HEALTHY



1) CHOOSE A BASE

Sandwich

- Dark Rye, Light Rye, White or Wholemeal

Gluten Free Bread

Roll

Wrap

Focaccia

Zattar Bread

2) ADD A FILLING

Bacon

Halloumi Cheese

Tasty or Swiss Cheese

Chicken (Lemon & Herb)

Chicken (Plain)

Chicken (Tandoori)

Chicken Tender

Chicken Schnitzel

Egg

Falafel

Grilled Vegetables

Ham

Omelette

Salad

Single Salad Base Item

(e.g tomato or cucumber)

Salami

Roast Beef

Roast Pork

Smoked Salmon

Tuna

Turkey

Vegemite

3) OPTIONAL EXTRAS

Fresh Avocado
Bacon
Beef
Beetroot
Carrot
Tasty Cheese P/Slice
Swiss Cheese P/Slice
Fetta Cheese
Chicken
Coleslaw
Condiments
Cream Cheese
Cucumber
Egg
Full Salad
Guacamole
Halloumi
Pineapple
Roast Vegetables
Salami
Salmon
Spinach
Sundried Tomatoes
Tomato
Tuna
Turkey
Tzatziki
Ham
Hummus
Lettuce
Olives
Onion



FILLINGS