

Category	Product	Description
Breakfast Foods	Sweet Muffin	Freshly baked muffin varieties - Changes daily
Breakfast Foods	Banana Bread	Banana (Gluten free also available)
Breakfast Foods	Fruit Toast / Toast	A blend of specialty fruit toast or plain toast with premium spreads
Breakfast Foods	Toasted Ham Cheese Tomato	Toasted Ham, Cheese & Tomato Sandwich
Breakfast Foods	Bacon & Egg Breakfast Roll	Crispy bacon, whole free range egg and spicy tomato relish
Breakfast Foods	Jaffles - 3 Cheese	Three cheese jaffel with provolone, parmesan and cheddar
Breakfast Foods	Jaffles - Baked beans	Classic baked beans
Breakfast Foods	Jaffles - Ham and egg	Shaved ham, provolone cheese, organic tomato relish and egg
Breakfast Foods	Bagel	Plain or cinnamon & raisin bagel
Breakfast Foods	Superfood Pots	Maple nut Crunch, goji berries and sorghum with Greek yoghurt
Breakfast Foods	Hazelnut Bircher Muesli	Nashi blend of hazelnut muesli with natural yoghurt, milk and shredded apple
Breakfast Foods	Porridge Pot	Nashi house blend of oats, cranberries, toasted almonds and coconut with hint of cinnamon and banana
Breakfast Foods	Chia Pot	Soaked Chia seeds with forest fruits, goji berries and sorghum
Breakfast Foods	Fruit Salad	Seasonal assorted fresh cut fruit
Breakfast Foods	Pineapple Pot	Freshly Chopped pieces of pineapple
Breakfast Foods	Cantaloupe Pot	Freshly Chopped pieces of cantaloupe
Breakfast Foods	Jam and Butter Panini	Toasted Panini with jam and melted butter
Breakfast Foods	Ham & Cheese Croissant	Shaved ham and Cheese on a crossaint
Breakfast Foods	Croissant with Jam	Delicious Jam on a crossaint
Breakfast Foods	Vegemite & Swiss Panini	Vegemite and Swiss cheese
Breakfast Foods	Nashi Partridge	Nashi house blend of oats, cranberries, toasted almonds and coconut with hint of cinnamon and banana
Breakfast Foods	Supergrain Yoghurt Pot	A mix of super grains, cherries, cranberries, crunchy nuts and a hint of maple with yoghurt
Breakfast Foods	Egg & Spinach Pot	Egg & Spinach in a pot
Breakfast Foods	Breakfast Wrap	Egg, bacon and relish tortilla wrap
Sandwiches	Chicken Avo & Bacon	Chicken, avocado, oven baked crispy bacon, lettuce and Japanese mayonnaise
Sandwiches	Egg & Lettuce	Poached free range egg, chives, iceberg lettuce and Japanese mayonnaise
Sandwiches	Ham, Cheese & Tomato with Relish	Ham, tasty cheese and tomato with organic relish
Sandwiches	Turkey and Cranberry	Smoked turkey, cranberry, soft lettuce and cream cheese
Sandwiches	Classic Chicken	Poached chicken, Japanese mayonnaise, spring onion and rocket
Sandwiches	Super Salad	Beetroot, fresh tomato, tasty cheese, carrot, avocado, lettuce and Japanese mayonnaise
Sandwiches	Roast Beef Sandwich	Roast beef, tomato relish, dijon, cheese, tomato and spinach
Sandwiches	Mini Sandwiches	A half of our premim sandwiches. Choose from Mini Chicken, Avocado & Bacon, Mini Egg & Lettuce, Mini Classic Chicken
Full Baguettes	Chicken Avo & Bacon	Chicken, avocado, oven baked crispy bacon lettuce & Japanese mayonnaise
Full Baguettes	Country Chicken	Country Chicken, Walnuts, Spring onion, Mayonnaise, Cos Lettuce
Full Baguettes	Super Salad	Beetroot, fresh tomato, tasty cheese, carrot, avocado, lettuce and Japanese mayonnaise
Full Baguettes	Ham & Brie	Freshly shaved ham, brie, rocket and Japanese mayonnaise
Full Baguettes	English Pub Cheddar	Jacks Cheddar, fruit chutney, rocket, spring onion, toasted almonds and japanese mayo
Full Baguettes	Roast Beef	Roast beef, chilli jam, oyster sauce, spinach, tomato, cucumber, coriander, fried shallots and mayo
