July 2020

The Coffin Bay Sun



Initiative of the Coffin Bay Progress Association

coffinbaysun@gmail.com





Coffin Bay Progress Association



PRESIDENTS REPORT

Hello Coffin Bay,

Well things are slowly getting back to normal at the Community Hall. The library is open on Tuesdays, Pilates classes are now on Tuesdays & Thursdays and Markets will be back on the 12th July.

Most of you would be aware that the Health Clinic will be closing at the end of December and maybe you were wondering were Dr Rowe would be moving to. Well after her Christmas break she will be moving into a spare room in the Community Hall, this is great news and we are happy that the Hall will be used for something that is so important to our Community. Later in the year we will be looking for some volunteers that can help Dr Rowe set up her room. Old carpet needs to be removed and a floating floor put down, the room will need painting and maybe a bit of electrical & plumbing work will need to be done too and we will be asking if anyone would be able to make her some nice new curtains.

Don't forget to buy some tickets in our latest raffle, \$300.00 worth of vouchers from local businesses. Tickets are available at the post office and from any members of Progress and will be drawn on the 14th July.

Cheers, Carol Fathers

CONTACT US

President: Mrs Carol Fathers 0400 854 441

Vice President: Ms Rachel Saxby 0417 858 122

Secretary: Mrs Tracey Matheson 0431 424 790

Public Officer: Mrs Carol Fathers 0400 854 441

Treasurer & Hall Booking Officer: Mrs Linda Christian 0409 092 168 Coffin Bay Sun: Holly Gill 0424 989 360

Hall Flag: Sandra Peters 0408 895 674 – Peter & Lorraine Bradford 0428 854 138

Next Progress Association meeting is <u>TBC – All Meetings have been cancelled</u> until further notice. Thank you.

Meet the Local Birds by Doug Clarke

Whenever I see one of these little birds in the garden it gives me cheer. They could be mistaken for Willy Wagtails in silhouette but a closer inspection will reveal they are smaller, mostly grey with white eyebrows and chin.

Now Willies are pretty active little birds, but their smaller cousins are HYPER! Hardly ever seen resting, these birds are aerobatic wizards in catching flying insects and a delight to watch. The smaller insects are swallowed mid- air and the larger taken back to a branch for treatment before going down the red lane. Very prominent is their "fantail", always waving from side to side while roosting and constantly splayed out. The superb photo by Ian Berry has captured the splay moment exactly. (Thanks Ian).

Unlike Willies, Grey Fantails avoid open areas. So, you are more likely to see them in gardens with trees and bushes. They are quite people friendly and if you sit quietly you can enjoy their wonderful aerial gyrations up close.

Their beautifully constructed fine straw/plant matter cupped nest, bound together with spiders' web is sited in a thin horizontal tree/bush fork. The nests have a distinctive tail underneath the bowl. They are likened to wine glasses without a stem. Usually two eggs are laid. Grey Fantails are found from the tropics south to Tasmania.

Footnote: Little Willy

Six weeks ago, a Willy Wagtail took a shine to our neighbour Graham and us. I don't know if it's M or F, but let's call her a she. It took a few weeks to get acquainted but we've sort of got a routine going now. She twitters her presence with ascending loudness outside our glass slider. On being admitted, she flies to the cutting board, chittering impatiently until some cheese has been finely diced. After eating, she has an inspection flight, cleaning up any daddy-long-legs in between short roosts on cupboards, ceiling fan blades, curtain pelmets and my head. Next, she follows me into the garden, hopping and flying, half a step behind. She waits alongside or on my hand as I roll over the stones bordering our drive. Earwigs are her particular delicacies. The larger ones get belted on a stone until they have been mangled sufficiently to swallow. It's a real thrill to have gained the trust of a tiny wild creature.

Doug Clarke June '20.

Gardening Tip

by Phil Siviour
Coffin Bay Gardening Service





Now is the critical time to deal with soursobs. If they are producing buds but not yet open, they should be sprayed with a weedicide containing glyphosate. Once the soursobs have flowered it's too late.

Deciduous fruit trees such as apples, plums, peaches and apricots can be planted over the next month. Choose the sunniest position in your garden, otherwise, make sure they will have at least 6 hours direct sun during the day.

If your brassicas are under attack from green caterpillars, spray the leaves thoroughly with Success. It is too late to plant these, but asparagus, strawberries, peas and potatoes and broad beans can be added to your garden.



In partnership with..

