Wednesday - Sushi \$4.00

- Teriyaki Chicken, Carrot & Cucumber

- Tuna & Mayo Mix with Spring Onion & Avocado

- Vegetarian - Cucumber, Carrot, Avocado, Mayo

Thursday - Spaghetti Bolognese. \$7.50
(with peas, carrot & corn)

Friday ☐ Homemade Pizza \$6.00

Hawaiian: Napolitano Sauce, Shredded Ham, Pineapple, Mozzarella

Margarita: Napolitano Sauce, Mushroom, Mozzarella, Italian Herbs

BBQ Chicken: Napolitano Sauce, Shredded Ham, Pineapple, Chicken with BBQ Sauce, Mozzarella

Vegetarian: Napolitano Sauce, Mushroom, Capsicum, Pineapple, Corn, Mozzarella