

MENU 1

Traffic Code	SALADS	Jan-22	Increase	Jun-22
Green	CHICKEN CAESAR SALAD (low gluten) Seared chicken, egg, bacon, cos lettuce, tomato, cucumber and parmesan cheese, served with a classic Caesar dressing.	\$6.90	\$0.30	\$7.20
Green	TANDOORI CHICKEN SALAD (low gluten) Tandoori chicken, baby spinach, cucumber, Spanish onion, capsicum and cheese with a Green Goddess dressing.	\$6.90	\$0.30	\$7.20
Green	GREEK SALAD (low gluten) Marinated fetta, olives, Spanish onion, cherry tomato, lettuce and cucumber with a Greek style lemon oil dressing.	\$6.90	\$0.30	\$7.20
Green	DUKKAH CRUSTED PUMPKIN SALAD (veg vegan dairy-free low gluten) Dukkah crusted pumpkin, roasted cauliflower, sun-dried tomato, toasted pepitas, Spanish onion and baby spinach with a balsamic dressing.	\$7.20	\$0.30	\$7.50
Green	VIETNAMESE CHICKEN SALAD (dairy-free) Vermicelli noodles lightly coated in sesame oil with Vietnamese chicken, julienne carrots, spring onions, Chinese cabbage and coriander with an Asian style dressing.	\$7.20	\$0.30	\$7.50
Green	VIETNAMESE TOFU SALAD (veg vegan dairy-free) Vermicelli noodles lightly coated in sesame oil with grilled tofu, julienne carrots, spring onions, Chinese cabbage and coriander, with an Asian style dressing.	\$7.20	\$0.30	\$7.50

Green	SWEET POTATO & QUINOA NOURISH BOWL (veg dairy-free low gluten) Roasted sweet potato, quinoa, edamame beans, red cabbage, egg and mustard maple dressing.	\$7.20	\$0.30	\$7.50
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Traffic Code	PASTA SALADS	Jan-22	Increase	Jun-22
Amber	CAESAR PENNE PASTA SALAD Penne pasta tossed with diced bacon, chives and classic Caesar dressing.	\$5.90	\$0.30	\$6.20
Amber	CHICKEN CORN & RANCH PASTA SALAD Elbow pasta tossed with chicken, corn, shredded carrot, chives and ranch dressing.	\$5.90	\$0.30	\$6.20
Amber	ITALIAN TOMATO PASTA SALAD (low gluten, veg, vegan) Gluten-free Spirali pasta tossed with roasted sweet potato, baby spinach and kalamata olives in a house-made tomato dressing.	\$5.90	\$0.30	\$6.20

Traffic Code	FRUITS	Jan-22	Increase	Jun-22
Green	SEASONAL FRUIT SALAD (veg vegan dairy-free low gluten)	\$5.00	\$0.20	\$5.20
Green	WATERMELON TUBS (veg vegan dairy-free low gluten) Freshly cubed watermelon.	\$2.60	\$0.30	\$2.90
Green	SLICED ORANGE TUBS (veg vegan dairy-free low gluten) Freshly sliced orange.	\$2.60	\$0.30	\$2.90
Green	RED APPLE whole (veg vegan dairy-free low gluten)	\$1.50	\$0.00	\$1.50
	BANANA whole (veg vegan dairy-free low gluten)	\$1.50	\$0.00	\$1.50

Traffic Code	ROLLS, WRAPS & SANDWICHES	Jan-22	Increase	Jun-22
Green	CHICKEN LETTUCE & MAYO sandwich	\$4.50	\$0.20	\$4.70
Amber	HAM & CHEESE sandwich	\$4.50	\$0.20	\$4.70