Wraps	Caesar Chicken Wrap	Chicken, Bacon, Caesar dressing, lettuce and parmesan
Wraps	Chicken Waldof Wrap	Sesame chicken, with 3 colour slaw, lettuces, mint, spicy aioli and black sesame seeds
Wraps	Super Sald Wrap	Marinated chicken with snow pea, daikon, peppers, coriander, lettuces, spicy aioli, oyster sauce and shallots
Flatbreads	Tandoori Chicken	Tandoori Chicken, Minted Yoghurt and rainbow slaw on lebanese flatbread
Flatbreads	Cajun Chicken	Cajin spiced chicken, tomato, chili jam & rocket
Panini	BMT Panii	Bacon, Mozzarella, Tomato, BBQ sauce
Panini	Tomato Bocconcini & Basil	Sundried cherry tomato, Bocconcini, spinach, green pesto, Grana Pandano Parmesan and olive oil
Panini	Vegemite & Swiss Cheese	Vegemite & Swiss Cheese
Panini	Nashi Panini	Ham, tomato, Goats cheese with fresh basil
Roti	Crumbed Chicken Roti	Parmesan & Parsley crumbed Chicken with organic relish, provolone and rocket
Roti	Veggie Roti	Roast pumpkin and chickpea patty with spinach, spicy coriander pesto, hummus and herbs
Roti	Asian Chicken Roti	Red curry marinated chicken, coriander, capsicum, snow pea, daikon and sweet chilli sauce
Roti	Parmesan Chicken Roti	Parmesan & Parsley Crumbed chicken with organic tomato relish, provolone and rocket

Salads	Chicken Penne	Chicken, vegetable and Penne
Salads	Chicken Salad	Chicken, baby beets, avocado, cherry tomato, cucumber, olive oil
Salads	Baked Atlantic Salmon	Atlantic salmon, penne, spanish onions, parsley, red capsicum, shallots, vinagrette and spinach
Salads	Chicken with Wild Rice	Wild Rice, Cherry tomato, artichokes, spinach and chicken
Salads	Tuna & Parsley Chop Chop	Lemon and parsley infused tuna, cherry tomato, cucumber, spanish onion, green peas, corn, avocado, lettuce and vinagrette
	Tuna & Sweet Potato	Sweet potato, spinach, avocado, celery, cashew nuts, tuna, basil and lemon mertyle
Salads	Vegetarian Grain Salad	A delicious mix of grains and herbs
Slices & Sweet Treats		
Slices & Sweet Treats	Caramel Slice	
Slices & Sweet Treats	Chocolate Brownie	
Slices & Sweet Treats	Lemon Slice	
Slices & Sweet Treats	Gluten Free Cookie	
Slices & Sweet Treats	White chocolate chip cookie	
Slices & Sweet Treats	Milk chocolate chip cookie	
Slices & Sweet Treats	Cookies & Cream Dessert	
Slices & Sweet Treats	Cronut	
Slices & Sweet Treats	Crisps	
Slices & Sweet Treats	Mixed Lollies	
Slices & Sweet Treats	Munch Snacks	
Slices & Sweet Treats	Pistachio & Coco Bar	
Slices & Sweet Treats	Protein Balls	
Slices & Sweet Treats	Popcorn	
Slices & Sweet Treats	Shelbys	
Slices & Sweet Treats	VDG Bar	
Nuts & Muesli Bars		
Nuts & Muesli Bars	Cashew nuts	
Nuts & Muesli Bars	Almonds	
Nuts & Muesli Bars	Nougat	
Nuts & Muesli Bars	Muesli Bar	A medley of fruit, coconut, oats, honey, golden syrup, sesame seed and sunflower seed (12 portions)
Nuts & Muesli Bars	AGA Bars	
Soup		
Soup	Daily Soup	Variety changes everyday
Soup	Bread	Bread per serve
Hot Food		
Hot Food	Bacon & Cheese Pie	
Hot Food	Chicken & Mushroom Pie	
Hot Food	Breakfast Pie	
Hot Food	Spinach Roll	
Hot Food	Tandoori Pie	
Hot Food	Chunky Beef Pie	
Hot Food	Hot Dog	Nashi hot dogs are served with your choice of spreads / sauces
Express Meals		
Express Meals	Free Range Chicken & Chorizo Paella	
Express Meals	Free Range Chicken & Mushroom Risotto	
Express Meals	Pesto Chicken with Broccoli & Pasta	
Express Meals	Moroccan Chicken Tagine with Rice	
Express Meals	Peri Peri Chicken, Sweet Potato & Brocoli	
Express Meals	Soy & Ginger Beef with Noodles	
Express Meals	Beef Bolognese with Brocoli & Pasta	
Express Meals	Sweet Potato and coconut curry and rice	
Express Meals	Tuscan Vegetable Risotto	