

healthy canteens menu

SALADS

	REG	LGE
EVERYDAY		
WATERMELON (E) WATERMELON CHUNKS	\$ 3.0	\$ 4.0
FRUIT (E) FRESH SEASONAL FRUITS	\$ 3.0	\$ 4.5
GARDEN (E) LETTUCE, TOMATO, CAPSICUM, CARROT, ONION, BEETROOT	\$ 3.0	\$ 4.5
SWEET CHILLI CHICKEN (O) TENDERS, LETTUCE, TOMATO, CHEESE	\$ 5.5	\$ 5.5
TANDOORI CHICKEN (E) CUCUMBER, COS LETTUCE, TOMATO	\$ 3.5	\$ 5.5
CHICKEN CAESAR (O) COS LETTUCE, EGG, BACON, CROUTONS, CHEESE	\$ 5.8	\$ 5.8
TUESDAY		
POTATO (E) POTATO, RED ONION, CORIANDER, MAYO	\$ 3.5	\$ 5.8
VIETNAMESE NOODLES (E) CHICKEN, CARROT, RED ONION, HERBS	\$ 3.5	\$ 5.8
WEDNESDAY		
CHICKEN PASTA (E) CHICKEN BREAST, CARROT, CAPSICUM, RED ONION	\$ 3.5	\$ 5.5
THURSDAY		
SUNDRIED TOMATO & PESTO PASTA (E) CARROT, RED ONION	\$ 3.5	\$ 5.5
FALAFEL (E) FALAFELS, LETTUCE, TOMATO, HUMMUS	\$ 3.5	\$ 5.8

ALL SALADS ARE AVAILABLE EVERYDAY IF YOU PRE ORDER BEFORE 9AM



BREAKFAST

SEASONAL FRUIT PIECES (E)	\$ 1.0
YOGHURT (E)	\$ 3.5
WATERMELON SALAD (E)	\$ 4.0
FRUIT SALAD (E)	\$ 4.5
HOMEMADE MUFFIN (O)	\$ 3.0
BANANA BREAD (O)	\$ 3.5
HASH BROWN (O)	\$ 1.0
EGG & CHEESE ROLL (E)	\$ 3.0
HAM ROLL (E)	\$ 3.5
BACON & EGG ROLL (O)	\$ 4.0
CHEESE WRAP (E) TOASTED	\$ 3.0
HAM & CHEESE WRAP (E) TOASTED	\$ 3.5

BREAKFAST MEAL DEAL

CHOOSE 1 EVERYDAY (E) ITEM

+
OAK MILK 300ML OR
WATER 600ML

\$5



EVERYDAY

	REG	LGE
RICE & PASTA		
BUTTER CHICKEN (E) OUR FAMOUS RECIPE & STEAMED RICE	\$ 3.5	\$ 5.5
KEBABS		
DONER KEBAB & CHEESE (E) AUTHENTIC DONER MEAT, CHEESE, SAUCE	\$ 6.0	\$ 6.0
DONER KEBAB - THE LOT (E) AUTHENTIC DONER MEAT, SALAD, CHEESE, SAUCE	\$ 6.5	\$ 6.5
NACHOS		
BEEF NACHOS (O) BOLOGNESE SAUCE, CHEESE - SOUR CREAM 50C	\$ 5.0	\$ 5.0
VEGETARIAN NACHOS (O) TOMATO SALSA, LETTUCE, CHEESE - SOUR CREAM 50C	\$ 5.0	\$ 5.0

SANDWICHES

SELECT : WHITE, WHOLEMEAL, GRAIN, GLUTEN FREE

EGG & LETTUCE (E)	\$ 3.5
SALAD (E) LETTUCE, TOMATO, CUCUMBER, CARROT, BEETROOT	\$ 3.5
CHEESE & TOMATO (E)	\$ 3.5
CHICKEN, LETTUCE & MAYO (E) CHICKEN BREAST	\$ 3.5
HAM & CHEESE (E)	\$ 3.5
HAM, CHEESE & TOMATO (E)	\$ 3.5
CHICKEN, CHEESE & TOMATO (E)	\$ 3.5
SWEET CHILLI CHICKEN (O) LETTUCE, CHEESE, SWEET CHILLI MAYO	\$ 4.0
TUNA (E) LETTUCE, MAYO	\$ 4.0
HAM SALAD (E) LETTUCE, TOMATO, CARROT, CUCUMBER, CARROT	\$ 4.0
TANDOORI CHICKEN (E) CUCUMBER, LETTUCE	\$ 4.0



HOT BITES

SPICY CHICKEN WINGS (E) EACH	x5 FOR \$5	\$ 1.2
GARLIC BREAD LOAF (O)		\$ 2.5
ASIAN CHICKEN & SWEET CORN SOUP (E)		\$ 3.0
CUP OF NOODLES (O)		\$ 3.0
CHICKEN BREAST NUGGETS x 5 (O)		\$ 3.0
SAUSAGE ROLL (O)		\$ 3.0
MEAT PIE (O)		\$ 3.5
SPINACH & RICOTTA ROLL (O)		\$ 4.2
POTATO PIE (O) POTATO & BEEF		\$ 4.5
OVEN BAKED POTATO WEDGES CUP (O)		\$ 3.5
TOASTED WRAPS		
BBQ CHICKEN (E) CHICKEN BREAST, CHEESE, BBQ SAUCE		\$ 4.8
SWEET CHILLI (E) CHICKEN BREAST, CHEESE, SWEET CHILLI SAUCE		\$ 4.8