Green	EGG LETTUCE & MAYO (veg)	sandwich	\$4.50	\$0.20	\$4.70
Amber	CHICKEN SCHNITZEL Chicken schnitzel, lettuce, cheese and mayo.	sandwich	\$5.80	\$0.00	\$5.80
		roll/wrap	\$6.20	\$0.20	\$6.40
Amber	CRUMBED CHICKEN CAESAR Crumbed chicken, lettuce, bacon, parmesan cheese, tomato and Caesar dressing.	sandwich	\$5.80	\$0.00	\$5.80
		roll/wrap	\$6.20	\$0.20	\$6.40
Green	TANDOORI CHICKEN (low gluten option available) Tandoori chicken, lettuce, cheese, cucumber, roasted capsicum, Spanish onion and roasted capsicum mayo.	sandwich	\$5.80	\$0.00	\$5.80
		roll/wrap	\$6.20	\$0.20	\$6.40
		low gluten roll	\$6.90	\$0.25	\$7.15
Green	PLOUGHMANS (low gluten option available) Beef, cheddar cheese, sun-dried tomato, pickled cucumbers and baby spinach with onion relish and mayo.	sandwich	\$5.80	\$0.00	\$5.80
		roll/wrap	\$6.20	\$0.20	\$6.40
		low gluten roll	\$6.90	\$0.25	\$7.15
Amber	MEDITERRANEAN (low gluten option available) Salami, lettuce, cheddar cheese, roasted capsicum, dukkah roasted pumpkin and creamy herb dressing.	sandwich	\$5.80	\$0.00	\$5.80
		roll/wrap	\$6.20	\$0.20	\$6.40
		low gluten roll	\$6.90	\$0.25	\$7.15
Green	TURKEY & CRANBERRY (low gluten option available) Turkey, Swiss cheese, lettuce, cucumber, roasted capsicum with cranberry and mayo.	sandwich	\$5.80	\$0.00	\$5.80
		roll/wrap	\$6.20	\$0.20	\$6.40
		low gluten roll	\$6.90	\$0.25	\$7.15
Amber	SWISS HAM (low gluten option available) Ham, Swiss cheese, cucumber, tomato, lettuce with onion relish and mayo.	sandwich	\$5.80	\$0.00	\$5.80
		roll/wrap	\$6.20	\$0.20	\$6.40
		low gluten roll	\$6.90	\$0.25	\$7.15
Green	TUNA & PARSLEY (low gluten option available) Tuna mixed with Spanish onion and parsley, lettuce, cucumber and Japanese mayo.	sandwich	\$5.80	\$0.00	\$5.80
		roll/wrap	\$6.20	\$0.20	\$6.40
		low gluten roll	\$6.90	\$0.25	\$7.15

Green	SMASHED FALAFEL & AVO (veg, vegan, dairy-free)	sandwich	\$5.80	\$0.00	\$5.80
	Smashed falafels and avocado with baby spinach, tomato, cucumber and Spanish onion with vegan Smokey Chipotle dressing.	roll/wrap	\$6.20	\$0.20	\$6.40

Traffic Code	TOASTED SANDWICHES	Jan-22	Increase	Jun-22
Green	CHEESE (veg)	\$3.90	\$0.20	\$4.10
Green	CHEESE & VEGEMITE (veg)	\$3.90	\$0.20	\$4.10
Amber	HAM & CHEESE	\$4.60	\$0.20	\$4.80
Green	LOW GLUTEN WITH CHEESE (veg low gluten) Served on gluten-free wholemeal bread.	\$4.60	\$0.20	\$4.80
Amber	LOW GLUTEN WITH HAM & CHEESE (low gluten) Served on gluten-free wholemeal bread.	\$4.90	\$0.20	\$5.10

Traffic Code	TOASTED SUBS	Jan-22	Increase	Jun-22
Amber	GARLIC SUB (veg)	\$3.00	\$0.20	\$3.20
Amber	HAM & CHEESE	\$4.60	\$0.20	\$4.80

Traffic Code	FOCCACIA MELTS	Jan-22	Increase	Jun-22
Green	TUNA Tuna mix with cream cheese, baby spinach and mozzarella cheese.	\$6.50	\$0.30	\$6.80
Green	CHICKEN & AVOCADO Chicken with avocado, baby spinach and mozzarella cheese with ranch dressing.	\$6.50	\$0.30	\$6.80
Amber	CRUMBED CHICKEN Crumbed chicken, American cheese, baby spinach and house dressing.	\$6.50	\$0.30	\$6.80
Green	ROASTED PUMPKIN (veg) Roasted dukkah pumpkin, mozzarella, sun-dried tomato, baby spinach and onion relish.	\$6.50	\$0.30	\$6.80
Amber	SALAMI Salami, mozzarella cheese, baby spinach and tomato relish.	\$6.50	\$0.30	\$6.80

Traffic Code	SPECIALTIES	Jan-22	Increase	Jun-22
Green	CHICKEN COLD ROLLS (low gluten dairy-free) Two large rice paper wraps filled with vermicelli noodles, julienne vegetables, fresh herbs and marinated chicken breast served with an Asian style dipping sauce.	\$6.50	\$0.30	\$6.80
Green	TOFU COLD ROLLS (veg vegan low gluten dairy-free) Two large rice paper wraps filled with vermicelli noodles, julienne vegetables, fresh herbs and marinated tofu served with an Asian style dipping sauce.	\$6.50	\$0.30	\$6.80
Green	BANH MI – VIETNAMESE CHICKEN ROLL Vietnamese roll filled with marinated chicken, cucumber, carrot, coriander, lettuce and mild siracha aioli.	\$6.50	\$0.30	\$6.80
Green	BANH MI – VIETNAMESE TOFU ROLL (veg) Vietnamese roll filled with marinated tofu, cucumber, carrot, coriander, lettuce and mild siracha aioli.	\$6.50	\$0.30	\$6.80

