



MENU

From 1st June 2020

Opening Hours

Mon - Fri 7am to 2:30pm

Phone: 9356 2404

orders@thefoodbar.com.au

www.thefoodbar.com.au

Now delivering with



Low Gluten, Lactose Free, Vegetarian and Vegan options are available, please ask us.

Coffee & Tea

	Regular (12oz)	Large (16oz)
Flat White, Latte, Mocha, Cappuccino, Chai Latte or Hot Chocolate	\$4.00	\$5.00
Long Black	\$3.50	
Black Tea	\$2.00	\$3.00
White Tea	\$3.00	\$4.00
Machiato	\$3.50	
Machiato Topped Up	\$4.00	
Soy, Almond or Lactose Free Milk	Add \$1.00	

HILLO milk is available at no extra charge.

Milkshakes

Chocolate, Banana, Caramel, Spearmint, Vanilla,
Strawberry or Lime

Milkshake (with ice-cream)	\$5.50
Thickshake (double ice-cream)	\$6.50
Malt	\$1.00
Soy or Lactose Free Milk	\$2.00

Iced Drinks

Iced Coffee, Iced Chocolate, Iced Mocha	\$7.50
Iced Latte	\$5.00
Soy or Lactose Free Milk	\$1.00

Yoghurt

Mixed Berries and Granola with Vanilla Yoghurt	\$5.80
Mixed Berries and Granola with Greek Yoghurt	\$5.80

Cold Drinks

Coke, Coke No Sugar, Diet Coke, Fanta, or Vanilla Coke 600ml	\$4.40
Coke, Coke No Sugar, Diet Coke, Fanta, Lift, Sprite, Vanilla Coke, Lemonade, Pasito, Red Creaming Soda or Ginger Beer 375ml	\$2.50
Powerade Blackcurrant, Mountain Blast or Berry Ice 600ml	\$4.90
Maximus Green or Grape 1L	\$4.90
Lipton Ice Tea Peach, Raspberry, Mango or Green Tea 500ml	\$4.30
V Green, V Blue or Red Bull Small	\$4.50
V Green or Red Bull Medium	\$5.00
V Green, V Blue or Red Bull Large	\$5.50
Monster or Mother Large	\$4.80
Applewood Farm Apple, Orange, Tropical, Apple & Blackcurrant, or Mango & Banana 500ml	\$4.30
Daily Juice Breakfast Burst Juice 500ml	\$4.50
Brownes Orange C 600ml	\$3.90
Ribena Blackcurrant 500ml	\$4.50
Cottonwood Springs Water 600ml	\$2.00
Mt Franklin Water 600ml	\$2.90
Mt Franklin Sparkling Water 450ml	\$3.50
Pump 750ml	\$3.50
Aquench Water 1.5L	\$4.00
Glacéau Smart Water 700ml	\$3.90
Vitamin Water Antioxidant, Focus or Power 500ml	\$4.60
Masters Choc, Iced Coffee, Spearmint, or Mocha 600ml	\$4.50
Brownes Coffee Chill, Choc Chill, Banana Chill or Mocha Chill 600ml	\$4.50
Dare Espresso, Double Espresso or Triple Shot 500ml	\$4.50
Dare Espresso or Double Espresso 750ml	\$5.50
Up & Go Chocolate 500ml	\$5.30
Barista Bros Espresso 420ml	\$4.40

Toasties

Bacon & Egg	\$6.50
Bacon, Egg & Cheese	\$6.90
Ham & Cheese	\$5.70
Ham, Cheese & Tomato	\$6.20
Chicken, Cheese & Mayo	\$6.70
Chicken, Cheese, Mayo & Avocado	\$7.70

Toasted Wraps

Bacon & Egg	\$8.40
Bacon, Egg & Cheese	\$8.90

Burgers

Bacon & Egg Burger	\$8.40
Bacon & Egg Burger with Salad	\$9.50
Bacon, Egg & Cheese Burger	\$8.90
Beef Burger	\$10.50
Cheeseburger	\$7.00
Steak Burger	\$15.00
Chicken Burger	\$9.50
Chicken Burger Deluxe	\$10.50
Fish Burger	\$12.00
Vegetarian Burger	\$11.00

Extras	Carrot	n/c
	Cheese, Beetroot	50c
	Egg	80c
	Pineapple, Bacon	\$1.20

Paninis

Ham, Cheese & Tomato	\$9.00
Ham, Cheese & Pineapple	\$9.00
Chicken, Sundried Tomato, Cheese, Avocado, Mayo, Baby Spinach	\$12.50
Mushroom, Tomato, Cheese, Fruit Chutney, Baby Spinach	\$10.50
Southern Style Chicken Tender, Cheese, Bacon, Avocado & Aioli	\$12.50

Salads

Chicken Salad Small	\$7.50
Chicken Salad Large	\$12.50
Sweet Chilli Chicken Salad Small	\$6.50
Sweet Chilli Chicken Salad Large	\$11.50
Chicken Caesar Salad Small	\$7.50
Chicken Caesar Salad Large	\$12.50

Hot Rolls

Sweet Chilli Tender (Mayonnaise)	\$8.90
Sweet Chilli Tender (Creamy Chilli)	\$8.90
Southern Style Tender (Mayonnaise)	\$8.90

Roast Beef & Gravy	\$9.50
Roast Pork & Gravy	\$9.50
Roast Pork & Gravy with Apple Sauce ...	\$9.50

Hot Dog with Tomato Sauce	\$6.70
Lot Dog (Cheese, Bacon, Onion with Tomato Sauce)	\$8.70
Chicken Sausage Dog (Egg, Bacon, Fried Onion with Sauce)	\$9.50
Chilli Sausage Dog (Egg, Bacon, Fried Onion with Sauce)	\$9.50

Chips

Regular	\$4.50
Regular Chips & Gravy	\$5.50
Large	\$6.50
Large Chips & Gravy	\$7.50
Extra Gravy	\$1.00

Light Meals

Nachos	\$9.50
Nachos with Sour Cream	\$10.50
Fish & Chips	\$12.00

See our monthly meal menu for our full range
of fresh cooked lunch options

Sandwiches, Rolls & Wraps

Curried Egg	Sandwich	\$6.00
(Vegetarian)		

Cheese & Salad	Sandwich	\$6.00
(Vegetarian)	Roll/Wrap	\$7.20

Ham, Cheese & Tomato	Sandwich	\$6.00
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Ham & Salad	Sandwich	\$6.50
	Roll/Wrap	\$7.70

Chicken & Salad	Sandwich	\$7.00
	Roll/Wrap	\$8.20

Chicken, Lettuce & Avocado with Mayo	Sandwich	\$7.70
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Roast Beef, Cheese & Pickle	Sandwich	\$6.20
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Roast Beef & Salad with Pickle	Sandwich	\$7.00
	Roll/Wrap	\$8.20

Sweet Chilli Tender & Salad with Mayo	Wrap	\$8.70
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Sweet Chilli Tender & Salad With Creamy Dressing	Wrap	\$8.70
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Extras

Cucumber	n/c
Cheese, Beetroot	50c
Red Onion	60c
Pineapple, Capsicum	\$1.20
Avocado	\$1.50

Ready Made items include a range of salad
combinations. Made to Order items start with
Lettuce, Tomato, Carrot & Mayonnaise and you
can add or remove anything you like. See our in
store menu for the full range of options.