



Markcancook.com
Lunch Bags

Lunch Bag 1
\$16.00

Gourmet Helga's Sandwich-
Chicken breast, low fat mayonnaise, and tomato rocket

Or

Tasty cheese, cos lettuce, tomato, onion and fruit chutney
Assorted slice – lemon and chocolate
Bag of nuts
Mt Franklin Water (600ml)

Lunch Bag 2
\$16.50

Gourmet Helga's Sandwich-
Roast beef, rocket, tomato, onion and horseradish cream

Or

Chicken breast with egg mayonnaise, avocado dip mixed lettuce
and semi sun dried tomatoes
Go Natural fruit and nut bar
Mt Franklin Water (600ml)

Lunch Bag 3
\$16.50

Pita wrap boxed -
Ham with salad, tasty cheese and dijonaise mustard

Or

Falafel and tabouli filling
Large chocolate chip cookie
Mt Franklin Water (600ml)

Menu