MONDAY

	REG	LGE
CHICKEN CARBONARA PASTA (E)	\$ 3.5	\$ 5.0
SPINACH & RICOTTA RAVIOLI (E) FRESH TOMATO & HERB SAUCE	\$ 4.0	\$ 4.0

WRAPS

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SALAD (E) LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT, RED ONION	\$ 3.0	\$ 4.5
CHICKEN, LETTUCE & MAYO (E) CHICKEN BREAST, CHEESE	\$ 3.0	\$ 5.0
SWEET CHILLI CHICKEN (O) LETTUCE, CHEESE, SWEET CHILLI MAYO	\$ 3.0	\$ 5.0
LEG HAM (E) LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT, RED ONION	\$ 3.0	\$ 5.0
TANDOORI CHICKEN (E) CUCUMBER, LETTUCE, CHEESE, GREEK YOGHURT	\$ 3.5	\$ 5.5
CHICKEN CAESAR (O) COS, EGG, BACON, CHEESE, DRESSING	\$ 3.5	\$ 5.5
FALAFEL (E) FALAFELS, LETTUCE, TOMATO, HUMMUS	\$ 3.5	\$ 5.5

IF YOU WANT SOME VARIETY - CHOOSE ANY 2 SINGLES FOR \$ 6.0



BURGERS

CHEESE BURGER (E) PREMIUM BEEF, CHEESE, TOMATO SAUCE	\$ 4.8
AUSSIE BURGER (E) PREMIUM BEEF, LETTUCE, TOMATO, BEETROOT, BBQ SAUCE	\$ 4.8
CHICKEN FILLET BURGER (E) NATURAL BREAST FILLET, LETTUCE, MAYO	\$ 5.0
HOT N SPICY CHICKEN BURGER (E) HOT N SPICY BREAST FILLET, LETTUCE, MAYO	\$ 5.0
CHICKEN & CHEESE BURGER (E) NATURAL BREAST FILLET, BBQ MAYO SAUCE	\$ 5.0
EXTRA CHICKEN FILLET (E) ADD AN EXTRA FILLET TO YOUR BURGER	\$ 2.0

OUR NATURAL BREAST CHICKEN FILLETS ARE MARINATED IN GARLIC & HERBS



WEDNESDAY

	REG	LGE
NAPOLITANA CHICKEN PASTA (E) FRESH TOMATO & HERB SAUCE	\$ 3.5	\$ 5.0
BIRYANI SPICY RICE (E) CHICKEN OR VEGETARIAN	\$ 3.5	\$ 5.0

CRUNCHY ROLL

	TUESDAY
SALAD (E) LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT, RED ONION, AVOCADO	\$ 5.0
PERI PERI CHICKEN (E) CHICKEN BREAST FILLET, LETTUCE, PERI PERI SAUCE	\$ 5.0
SWEET CHILLI CHICKEN (O) TENDERS, LETTUCE, CHEESE, SWEET CHILLI MAYO	\$ 5.0
HAM (E) LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT, ONION, AVOCADO	\$ 5.0
HOT N SPICY FILLET (E) SPICY CHICKEN BREAST, LETTUCE, MAYO	\$ 5.0
CHICKEN, LETTUCE & MAYO (E) CHICKEN BREAST, CHEESE, TOMATO	\$ 5.0



DRINKS

WATER (E) 600ML	\$ 2.0
POPPER JUICE 250ML (E) APPLE, ORANGE, ABC	\$ 2.0
OAK MILK 300ML (E) CHOCOLATE, STRAWBERRY, VANILLA, ICE COFFEE	\$ 2.5
SOFT DRINK (O) 375ML SUGAR FREE ONLY	\$ 2.5
HOT CHOCOLATE (E)	\$ 2.5
UP N GO (E) 250ML CHOCOLATE, VANILLA	\$ 3.0
WATER (E) 1.5 LITRE	\$ 3.5
ICE TEA (O)	\$ 3.5
PUMP WATER (E) 750ML	\$ 4.0
OAK MILK 500ML (E) CHOCOLATE, STRAWBERRY, VANILLA	\$ 4.0
ICE COFFEE (E) 500ML	\$ 4.2
SOFT DRINK (O) 600ML SUGAR FREE ONLY	\$ 4.2
FRUIT SMOOTHIES (E) BANANA & HONEY, OTHER SEASONAL FRUITS	\$ 4.5



THURSDAY

	REG	LGE
PAD THAI NOODLES (E) CHICKEN, VEGES (ALSO VEGETARIAN OPTION)	\$ 3.5	\$ 5.5
CHAR GRILLED VEGETABLE PASTA (E) TOMATO & HERB SAUCE	\$ 3.5	\$ 5.0
FAJITAS		
CHICKEN FAJITA (E) MEXICAN CHICKEN, CHEESE, CAPSICUM, ONION	\$ 5.0	\$ 5.0

FRIDAY

	REG	LGE
PASTA OF THE WEEK (E) TELL US WHAT YOU LIKE & WE WILL MAKE IT	\$ 3.5	\$ 5.0
LASAGNE (E) HOMEMADE BEEF	\$ 6.0	\$ 6.0
SNACK PACK SERVED WITH SALAD (E) OR POTATO WEDGES (O)		
DONER KEBAB MEAT AUTHENTIC DONER MEAT, SAUCE - HUMMUS OR CHEESE \$1	\$ 7.0	\$ 7.0
FAJITAS		
CHICKEN FAJITA (E) MEXICAN CHICKEN, CHEESE, CAPSICUM, ONION	\$ 5.0	\$ 5.0

\$1.5 EVERYDAY FRESH DEAL

GRAB A \$1.5 WATER WHEN YOU BUY ANYTHING FROM THE GREEN SECTIONS

