

Simply Good HEALTH

GOOD FOOD – GOOD HEALTH - GOOD LIFE

12 Patterson St Whyalla SA

Name:
Time required:
Contact No.:



FRESH SELECTION

Bread: Prices start at...

<input type="checkbox"/> WRAP	<input type="checkbox"/> Plain	<input type="checkbox"/> Gluten Free +50c	\$5.50 Meat
<input type="checkbox"/> FOCACCIA			\$4.50 Cheese or Salad
<input type="checkbox"/> BAGUETTE	<input type="checkbox"/> Plain	<input type="checkbox"/> Pepper Parmesan	
<input type="checkbox"/> SANDWICH			\$4.00 Meat
			\$3.50 Cheese or Salad

Base:

<input type="checkbox"/> Chicken	<input type="checkbox"/> Ham	<input type="checkbox"/> Salmon	<input type="checkbox"/> Tuna	<input type="checkbox"/> Cheese	<input type="checkbox"/> Salad
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Salad: Fillings 50c each

<input type="checkbox"/> Tomato	<input type="checkbox"/> Beetroot	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Carrot	<input type="checkbox"/> Lettuce
<input type="checkbox"/> Capsicum	<input type="checkbox"/> Mushroom	<input type="checkbox"/> Onion	<input type="checkbox"/> Pickled Onion	<input type="checkbox"/> Alfalfa
<input type="checkbox"/> Olives	<input type="checkbox"/> Sundried	<input type="checkbox"/> Tomato	<input type="checkbox"/> Gherkin	<input type="checkbox"/> Jalapeno
			<input type="checkbox"/> Capers	<input type="checkbox"/> Spinach

Salad Bowl: SALAD \$6.50 MEAT & SALAD \$7.50

Condiments: 30c each

<input type="checkbox"/> Nut Paste Spread	<input type="checkbox"/> Mayonnaise	<input type="checkbox"/> BBQ	<input type="checkbox"/> Tomato	<input type="checkbox"/> Sweet Chilli
<input type="checkbox"/> Garlic Sauce	<input type="checkbox"/> Pickles	<input type="checkbox"/> Dijon	<input type="checkbox"/> Peri Peri	
(<input type="checkbox"/> SALT <input type="checkbox"/> PEPPER <input type="checkbox"/> TOASTED)				

HOT OPTIONS

- PIES & PASTIES** – Selection of pies and pasties with gourmet varieties Prices vary
- GOURMET BURGER** - Premium lean beef, bacon, roast capsicum, cheese, jalapenos, dill, salad & special sauce \$12.50
- CHICKEN BURGER** **FISH BURGER** - Toasted roll with tomato, onion, lettuce & mayo or sweet chilli \$10.00
- CURRY FLAN** - \$9.50
 - AUSSIE** – Rich & sweet chicken curry with rice, melted cheese in toasted pita bread
 - THAI** - Traditional Thai red curry with rice and baby spinach in a toasted pita bread pocket
- SPINACH & FETA CHEESE FLAN** - Spinach, feta and matured cheese in a toasted pita bread pocket \$9.00
 - Add spicy lamb + \$1.50
- SAVOURY MEXICAN FLAN** - Chilli Con Carne & cheese in a toasted pita bread pocket \$9.50
- OMELETTE WRAP** - Egg, cheese and ham folded in toasted Mountain bread \$9.50
- YIROS** - Tomato, onion, lettuce & garlic sauce, mayo or sweet chill
 - Lamb \$10.50 Chicken \$10.00 Combo \$10.50
- SOUP OF THE DAY** - A selection of Homemade "Country style" soup - Bread roll ½ 80c whole \$1.60 \$8.00

Drinks - Large range of drinks available including soft drinks, juice & energy enhancement drinks

ICE CRUSH - Chilled juice on sorbet with luscious fruit \$8.00	<input type="checkbox"/> TROPICAL	<input type="checkbox"/> BERRY BURST	<input type="checkbox"/> MANGO
EXOTIC SMOOTHIES - Creamy chilled milk with frozen yogurt & fruit \$8.00	<input type="checkbox"/> TROPICAL	<input type="checkbox"/> BERRY BURST	<input type="checkbox"/> MANGO
	<input type="checkbox"/> Give your day a boost with a shot of protein + \$1		
ICED MILK - drinks \$8.00	<input type="checkbox"/> ICED CHOCOLATE	<input type="checkbox"/> ICED COFFEE	<input type="checkbox"/> ICED MOCHA

Coffee **RICCA**- (Locally roasted in Adelaide)

<input type="checkbox"/> Cappuccino	<input type="checkbox"/> Long black	<input type="checkbox"/> Espresso	<input type="checkbox"/> Macchiato	<input type="checkbox"/> Latte	<input type="checkbox"/> Cup \$3.50	<input type="checkbox"/> Mug \$4.00	<input type="checkbox"/> Wake me up \$5.00
<input type="checkbox"/> HOT CHOCOLATE					<input type="checkbox"/> Cup \$3.50	<input type="checkbox"/> Mug \$4.00	
TEA	<input type="checkbox"/> Black	<input type="checkbox"/> Green	<input type="checkbox"/> Peppermint	<input type="checkbox"/> Camomile	<input type="checkbox"/> Cup \$3.50	<input type="checkbox"/> Mug \$4.00	
<input type="checkbox"/> CHAI LATTE					<input type="checkbox"/> Cup \$3.70	<input type="checkbox"/> Mug \$4.70	
<input type="checkbox"/> MATCHA GREEN TEA LATTE					<input type="checkbox"/> Cup \$3.70	<input type="checkbox"/> Mug \$4.70	

HOMEMADE COOKIES \$3.50 Chocolate Apricot (Choc with Apricot \$4.00) **CAKE VARIETIES**....Various prices