



REFRESHING SALADS

Choice of Dressing: Balsamic Vinaigrette, Thousand Island, Honey Dijon, Jap Sesame Sauce

- Garden Fresh Salad** 5.9
Gourmet mix of Salad Greens with your choice of dressings
- Creamy Russet Potato Salad** 5.9
Gourmet mix of Salad Greens with your choice of dressings
- Ocean Tuna Salad** 6.9
Tuna with creamy Balsamic Sauce and lots of crunchy greens
- Hawaiian Ham Salad** 6.9
Chicken Ham with shredded cheese and pineapple on a bed of crunchy greens
- Turkey Bacon Salad** 6.9
Turkey Bacon grilled to perfection and topped with honey mustard, on bed of crunchy greens
- Lean Chicken Salad** 6.9
Boneless Chicken, hard boiled Egg, Avocado, Plum Tomato, Cucumber and Olives over mix Green Salads
- Teriyaki Chicken Salad** 7.9
Our famous teriyaki chicken on bed of Garden Fresh Veggie topped with Garlic Croton with your choice of dressing
- FFW Caesar Salad** 7.9
Our very version of this classic home-made dressing tossed with Romaine Lettuce topped with crispy anchovy, parmesan cheese and served with egg slices
- Smoked Salmon Salad** 8.9
Smoked Salmon on bed of crunchy greens served with Balsamic Vinaigrette and a dash of Thousand Island
- Roasted Beef Salad** 8.9
Succulent roasted beef topped on bed of crunchy greens with brown ssauce signature.

DELIVERY SERVICES

Yes! We deliver to you. Just call us at:

6483 2602

- Our delivery hours from 9am to 11.30am, and 2pm to 5.30pm.
- Min \$20.00 per order



SANDWICHES / WRAPS

Your choice of assorted freshly baked bread served with assorted chips

- Egg Salad Delights** 5.9
Yummy mixed of eggs and salads with citrus mayo dressing
- Original Tuna Melt** 6.9
Our special version of tuna with creamy balsamic dressing served open-faced with melted mozzarella
- Turkey BLT** 6.9
Crispy turkey bacon with the classic tomato and romaine lettuce
- Mediterranean Veggie Pesto** 6.9
A healthy mix of crunchy greens, bell pepper, egg plant and home-made pesto sauce
- Hot Grilled Ham & Cheese** 6.9
A classic combination of grilled ham & melted cheese with fresh greens
- Join The Club** 7.9
Turkey bacon, cheese and salads with egg
- BBQ Chicken** 7.9
A delicious smoked BBQ sauce on tender chicken leg, caramelised onion and grilled vegetables
- Teriyaki Chicken** 7.9
Tender chicken marinated with our superb sauce served with mayo and greens
- Under The Sea** 8.9
Smoked salmon, balsamic vinegar, mozzarella cheese and crisp greens with honey dijon dressing
- Beef Burger** 8.9
Succulent beef pattie grilled to perfection sandwich in our home-made bread
- Signature Brown Rice Wrap** 8.9
Brown rice, bell pepper, egg plant, add with honey dijon dressing



WESTERN

- Baked Cajun Fish** 7.9
Served with Mashed Potato and Salads
 - BBQ Chicken Chop** 7.9
Served with Potato Salad & Greens
 - Shepherd's Pie** 8.9
Beef or Chicked... Served with Greens
 - Banger & Mash** 8.9
Grilled Sausages served with Mashed Potato & Greens topped with Rich Smoky Brown Sauce
 - ~~**Brown Wild Rice** 8.9
Crunchy Brown Rice with multigrain and oat served with Cha Siew Grilled Chicken and Greens~~
 - Fish Burger** 9.9
Crispy and tasty breaded fish fillet sandwiched in our home-made bread with our signature tartar sauce
 - Fish & Chip** 10.9
Breaded Fish Fillet fry to a golden brown served with our irresistible Criss-Cut Fries and Green
- * Add \$2.00 for any drinks *
(Except Plum Lemonade and Vitamin Bottled Water)



SPAGHETTI

- Classic Beef Bolognese** 7.9
Minced Beef with Marinara Sauce
 - Grilled Veggie Pasta** 7.9
Hot Grilled Veggie with Marinara Sauce
 - Spicy Tuna Pasta** 7.9
Tuna topped on with Arabiata Sauce
 - Arabiata Spicy Tomato** 7.9
Chunky Tomato and Sweet Caramalised Onion with Spicy Marinara Sauce
 - Seafood Marinara** 7.9
Ocean Seafood topped with Marinara Sauce
 - ~~**Pesto Pasta Walnut** 8.9
Pesto Cream on Pasta topped with Walnut~~
- * Add \$1.00 for standard drinks *
(Ice Lemon Tea / Coffee / Tea)



GOURMET COFFEE

HOT

Espresso	2.0
Double Espresso	3.0
Cappuccino	3.0
Cafe Latte	3.0
Cafe Mocha	3.5
Rocky Road Cappuccino	3.5
Choco Malt Latte	3.5
Honey Nut Latte	3.5
Cafe Mocha Mint	3.5
Choco Almond Moo Latte	3.5

COLD

Iced Coffee "O"	3.0
Ice Latte	3.5
Iced Mocha with Vanilla	4.0
Iced Caramel Latte	4.0
Iced Choco Nut Latte	4.0



BEVERAGES

Soft Drinks	1.8
Mineral Water	1.5
Iced Lemon Tea	2.5
Ice Honey Lemon	3.0
Ice Milo	3.0
Ice Chocolate	3.5

Our Specialities



REFRESHING LEMONADE

Sparkling Mango Lemonade	3.0
<i>Fresh Mango puree in freshly squeezed Lemon juice topped with Soda</i>	
Lemon Lime Shiver	3.0
<i>Freshly squeezed Lemon and Lime juice in ice cold Soda</i>	
Organic Apple Cidar Lemonade	3.0
<i>Lots of healthy perks for your body</i>	
Plum Lemonade	3.0
<i>Helps digestion for a slimmer you!</i>	



HOT FAVOURITES

Classic Tea	2.0
<i>Ceylon, English Breakfast, Earl Grey and assorted Fruit teas</i>	
Hot Honey Tea with Lemon	2.0
Hot Milo	2.0
Hot Chocolate	3.0
<i>Steamed Milk with Chocolate Syrup and Marshmallows</i>	
Almond Moo	3.0
<i>Steamed Milk with grounded Almonds powder and Marshmallows</i>	
Hot Choco Malt	3.0
<i>Steamed Milk with Chocolate Syrup, Malt Extract and Marshmallows</i>	
Nutty Irish Steamer	3.0
<i>A yummy mix of fragrant Hazelnut with Irish Cream in hot steam milk</i>	



TEA TIME DELIGHT

Morning: 8am to 11am | Afternoon: 2.30pm to 6pm

**** Promotional price during peak hours only ****

LOCAL TOAST SET

at \$2.00

**** ADD \$1.50 FOR COFFEE/TEA ****

Kaya Toast	Hot Dog	Peanut Toast
Jam Toast		Cheese Toast

PREMIUM TOAST

**** ADD \$1.00 FOR COFFEE/TEA ****

Tomato & Cheese Toast	3.0
Egg Toast	3.0
Garlic Toast	3.0
Garlic & Cheese Toast	3.5
Tuna Toast	3.5
Ham & Cheese Toast	3.5
Turkey Bacon Toast & Cheese	4.0