34 OBookings & Club Function



SOUTH CATERING..

Catering: 0429 856 104 Hire: Cassie 0428 873 131

www.coffinbaysportingclub.com



WEDNESDAY

SCHNITZEL NIGHT

Continuing until 15 July
To order call CLAYLE: 0429 856 104

Wednesday & Saturday Competition..
have a roll any other time!
Contact MIKE: 0428 395 754

GOLF

The new Golf season starts 1st April..
Full Member \$165
Juniors \$39
Contact STEVE: 0427 854 379

Green fee players WELCOME!
Thursday MENS competition - names in by noon
Tuesday LADIES Summer Season - names in by 11am
Sunday MENS & LADIES - names in by noon







We're very excited to be back in the Library Tuesday mornings 10.00am – 12.00pm. Please be aware that we have the following restrictions in place when you visit us for your browsing and borrowing:

- ❖ A maximum of 6 patrons at one time. You may be asked to wait outside. Please limit browsing if the Library is busy.
- Sanitise your hands on arrival.
- ❖ Maintain social distancing with other patrons who are not your family or friends.
- ❖ A record will be kept of your visit.
- ❖ Please do not enter the library if you are feeling unwell.
- ❖ A record will be maintained of your visit.
- Please do not hesitate to contact us with any queries or questions: 8676 2476 or cummins.library@plain.sa.gov.au

We are unfortunately unable to offer our Saturday morning opening until further notice. Also, we cannot provide light refreshments. Hopefully these restrictions will change soon.

It was great to see your familiar faces on our first day.











The Coffin Bay Yacht Club is a vibrant community club that is run and worked by VOLUNTERS!

We need your help in our family friendly club, by volunteering your time in the kitchen. Just once a month on the roster would be appreciated!



Coffin Bay Bowling Club Needs You!!

With several members having retired from bowls or moved away, we are needing new players to join our club and enjoy our fantastic sport.

Our friendly group of members will welcome any interested persons, regardless of playing ability or experience to come along and enjoy the game of bowls. Our facilities are arguably the best on Eyre Peninsula, and members can enjoy bowls from social bowls through to pennant competition.

If you think you might like to aive bowls a try, contact Paul Phillips - 0411 881 474

Peter and Lorraine Shepperd 0427 103 492





Enjoy the outdoors growing plants and exploring the coast? Need help identifying a bird or a plant? Want to get some exercise and help look after our coast? Do you have other skills to contribute such as social media management or graphic design?

Join us outdoors and get some gentle physical exercise, improve your mood and life and a sense of achievement in volunteering. We undertake varied activities around the coastline of Lower Eyre Peninsula.

Join us for an hour or two or for the morning, last Monday of the month. Meet at Coffin Bay boat ramp BBQ area, 8.30 am. Visitors most welcome. Or contact us if you would like to assist in other less physical ways

Check us out on Facebook to stay up to date with our current projects. For more information email lowereyrecoastcare@gmail.com or

Volunteers caring for our coast call Kerryn 0498 387 961

Pricing 2020

2/3 page \$20 per month Front page Meet the locals ½ page free (one per month) Business name + phone Business listing number \$5 per year 1/8 page \$3 per month or \$30/year 1/4 page \$5 per month or \$50/year ½ Page \$8 per month or \$80/year Full page \$15 per month

Invoices will be sent from The Coffin Bay Progress Association on booking.

Please contact the editor coffinbaysun@gmail.com to arrange your advertising for 2020

All advertising is editable at any time throughout the year at no extra charge.

Please keep your adverts up to date and include any monthly special events.

Friends of Coffin Bay Parks



President: Graham Baker

Treasurer: Sonia Richards

Secretary: Bernadette Saunders

Friends of Coffin Bay Parks PO Box 152 Coffin Bay 5607 dettes46@bigpond.com

Friends of Parks undertake a variety of activities within the National Park, Kellidie Conservation Park and Wanilla reserves. Seed collecting, track maintenance, tube stock growing and revegetation. New members are always welcome Our usual working bees are held on 2nd Monday of the month

Volunteers working with DEW in conserving and managing our national parks

TAI CHI – Every Saturday Morning 8.50am for a 9am start – 9.45am

HELD EVERY SATURDAY MORNING AT THE YACHT CLUB OR ON THE LAWNED AREA NEXT TO THE CLUB
Gold coin donation which is given to a charity.
We follow an easy Tai Chi DVD by Master George Lee of Adelaide.

