

Sprout Term 2

Sandwiches

(Wholemeal bread only)

Sandwiches available every day

TOASTED 50c EXTRA

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

**Please provide a suitable container for your order
Or
For a paper bag add \$1**

Monday

Empanadas \$4

(Vegetarian "pulled pork")

Onion, capsicum, tomato, jackfruit, spices, short crust pastry

Tuesday

Bean Burrito \$5

Tortilla, bean and corn mix, cheese, sour cream, lettuce

Wednesday

Veggie Frittata \$5

Eggs, milk, garden greens (spinach/silverbeet, herbs, zucchini etc), cheese

Thursday

Pizza \$4

House made dough (flour water, oil, yeast)

House made sauce (tomatoes, herbs, onions, garlic)

Margarita only

Friday

Sausage Roll \$6

Beef mince, onion, carrot, zucchini, dried herbs, breadcrumbs, puff pastry

Cheese & Spinach Triangle \$5

Spinach, ricotta, feta, onion, nutmeg, puff pastry

**Take Home Meals Available
Mondays 3.15pm - 3.30pm -
\$15 per litre**

Snacks

Biscuits	\$2.00
(Vegan option)	
Muffin	\$2.00
Popcorn	\$2.00
Fruit	\$1
Pretzels	\$2 per bag
Kids Hot Chocolate	\$2
Licorice	50c per piece \$2 for 5

Birthday cakes can be ordered via our email address below. They are nut/dairy/egg free, suitable for classroom sharing. Chocolate or Vanilla. Please order at least one week in advance.

**Sprout is nut free
All cheese is suitable for vegetarians**

Morning Cafe

Coffee/Hot Choc	\$4
- Double shot	\$4.50
- Large (Mug)	\$5
Tea (Black or herbal)	\$3
Kids Hot Chocolate	\$2
Baby-chino	50c

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

