

Sandwiches

(Wholemeal bread only)

TOASTED +\$0.50
GLUTEN FREE +\$1.00

Honey	\$3
Vegemite	\$2
Cheese	\$4
Cheese/vegemite	\$4.20
Tomato	\$4
Cheese/Tomato	\$4.50
Ham	\$4.50
Cheese/Ham	\$5
Cheese/Ham/Tom	\$5.50
Salad	\$4
Cheese/Salad	\$5
Ham/Salad	\$5.50
Ham/Cheese/Salad	\$6

**Sandwiches available
every day**

Sprout Term 4

Monday

Sandwiches and Toasties only

Take Home Meals available from
2.45 - 3.15pm \$15 per litre

Tuesday

Falafel Wrap \$5
(half) \$3

Lebanese bread, falafel, lettuce, tomato, and
tahini sauce, pickle.

Take Home Meals available from
2.45 - 3.15pm \$15 per litre

Wednesday

Bean Burrito \$5

Tortilla, beans and corn mix, cheese, sour cream,
lettuce.

Thursday

Pizza \$4

House made dough and tomato base with cheese.

Friday

Rice Paper Rolls \$3each

Chicken or Tofu

Rice vermicelli, house marinated tofu or chicken,
pickled carrot, cucumber, mint, fried shallots, GF
hoisin and soy used.

Snacks

(House-made)

Biscuits	\$2.00
(Vegan option)	
Muffin	\$2.00
Popcorn	\$2.00

Also available

Fruit	\$1
Pretzels	\$2 per bag
Icy poles	\$2
Licorice	50c per piece \$2 for 5

We are nut free.

All cheese is suitable for vegetarians.

For the time being, Sprout Morning Café
is sadly suspended.

Birthday cakes can be ordered via our email
address below.

With regular ongoing changes and
restrictions, we request that you check all
notifications sent from us.

Please contact us with any queries at:
sproutcanteen@gmail.com