Come and give it a try! Carol PH: **8685 4442** M: **040 085 4441**

Coffin Bay Playgroup

Meet at the Coffin Bay Hall on Mondays 10am-12 noon during school term. Bring \$2 entry and a piece of fruit to share.

Visitors are welcome.

CEA-SIDE STITCHERS

We meet Friday mornings 9-12 at Coffin Bay Golf Clubrooms.

We extend an invitation to anyone (residents or visitors) interested in **quilting**, **sewing or needlework** to join us at our weekly get together.

Bring along your machine or knitting etc. All welcome.



COFFIN BAY COMMUNITY CHURCH CNR HAGGARTY & TAPLEY STS

(LUTHERAN & UNITING CHURCHES IN AUSTRALIA, WORSHIPPING TOGETHER IN CHRISTIAN UNITY.)

To help keep people safe through this difficult period, there will be no organised church services until the Government deems it safe. The members of the Community Church will continue praying not only for our small Community but for the world situation and we look forward to welcoming all to services in the future.

Romans 8: "For I am convinced that nothing in all creation can separate us from the love of God that is in Christ Jesus our Lord."

Cummins Recyclers

We are in Coffin Bay

Sunday July 12th

10am till 1pm 6-8 Lawrie Street Phone Heather: 0429 082 656

Do you want to advertise in the Coffin Bay Sun?

Contact Holly at coffinbaysun@gmail.com

Pete Bald

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Mobile 0408 896 258 www.dunebustersportlincoln.info

Pilates classes at the Community Hall!

Every Tuesday morning at 9:30am (10am during school holidays).

Please contact Alyssa on **0438 021 638** for more information.

Everyone is welcome, however numbers are limited



ADORE YOUR CORE PILATES

Coffin Bay Pharmacy

Please kindly note that the operating timing for pharmacy has changed

MONDAY to FRIDAY: 9:30 AM TO 5 PM SATURDAY: 9:30 AM TO 12 PM SUNDAY AND PUBLIC HOLIDAYS: CLOSED

Address: 2 Flinders Avenue, Coffin Bay, SA-5607 Phone: 08-8685 4080

JENKO ELECTRICAL SERVICES

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Repairs or Sprucing up your home
Steven Dew 0413 126 347

No job too small



Coffin Bay Pizza & Takeaway

are now located at Shop 4/61 Esplanade next door to 1802 Restaurant

Business Hours are Wednesday - Monday 4pm - 9pm Tuesday Closed

Open all Public Holidays except Christmas Day

Phone 0458 248 725 or Leave a Message on our FB Page under "Coffin Bay Takeaway "

LOCAL GRAPHIC DESIGNER

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Want to see more in the Coffin Bay Sun?

Please email any contribution suggestions & idea's to Holly at coffinbaysun@gmail.com

Suggestions/idea's will be considered for future Sun editions

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Say Hello to Our Local SAAS Team Members Kaye Ferguson

1: What was your reason to apply to join SAAS as a volunteer.

I think there were three main reasons – to get help to our community as quickly as possible; to learn the best first aid skills ever; and to give myself a worthwhile challenge.



Ambulance Service

2: Did you a have any experience with Health learning.

Nope, just first aid courses that I'd done through work.

3: Were there many changes to your everyday life.

Not heaps no. We're required to do 30 hrs of roster time each month which sounds like a lot but its actually not – its only 7.5 hrs per week. Usually I do one night shift a week, between about 8pm and 4am, so that covers my 30 hrs easily. And the bonus is I can volunteer while I'm asleep, where else can you do that?! I also do day shifts if I'm working from home and can afford to be interrupted. Generally, its pretty easy to plan the days or nights when I'm on call around my work, family and other commitments.

4: How often do you go to training.

I go to weekly training as often as I can, but there's also times when I can't make it due to my own work commitments or my partner's. Our Regional Team Leader Chris and Volunteer Team Leader Ann are acutely aware that ambulance is not the only thing in our lives and are very understanding and flexible.

5: Has training enhanced your skills.

