

# MENU



Gluten free.



Cheese available on request.

## EVERYDAY COLD FOOD

Assorted fresh Sandwiches from **\$4.00**  
(Request Gluten Free or Dairy Free when ordering)

Assorted fresh Salad Rolls from **\$4.00**  
(Request Gluten Free or Dairy Free when ordering)

Salad Tub OR Wrap **\$5.00**  
\*contains egg and cheese  
(Request Gluten Free or Dairy Free when ordering)

Meat Salad Tub OR Wrap **\$7.00**  
\*contains egg and cheese

**GLUTEN FREE WRAPS AND ROLLS ARE AVAILABLE ON REQUEST WHEN YOU ORDER ONLINE**

## GLUTEN FREE



Fried Rice **\$6.00**

Butter Chicken & Rice **\$6.00**

Chicken & Gravy Roll **\$7.00**

Chicken Nuggets **\$4.00**

Chicken Tender (1) **\$2.50**

## SNACKS

Red Rock Deli Chips  **\$1.20**

Icee 99% Juice **\$1.50**

## EVERYDAY HOT FOOD

Lean Meat Cheeseburger **\$6.00**

Lean Meat Hamburger & Salad **\$6.50**

Toasted Chicken Wrap **\$5.00**

Chicken and Gravy Roll **\$6.00**

Pizza Wrap **\$5.00**

## OCCASIONAL HOT FOOD

Lean Sausage Roll **\$3.50**

Lean Meat Pie **\$6.00**

Hash Brown Burger **\$3.50**

Chicken Burger **\$6.00**

Chicken Crackles **\$4.00**

Potato Wedges **\$5.50**

Garlic Bread **\$3.50**

## DRINKS

Oak Milk (300mL) **\$3.00**

• Chocolate • Strawberry  
• Vanilla Malt • Iced Coffee

Oak Milk (500mL) **\$4.00**

• Chocolate • Strawberry  
• Vanilla Malt • Banana

Juice Bomb (250mL) **\$3.00**

• Grape • Watermelon  
• Apple Raspberry • Orange Passio

100% Juice (250mL) **\$4.50**

• Apple Juice • Orange Juice  
• Apple & Blackcurrant

No Sugar Electrolyte Water (500mL) **\$5.00**

Water **\$2.50**