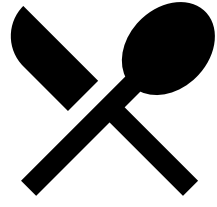


# 3 DAY 2 NIGHT FRASER ISLAND MENU

**\*\*VEGETARIAN | VEGAN OPTIONS**



## DAY 1

### BREAKFAST

Pippies Hostel - Toast with Spreads, Tea/Coffee

### LUNCH

Wraps with Ham, Beef or Tuna with Lettuce, Tomatoes, Cucumber, Red Onion, Cheese  
Condiments of Sweet Chilli, Mustard or Mayo

**\*\*Mexican Bean Spread**

### SNACK

Biscuits and Fruit

### DINNER

BBQ 120g Angus Beef Pattie and Sausages with Green Beans, Garlic Potatoes, Onion Gravy

**\*\*Falafel Pattie**

## DAY 2

### BREAKFAST

Pancakes with Maple Syrup, Museli with Fruit, Toast and Spreads

### LUNCH

Open Chicken Schnitzel Burger with Lettuce, Tomatoes, Sliced Cheese, Coleslaw, Beetroot

**\*\*Moroccan Vegetable Burger**

### SNACK

Biscuits and Fruit

### DINNER

Bolognese Sauce with Pasta, Parmesan, Garlic Bread

**\*\* Chickpea, Mushroom and Zucchini Sauce**

## DAY 3

### BREAKFAST

Toast with Beans or Spaghetti, Museli and Fruit

### LUNCH

Wraps with Beef, Ham or Tuna with Lettuce, Tomatoes, Cucumber, Cheese  
Condiments of Sweet Chilli, Mustard or Mayo

**\*\* 4 Bean Mix Spread**

### DRINKS

Cordial Juice, Tea/Coffee and  
Pristine Fraser Island Drinking Water