We're a fairly healthy community here in Coffins which is great, on average we only get about 1 call out per week. But it also means that training is critical for keeping our skills current and learning about and practicing changes in our clinical protocols or equipment. I have been a qualified Ambulance Officer since late 2017 but without fail I still always learn something at training. We undertake scenarios in people's homes, out and about in Coffins, or at the station and work with real 'patients' as well as training mannequins that can simulate a whole range of conditions. Sometimes finding the assessing and treating the patient. We also get the chance to do joint scenarios with local SES and CFS crews which helps us understand the equipment and skills that they have so we can work effectively together to treat and extract patients. I've also taken the opportunity to increase my skills and experience by doing shifts with the Paramedic crews in Lincoln and Paramedics also come to run trainings for us here in Coffins so we can learn better how to help them. They're all so appreciative of what volunteer crews do and there's a great rapport between our local Paramedics and the volunteer crews.

6: What is your family dynamics and would you recommend volunteering to others.

I live with my partner Craig and my 6 year old daughter Erica. When I started thinking about volunteering, Erica was about 18 months old and I saw an article about a local volunteer Sarah who had 4 kids and was also doing shiftwork in her day job as a Police Officer. I remember thinking if she can make time then surely I can! Now I'm proud to say that Sarah and I regularly crew up together.

I've always looked at Paramedics and thought 'I'd really like to know some of the stuff you know'. I'll admit when I started my training I still wasn't sure if it was the right challenge for me. But I can pinpoint the moment when I thought yep when that pager goes off I feel ready to suit up and go. I've had the privilege of providing care for some of the legends of our community, of being a familiar face for locals going through prolonged illnesses that require frequent ambulance visits and also for visitors or locals whose day has gone a bit pear shaped due to injury or illness. We're so well supported by back up from Lincoln or other volunteer crews as well as Extended Care Paramedics over the phone. Ambulance is only one part of my life, but it has become such an important part that now I can't imagine life without it.





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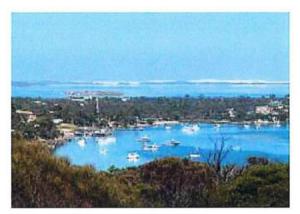
Specialist in termite control.

All other types of health and nuisance pests.

Call Jim Grose

0458 741 712

"Reach Out" in Coffin Bay



Do you want assistance or information about how to access Red Cross support services? Come see one of our helpful staff at our "Reach Out." session.

When: Last Tuesday of the Month

Where: Coffin Bay Library

Time: 10:00am - 12:00noon

Bookings Required

Phone: Cummins Library 8676 2476

Please contact our Port Lincoln Red Cross office for more information.

20 Edinburgh Street, Port Lincoln P: 08 8683 0551

Office hours: 9am to 5pm Monday to Friday





Community Nurse

@ The Health Centre Cnr Hawson St & Flinders Ave

Monday, Wednesday, Friday
9am – 1pm
Closed Public Holidays

No appointment necessary

bloods from 9am, other treatments start at 9:30am.

Services include: blood tests (ordered by GP), wound care, blood pressure checks, blood sugar levels, removal of stitches and general health enquiries.

For more information Ph: **8685 4070** (Coffin Bay)

Ph: 8683 2024 (Pt Lincoln)

M: 0427 026 395

Dr Claire Rowe

Every Wednesday 9-5pm 1st & 3rd Thursday of the month 9-5pm

She works out of the **Coffin Bay Community Health Centre**, Corner of Hawson St & Flinders Ave.

For appointments and messages for Dr Rowe please call **8683 2077**

A.A. MEETINGS

Please Contact 0427 854 585 0427 944 985

WASTE TRANSFER STATION OPERATING TIMES

Coffin Bay

Facility is open to the public during the following hours:

Tuesday – 2pm to 4pm Wednesday – 9am to Noon Sunday – 9am to 12 Noon

www.lowereyrepeninsula.sa.gov.au

Make sure you send the editor the details of your events and what your community groups are achieving at CoffinBaySun@gmail.com before the 24th of the month to get into the next issue of 'The Coffin Bay Sun'!!

If you would like your copy of the Coffin Bay Sun emailed to you (in COLOUR!) then let us know via coffinbaysun@gmail.com

Coffin Bay Gardening Service

Phil Siviour - 0428 868 545

Steve's Gardening & Handyman Service

Steve Nettle - 0427 854 379

Origin Energy Agent

Steve Nettle - 0427 854 379

John Gill Electrical – 0407 556 096

Ken Cairns Plumbing – 0427 854 585

Stotty's Building

Klint - 0439 339 407

Qualified Carpenter

Shannon Fry – 0422 595 852

Qualified Carpenter

Peter Bald – 0419 824 233

Local Carpenter – House Maintenance & Improvement

Marty Bratasiuk – 0433 071 640

Noel's Flyscreen Service

Noel Saxby - 0400 233 366

Coffin Bay Linen Hire & Laundry Service

Sharon - 0488 515 132

Rendering & Plastering

Steven - 0413 126 347

Majoor Contracting

Luke Majoor - 0421 752 537

Open Eyre Events

Charmaine - 0428 668 642

Reptile Removal and Relocation

Including injured bird rehabilitation Rob – 0427 563 685

Justice of the Peace (JP)