Traffic Code	SUSHI	Jan-22	Increase	Jun-22
	<p><i>*Sushi availble Tuesdays & Thursdays only.</i></p> <p><i>Sushi can be ordered via the Sushi Menu on QKR.</i></p> <p><i>Orders cut off the day prior at 10:30am, however can be placed upto 2 weeks in advance.</i></p>			
Green	SUSHI - CRUMBED CHICKEN Crumbed chicken, cucumber, Japanese mayo.	\$6.50	\$0.30	\$6.80
	SUSHI - TUNA (low gluten) Tuna mixed with parsley and red onion, cucumber and Japanese mayo.	\$6.50	\$0.30	\$6.80
	SUSHI ROASTED PUMPKIN (low gluten, veg) Pumpkin, cucumber and Japanese mayo.	\$6.50	\$0.30	\$6.80

Traffic Code	PIZZA	Jan-22	Increase	Jun-22
Green	MARGHERITA PIZZA (veg) Mozzarella cheese and pizza sauce	\$5.20	\$0.20	\$5.40
Amber	NEW YORK PIZZA Salami, mozzarella cheese and pizza sauce.	\$5.60	\$0.20	\$5.80
Amber	AUSTRALIAN PIZZA Diced bacon, mozzarella cheese and pizza sauce	\$5.60	\$0.20	\$5.80

Traffic Code	HOME COOKED MEALS	Jan-22	Increase	Jun-22
Green	BUTTER CHICKEN (low gluten) Chicken marinated in yoghurt and spices, combined in a creamy tomato and herb sauce and served with basmati rice.	\$5.90	\$0.25	\$6.15
Green	CHICKPEA & VEGETABLE CURRY (veg vegan low gluten dairy free) Chickpea, pumpkin, lentils and cauliflower in a mild Indian coconut curry sauce.	\$5.90	\$0.25	\$6.15
Amber	BEEF LASAGNE Bolognaise and Bechamel sauce baked between fresh pasta sheets.	\$5.90	\$0.25	\$6.15
Green	VEGETARIAN LASAGNE (veg low gluten) Napolitana sauce with spinach and ricotta, baked between gluten-free pasta sheets.	\$5.90	\$0.25	\$6.15
Amber	RAVIOLI MILANESE	\$5.90	\$0.25	\$6.15

Beef filled ravioli topped with Milanese sauce and mozzarella cheese.

Green	CHEESE & TOMATO PASTA (veg low gluten) Gluten-Free Pasta tossed with Neapolitan sauce and parmesan cheese.	\$5.90	\$0.25	\$6.15
Green	THAI CHICKEN NOODLES (dairy-free) Hokkien noodles in our sweet chilli and soy sauce with chicken, carrot, capsicum, baby corn, spring onions and fresh coriander.	\$5.90	\$0.25	\$6.15
Green	MEXICAN SALSA CHICKEN (low gluten) Mild Mexican style chicken with a tomato, corn and bean salsa served with rice.	\$5.90	\$0.25	\$6.15
Amber	NACHOS (veg) Toasted corn chips served with melted cheese and mild salsa.	\$5.90	\$0.25	\$6.15

Traffic Code	BALFOURS PASTRIES	Jan-22	Increase	Jun-22
Amber	BETTER BITE BEEF PIE 180gm	\$4.70	\$0.20	\$4.90
Amber	BETTER BITE PASTY 140gm	\$4.70	\$0.20	\$4.90
Amber	BETTER BITE SAUSAGE ROLL 120gm	\$4.70	\$0.20	\$4.90

Traffic Code	BURGERS	Jan-22	Increase	Jun-22
Amber	BEEF & CHEESEBURGER Premium beef patty, burger cheese with tomato sauce on a 4" burger roll.	\$5.20	\$0.20	\$5.40
Amber	CRUMBED CHICKEN BURGER Crumbed chicken breast patty and mayo on a 4" burger roll.	\$5.20	\$0.20	\$5.40
Amber	BBQ CHICKEN CHEESEBURGER Crumbed chicken breast patty, burger cheese, BBQ sauce and mayo on a 4" burger roll.	\$5.20	\$0.20	\$5.40
Green	VEGGIE BURGER (veg)	\$5.60	\$0.25	\$5.85

