

Southern Grove Lunch Bar 2023 Menu

Open Tuesday - Friday from 8:00am

All Chicken & Mince is HALAL

MENU ITEMS AVAILABLE EVERY DAY

V = Vegetarian & H = Halal Meat

Crunch & Sip (Available before 8:30am)

- Vegie Bag - Carrot, Celery, Capsicum, Cucumber with French onion dip \$3.00
- Fresh cut fruit bags options of Apples, Pear, Watermelon, Orange, Grapes, Strawberries & Blackberries \$2.50



Sandwiches, Wraps & Rolls

- Vegemite sandwich \$3.50 V
- Chicken, cheese & mayo \$4.50 H
- Ham & cheese \$4.50
- Chicken & Salad \$5.00 H
- Cheese \$3.50 V
- Cheese & tomato \$4.00 V
- Salad only \$3.50 V
- Curried egg & lettuce \$4.00 V



Toasted Sandwiches

- Ham & cheese \$4.50
- Chicken, cheese & mayo \$4.50 H
- Chicken & cheese \$4.50 H
- Cheese & tomato \$4.50 V
- Cheese \$4.00 V



Optional Extras

(Sandwiches, wraps, rolls & toasties \$1.00 each)

- Cheese
- Avocado
- Beetroot

Turkish Bread

- Chicken, cheese, tomato & avocado \$7.00 H
- Ham, cheese, tomato & avocado \$7.00



Salads Plates

- Salad with egg, lettuce, tomato, cucumber, capsicum & carrot \$6.50 V
- Salad with chicken wings \$7.00 H
- Caesar Salad \$5.00 V
- Caesar salad with chicken \$6.50 H
- Lentil Salad \$5.00 V
- Chicken noodle salad \$6.50 H
- Chickpea & couscous salad \$6.00 V
- Zesty pesto pasta salad \$6.50 V



Afternoon Tea

- Muffins \$1.00
- Fruit cup \$1.50
- Cheesy Sticks \$2.00
- Popcorn per bag \$1.00
- Corn on cob \$1.50
- Waffles with yogurt & strawberries \$3.00
- Banana raspberry 'nicecream' \$1.00



Drinks / Ice cream / Ice pole

- Water \$2.00
- Juice (Apple or Orange) \$2.50
- Flavored milk (Chocolate or Strawberry) \$3.00
- Small Slushy \$1.50
- Large Slushy \$2.00
- Icy poles \$1.00
- Paddle pop \$2.00

