

SOUPS

Chicken Soup	5.90
Traditional chicken soup	
Veg Soup of the day (v)	4.90

SALAD / PROTEIN PLATES

Salad Plate (v)	7.60
ASSORTMENT OF FRESH SALADS INCLUDING: Potato, cabbage, mediterranean, sweet potato, coleslaw, tabbouleh and hummus	
Protein Plate	9.80
SALAD ASSORTMENT WITH A CHOICE OF: Smoked Salmon <i>or</i> Rotisserie Chicken <i>or</i> Salt Beef	

SANDWICHES

Smoked Salmon on bagel/rye	5.90
add salad selection	9.80
Manchester Smokehouse Salmon, squeeze of lemon, black pepper and onion	
Salt Beef on bagel/rye	5.90
add salad selection	9.80
Homemade salt beef, pickled cucumber and mustard	
Roast Chicken on bagel/rye	5.90
add salad selection	9.80
Rotisserie chicken, mayonnaise and pickled cucumber	
Egg Mayo on bagel/rye (v)	4.90
add salad selection	8.80
Farm eggs, mayonnaise, topped with sliced tomato	
Hummus on bagel/rye (v)	4.90
add salad selection	8.80
Homemade hummus, tabbouleh and a hint of chilli	

HOT DOGS

Served with mustard, ketchup and fried onions

Chicago Hot Dog - all-beef, jumbo 90g	5.90
add salad selection	9.80
Hot Dog - all-beef hot dog	4.50
add salad selection	8.40
Veggie Dog (v)	4.90
add salad selection	8.80

BREAKFASTS AVAILABLE UNTIL 11AM

all served with a toasted bagel

Scrambled Breakfast	5.20
Scrambled eggs and toasted bagel	
Smoked Salmon Breakfast	7.80
Smoked salmon and scrambled eggs	
Lulu's Beef Breakfast	7.80
Fried beef, scrambled eggs and fried tomato	
Vegan Breakfast (v)	7.00
Sautéed fresh peppers, tomato, onions and spicy beans	
Mediterranean Breakfast (v)	7.00
Homemade hummus, chopped salad, boiled eggs with nuts & seeds	

TEA & COFFEE

*Please note: we use only NON-DAIRY
milk in our hot beverages*

Tea / Herbal	2.40
Americano / Latte / Cappucino / Flat White / Mocha / Hot Chocolate	2.80 / 3.00
Espresso / Double Espresso	1.80 / 3.20



WE OPERATE A DAIRY FREE KITCHEN.



OUR TAKEOUT PACKAGING IS COMPOSTABLE,
PLEASE DISPOSE OF WITH YOUR FOOD WASTE

OUR FOOD ENVIRONMENT MAY HANDLE:

*Wheat, Gluten, Nuts, Eggs, Mustard, Fish,
Sesame, Soya, Celery or Sulphites.*