	Oven-baked veggie patty with burger cheese and mayo on a 4" burger roll			
Amber	LOW GLUTEN CHEESEBURGER (low gluten) Premium Gluten Free beef patty, burger cheese and tomato sauce on a gluten free roll.	\$6.90	\$0.30	\$7.20

Traffic Code	OVEN BAKED	Jan-22	Increase	Jun-22
Amber	CHICKEN BREAST NUGGETS X 4	\$3.90	\$0.20	\$4.10
Amber	CHICKEN BREAST NUGGETS X6 Includes your choice of dipping sauce - tomato, BBQ, aioli or sweet chilli.	\$5.20	\$0.20	\$5.40
Amber	CRUMBED CHICKEN TENDERS X 3 (low gluten) Gluten free Chicken tenders - Includes your choice of dipping sauce - tomato, BBQ, aioli or sweet chilli.	\$5.90	\$0.25	\$6.15

Traffic Code	HOTDOGS	Jan-22	Increase	Jun-22
Amber	HOT DOG	\$5.00	\$0.20	\$5.20
Amber	HOT DOG WITH CHEESE	\$5.50	\$0.20	\$5.70
Amber	PUPPY DOG All hotdogs can be served with or without tomato sauce & with or without butter	\$3.40	\$0.20	\$3.60

Traffic Code	SNACKS & DESERTS	Jan-22	Increase	Jun-22
Amber	REDROCK DELI CHIPS (veg, gluten free) Honey Soy, Sea Salt 28gm	\$2.30	\$0.20	\$2.50
Amber	FANTASTIC DELITES (veg, gluten free) Sweet Chilli, Sour Cream 20g	\$1.50	\$0.10	\$1.60
Green	MAINLAND CHEESE AND CRACKERS (veg) Tasty Cheese 30gm	\$3.00	\$0.20	\$3.20
Green	SPC PROVITAL PEACHES (veg vegan dairy-free low gluten) Diced in Juice 120gm	\$2.60	\$0.10	\$2.70

Amber	JELLY CUPS (veg dairy-free low gluten) 200ml Strawberry	\$1.50	\$0.20	\$1.70
Amber	CUSTARD CUPS (veg low gluten) 200ml Chocolate	\$2.60	\$0.20	\$2.80
Green	YOGHURT POUCH (veg low gluten) Petit Miam 70gm Strawberry	\$1.80	\$0.10	\$1.90

Traffic Code	ICEBLOCKS	Jan-22	Increase	Jun-22
Green	FROZEN FRUIT CUP (veg vegan low gluten dairy free) Apple & Blackcurrant	\$2.00	\$0.00	\$2.00
Green	QUELCH (veg vegan low gluten dairy free) 99% Fruit Juice Icy Tubes - Assorted Flavours	\$1.50	\$0.00	\$1.50
Amber	ICY POLE (veg vegan low gluten dairy free) Lemonade	\$1.80	\$0.00	\$1.80
Amber	BILLABONG \$2.20 (veg) Chocolate, Rainbow	\$2.50	\$0.10	\$2.60
Amber	LIFESAVER (veg, vegan, dairy-free, low gluten)	\$3.20	\$0.00	\$3.20
Amber	MILO SCOOP (veg)	\$4.20	\$0.00	\$4.20

Traffic Code	DRINKS	Jan-22	Increase	Jun-22
Green	JUICE POPPER Apple, Apple-Blackcurrant, Orange 250ml	\$2.90	\$0.00	\$2.90
Green	NIPPY'S FRUITALICIOUS	\$3.90	\$0.00	\$3.90

Apple Guava, Apple Blackcurrant, Orange,
Multifruit 350ml

Green	NATURAL SPRING WATER			
	600ml	\$2.80	\$0.00	\$2.80
	750ml	\$3.60	\$0.20	\$3.80
Amber	NIPPY'S MILK	\$3.40	\$0.00	\$3.40
	Chocolate, Strawberry, Honeycomb 250ml			
Amber	UP AND GO	\$3.40	\$0.10	\$3.50
	Chocolate, Strawberry, Banana 250ml			
Amber	FOCUS SPORTS WATER	\$3.60	\$0.20	\$3.80
	Blackcurrant, Raspberry, Lemonade 350ml			

****Low Gluten - Low gluten products do not contain gluten as a listed ingredient, however they are prepared in kitchens containing gluten. Although we follow strict food handling procedures, there is always a risk of cross-contamination.***

