

B R E A K F A S T

BACON ON TOAST

EGGS ON TOAST

1 SERVE OF SCRAMBLED EGG OR 2 FRIED EGGS
SERVED WITH TOAST

SAUSAGE & EGGS ON TOAST

SCRAMBLED EGG OR 2 FRIED EGGS SERVED WITH A SAUSAGE
ON TOAST

BACON & EGGS ON TOAST

SCRAMBLED EGG OR 2 FRIED EGGS
SERVED WITH BACON ON TOAST

EGG & MUSHROOM ON TOAST

MUSHROOMS ON TOAST

OMELETTE OF THE DAY

ADD ON TOAST

ADDITIONAL EXTRAS

FRIED EGG, SCRAMBLED EGG,
SAUSAGE, MUSHROOMS,
BACON, TOMATO,
ONION, HASHBROWN, PIECE OF TOAST

Forest
Kitchen



AVAILABLE MONDAY TO FRIDAY 8:00AM - 2:00PM
OR SPEAK TO OUR FRIENDLY STAFF FOR MORE OPTIONS

FRUIT JUICES

BLUE CHILL

Pineapple, Apple & Blueberries

IMMUNITY

Orange, Lemon & Ginger

REFRESH

Watermelon, Rockmelon & Strawberries

SUNRISE

Watermelon, Orange & Blueberries

SKINCLEANSER

Honeydew, Strawberries & Orange

SHAKES

MILKSHAKE & THICKSHAKE

BANANA

VANILLA

CARAMEL

STRAWBERRY

COFFEE

CHOCOLATE

VEGGIE JUICES

DETOX

Cucumber, Apple & Mint

GO GREEN

Spinach, Parsley, Lemon & Green Apple

HEART BEET

Beetroot, Apple, Carrot, Lemon & Orange

LIVER CLEANSER

Apple, Ginger, Beetroot, Carrot & Celery

VEGOUT

Kale, Carrot, Apple, Parsley & Beetroot

SPECIAL

BANANA SMOOTHIE



ROLLS

Chicken Schnitzel Foccacia

Chicken & Avocado on Multigrain Pave Roll

Grilled Vegetable on Multigrain Pave Roll (veg)

Turkey & Cranberry on Ciabatta Roll

BAGELS

Smoked Salmon

Chicken & Pesto

WRAPS

Sweet Chilli Chicken Tender

Falafel

Chicken Ceasar

Chicken Schnitzel

ZAATAR

Chicken Schnitzel

Roasted Vegetables

Prosciutto Bocconcini



ASSORTED PRE PACKED MEALS & SALADS ALSO AVAILABLE



1) CHOOSE A BASE

- Sandwich
- Dark Rye, MultiGrain,White or Wholemeal
- Gluten-Free Bread
- Roll
- Wrap
- Focaccia



2) ADD A FILLING

- Cheese
- Chicken (Plain)
- Chicken (Tandoori)
- Chicken Tender
- Chicken Schnitzel
- Egg
- Falafel
- Grilled Vegetables
- Ham
- Salad
- Single Salad Base Item
(e.g tomato or cucumber)

- Salami
- Pastrami
- Tuna
- Turkey
- Vegemite



3) OPTIONAL EXTRAS

- Beetroot
- Carrot
- Cheese P/Slice
- Swiss Cheese P/Slice
- Spinach
- Grilled Vegetable
- Condiments
- Cream Cheese
- Lettuce
- Cucumber
- Onion
- Full Salad
- Guacamole
- Cranberry
- Hummus
- Pesto
- Veggie Relish

- Chicken
- Salami
- Egg
- Ham
- Tuna
- Turkey



CHICKEN PARMIGIANA

GRILLED FISH

POTATO CAKE

HOT WEDGES

(ADD SOUR CREAM)

SPRING ROLL

HOT CHIPS

(ADD TOMATO SAUCE)



SAMPLE LUNCH MENU

KASHMIRI CHICKEN TIKKA (GF)

VEGATABLE SATAY (DF/VGN)

RISOTTO CHICKEN & CHORIZO

HOISIN CHICKEN (DF)

CHICKEN ALA KING

VEGETARIAN FRIED RICE (GF/VEG)

HOKKIEN NOODLES (DF)

GARLIC & PEPPER FISH (DF)

GRILLED FISH W MANGO SALSA & CRUSHED CHATS



SAMPLE SALAD MENU

LEMON & HERB CHICKEN & BROWN RICE SALAD
(DF/GF)

FEEL GOOD SALAD
(VEG/GF)

CREAMY MUSTARD DRESSING

ROASTED BEETROOT, CARROT & HONEY SALAD
(DF/GF)

HONEY MUSTARD DRESSING

CHICKEN CAESAR SALAD
CREAMY CAESAR SALAD DRESSING

