

# REFUEL WITH OUR

# DELICIOUS MENU



## BREAKFAST

| SAMPLE DAY                                    | SAMPLE DAY                                    | SAMPLE DAY                                    | SAMPLE DAY                                    | SAMPLE DAY                                    |
|---|---|---|---|---|
| Hashbrowns & Baked Beans                      | Scrambled Eggs & Sausages                     | Ham and Cheese Croissants                     | Pancakes & Maple                              | Bacon & Scrambled Eggs                        |
| Vegan Sausages & Baked Beans (gf, ve)         | Dairy Free Scrambled Eggs & Hash Browns (df)  | Vegan Croissant or Bagel (gf, df, v)          | Pancakes (gf, df, ef)                         | Vegan Sausages & Dairy Free Eggs (df, gf, ve) |
| Choice of 3 Cereals                           | Choice of 3 Cereals                           | Choice of 3 Cereals                           | Choice of 3 Cereals                           | Choice of 3 Cereals                           |
| White, Brown, Multigrain Toast with Preserves | White, Brown, Multigrain Toast with Preserves | White, Brown, Multigrain Toast with Preserves | White, Brown, Multigrain Toast with Preserves | White, Brown, Multigrain Toast with Preserves |
| Seasonal Fresh Fruit                          | Seasonal Fresh Fruit                          | Seasonal Fresh Fruit                          | Seasonal Fresh Fruit                          | Seasonal Fresh Fruit                          |
| Yoghurt/Muesli                                | Yoghurt/Muesli                                | Yoghurt/Muesli                                | Yoghurt/Muesli                                | Yoghurt/Muesli                                |

## LUNCH

|                             |  |                                   |   |                                 |
|-----------------------------|--|-----------------------------------|---|---------------------------------|
| Chicken/Beef Burgers        | Jacket potato (ve)<br>Served with your choice of bacon, grated cheese (v), sour cream (v), coleslaw, Mexican bean mix (ve) | Chicken Souvlaki & Tzatziki       | Honey Soy Chicken & Singapore/ Plain Rice     | Sausage Sizzle or Sausage Rolls |
| Veggie Burgers (df, gf, ve) |  | Falafel Souvlaki & Hummus (df, v) | Honey Soy Chickpea Balls & Singapore Rice (v) | Vegan Sausages (ve)             |

Unlimited salad bar and fresh fruit available

## DINNER

|   |  |                                   |  |   |
|---|--|-----------------------------------|--|---|
| Pasta with choice of sauce: Bolognese, Napoli or Cheese                 | Chicken Curry<br>Served with rice and naan bread                               | Soft Beef Tacos, Mexican Rice     | Roast Dinner<br>Served with potato, pumpkin and vegetables                                       | Slow cooked Beef Meatball in gravy<br>Served on mash potato and mixed veg |
| Gluten Free Pasta with choice of sauce (ve)<br>Served with garlic bread | Butter Chick Pea & Vegetable Curry (v)<br>Served with rice and flat bread (gf) | Soft Taco & Mexican Bean Mix (gf) | Veggie Schnitzel (v)<br>Served with potato, pumpkin and vegetables with gluten free, vegan gravy | Falafel & Vegetable Stew (v)<br>Served with rice or mash and veg (v)      |
| Butterscotch Pudding  | Apple Crumble & Custard  | Ice-cream sundae                  | Pavlova, Cream & Berries   | Jelly & Custard   |
| Butterscotch pudding (gf, df, ve)                                       | Fruit Muffin (gf, df, ve)  | Coconut ice-cream sundae (gf, ve) | Berry Vanilla Cake (gf, df, ef, ve)  | Jelly (gf, df, ef, ve)  |

Unlimited salad bar and fresh fruit available

**MORNING TEA, AFTERNOON TEA AND SUPPER** are available at a small additional cost per person.

### AVAILABLE DAILY

#### Unlimited salad bar:

Our salad bar is available at lunch and dinner, providing delicious and nutritious vegetables and salads. Come back to the salad bar as many times as you like!

#### Fresh Fruit:

A variety of fresh fruit is available at all meals.

**ASK ABOUT ALLERGENS**  
WE ARE HAPPY TO HELP

### Allergy Information

If you or a member of your group has a food allergy, please let us know pre-arrival. Please speak to the Catering Management Team in Centre, where more information is needed prior to choosing your meal.

Not all ingredients are included in the menu descriptions, please ask for more information.

Ingredients can occasionally be substituted or changed at short notice – always review the allergy information available from the Catering Management Team each service.