Ian Gordon - 8685 4417

Local Graphic Designer

Holly Gill - 0424989360

What's On Around Coffin Bay

July 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	day Sunday	
		1	2	3	4 Tai Chi, Yacht Club 9am	5	
6	7 Pilates 9:30am, Town Hall Ladies Golf – Names in by 9AM or 12PM	8	9	Cea-side Stitchers 9-12pm, Coffins Sporting Complex	11 Tai Chi, Yacht Club 9am	Cummins Recycling Open 10am till 1pm 6-8 Lawrie Street	
13	Pilates 9:30am, Town Hall Ladies Golf – Names in by 9AM or 12PM	15	16	17 Cea-side Stitchers 9-12pm, Coffins Sporting Complex	18 Tai Chi, Yacht Club 9am	19	
20	21 Pilates 9:30am, Town Hall Ladies Golf – Names in by 9AM or 12PM	22 Coffin Bay Sun Submission Deadline	23	24 Cea-side Stitchers 9-12pm, Coffins Sporting Complex	25 Tai Chi, Yacht Club 9am	26	
27	28 Pilates 9:30am, Town Hall Ladies Golf – Names in by 9AM or 12PM	29	30	31			

EP BUS CHARTERS

Make Your Trip Safe Memorable & Enjoyable

Being owner operators we put a lot of effort into the care of our guests and we have many inclusions that you will not find elsewhere, some premium experiences and most meals and all entries, tours and shows are included in the tour price. Fully hosted.

UPCOMING TOURS

TROPICAL NORTH QUEENSLAND 14TH AUG - 4TH SEPT 2020 \$7250pp Dream itinerary!

WHALES HEAD OF BIGHT AUGUST 6TH - 9TH 2020

\$1540 ex Adel \$1180 ex Pt Lincoln

CANBERRA HIGHLIGHTS AND FLOWERS SEPTEMBER 14TH - 21ST 2020

\$1799pp Fantastic reviews

LIGHTNING RIDGE
28TH SEPT - OCT 3RD 2020
\$2499pp Join us on this iconic tour

NEW ZEALAND BOTH ISLANDS
OCTOBER 9TH - 20TH 2020
ex Adelaide inc all flights \$7000

fantastic tour

TASMANIA

OCTOBER 25TH - NOVEMBER 5TH 2020

\$3799pp Highlights too many to list

KANGAROO ISLAND

25TH NOV - 1ST DEC 2020

\$1649 ex Adel Ex Eyre Peninsula \$1799pp Lots of great places on the Island that we visit!

ELVIS FESTIVAL PARKES

JANUARY 7TH - 14TH 2021

\$2299pp
THE NORFOLK ISLAND TOUR

FEBRUARY 14TH - 22ND 2021

\$2995pp ex Adelaide plus airfares to Norfolk Island

24TH MARCH - 30TH MARCH 2021 \$1895 ex Adel \$1995 ex Eyre Pe

MELBOURNE FLOWER SHOW AND

SOVEREIGN HILL

\$1895 ex Adel \$1995 ex Eyre Peninsula

VICTORIAN HIGH COUNTRY -BRIGHT AUTUMN LEAVES FESTIVAL

LATE APRIL 2021 \$2050 ex Adelaide \$2299 ex Eyre Peninsula

LONGREACH & CAMERON'S CORNER

MAY 18TH - JUNE 2ND 2021

CANADA, ALASKA & HONG KONG

AUGUST 13TH - SEPTEMBER 3RD 2021

\$14,999 ex Adelaide

For Itineraries and Bookings Phone Kim 0417 165 414

email: kim@epbuscharters.com.au

Breakfast until 11am

Beachy Works

Bacon , 2 Eggs (poached, fried or scrambled), sausage, tomato, sautéed mushrooms and baked beans on toasted muffin \$20

Bacon and Eggs

Bacon and 2 Eggs (poached, fried or scrambled) on toasted muffin

Eggs Benedict

2 poached eggs with baby spinach and hollandaise sauce on toasted muffin \$13 with ham, bacon or smoked salmon \$18

	Bacon & Egg	Ham & Cheese
Sandwich	\$7.50	\$6.30
English muffin	\$8.50	\$7.30
Croissant	\$9.00	\$8.00

Pancakes

2 fluffy pancakes with ice-cream and fruit drizzled with maple syrup \$12

Avo Smash

Smashed avocado with fetta, chilli flakes, lemon and mint on toasted muffin \$13

Muesli

Crunchy muesli with yoghurt, milk and berries \$11

Cinnamon Fruit Toast \$5

Extras

Egg \$2.50 Sausage \$3	Chorizo Bacon	\$4 \$5	Mushrooms Tomato	\$3 \$3
Wilted spinach	Dacon	\$3	Hash brown	\$3 \$2
Smoked Salmor	1	\$5		
Gluten free brea	ad \$1	50		



What else is at Beachcomber?

Fresh sandwiches, rolls and wraps made to order

House-made cake and sweets

Coffee from early morning

Milkshakes and ice-creams

Fuel, ice, fishing bait and tackle

Groceries

Souvenirs

And much more!



113 Esplanade
Coffin Bay

(Next to the caravan park)

Phone orders welcome

86854057

Kitchen open all day

Dine inside or alfresco

or takeaway

Pets welcome

All Day Menu

Fish and Chips One fillet (battered, crumb		Bucket of Prawns Local Spencer Gulf		Fresh Coffin Bay Oyste	ers	6/12
or grilled (GF) with chips, tartare and lemon Whiting (local)	n \$14	prawns with cocktail sauce and lemon	6 for \$12	Natural with lem	on (GF)	\$14/22
Ocean Jacket (local) Butterfish	\$11 \$11 \$11	wedges	12 for \$22	•	kled ginger, soy sau	
Butternsn	311	Beachy Salad Lettuce, tomato, cucun		wasabi a	nd sesame seeds	\$16/25
Lemon Pepper Squid (GF)		olives, red onion and fetta add beef, lamb, or chicken	\$12 \$16	Thai with chill	with chilli, lime and fish sauce	
with chips, tartare and lemon	\$13	add salmon	\$16 \$17	dressing		\$16/25
Fisherman's Platter for two 4 fresh prawns, 4 pieces of lemon pepper squid, 2 battered fish fillets, 4 crumbed ocean jacket cheeks,		Beachy Burger Seasoned beef pattie, bacon, egg, cheese, onion, tomato, lettu	·	Kilpatrick cooked w sauce (GF)	vith bacon and hou	se made \$18/28
4 natural oysters and chips	\$50	and tomato sauce	\$13	Closed takeaway	only	\$10/18
Kid's Fish Pack \$9		Plain Burger Seasoned beef pattie, let tomato sauce	tuce and \$9	Hot Chips (GF) Cup Small		\$4 \$6
Fish Wrap Battered or grilled fish fillet, lettuce, red onion, tomato and tartare	\$14	Marble Range Burger Grilled chicken be avocado, sun-dried tomato, fetta, red on			Medium Large	\$7.50 \$9
Chicken Wrap Grilled Chicken breast, bacon, red onion, mixed lettuce, parmesan and mayo \$13		baby spinach and mayo Gunyah Burger Battered fish, lettuce,	\$13	Chips & Gravy	Small Large	\$8 \$10
Yiros Chicken or lamb with lettuce, tomato, red onion and tzatziki \$10		tomato, red onion and tartare sauce Vegie Burger Veg pattie, lettuce, tomato	\$12 eto.	Sweet potato wedges Small with sweet chilli and Large		\$10 \$12
Plain Hot Dog with sauce	\$5.50	beetroot and mayo	\$9	sour cream (GF)		
Calypso Hotdog with bacon, cheese and sauce \$8		Steak Sandwich with the lot Grilled topside steak, bacon, egg, cheese, onion, tomato,		Chicken Nuggets Each 6 with chips		\$0.60 \$6
Add side salad	\$4	lettuce and tomato sauce	\$13	Chiko Rolls		\$4
Add side of chips	\$3	Steak Sandwich plain Grilled topside steak, lettuce and tomato sauce	\$9	Potato Cakes		\$1.50
		Gluten free bread	\$1.50	Tub of Gravy		\$4
		Add pineapple Add beetroot	70c 70c			
		Add beetroot	/00			