

# Canteen Menu

Pittwater House has a commitment to empowering our students to make healthy eating choices and strives to serve fresh healthy foods in the canteen.

## Food Allergies or Intolerances

Products containing nuts and nut traces are not sold. However, please be aware that food is prepared in a kitchen that produces dishes with milk, wheat, soybean, fish, eggs, egg products and sesame seeds. If you/your child has a food allergy or intolerance, please email the Canteen before placing your order via [canteen@tphs.nsw.edu.au](mailto:canteen@tphs.nsw.edu.au)

Orders must  
be received  
by 8am daily

## Breakfast 7.30 – 8.30am daily

Hash Brown	\$ 2.00	Fresh Fruit	\$ 1.50
Croissant	\$ 4.50	Fresh Yoghurt	\$ 2.50
Ham and Cheese Croissant <i>Toasted</i>	\$ 6.00	Up & Go ( <i>vanilla, chocolate</i> )	\$ 3.00
Bacon Roll	\$ 5.00	100% Juice ( <i>apple, orange</i> )	\$ 3.50
Bacon and Egg Roll	\$ 6.00	Poppers ( <i>apple/blackcurrant, orange, apple</i> )	\$ 2.50
Banana Bread	\$ 4.00		



## Sandwiches, Rolls & Wraps

White, Gluten Free, Wholemeal, Bread (Rolls 50c extra)

Plain Roll <i>with or without butter</i>	\$ 2.00	<b>BLT</b> <i>bacon, lettuce &amp; tomato (choice of sauce: mayo, tomato, BBQ or sweet chilli)</i>	\$ 7.50
Vegemite	\$ 4.00	<b>BLAT</b> <i>bacon, lettuce, avocado &amp; tomato (choice of sauce: mayo, tomato, BBQ or sweet chilli)</i>	\$ 8.00
Salad	\$ 5.50	<b>Chicken &amp; Salad Wrap</b> ( <i>un-toasted</i> )	\$ 8.50
Cheese	\$ 5.00	<b>Ham or Cheese &amp; Salad Wrap</b> <i>with ham or cheese, salad and choice of dressing (un-toasted)</i>	\$ 8.00
Cheese and Tomato	\$ 5.50	<b>Chicken Caesar Salad Wrap</b> <i>with chicken, lettuce, egg, bacon, cheese and Caesar dressing (un-toasted)</i>	\$ 8.50
Egg	\$ 6.00	<b>Teriyaki Chicken Wrap</b> <i>with tomato, grated cheese, lettuce (toasted or un-toasted)</i>	\$ 8.50
Egg, Lettuce & Mayo	\$ 6.50	<b>Falafel Wrap (V)</b> <i>with hummus, tomato, cheese, lettuce (toasted or un-toasted)</i>	\$ 8.50
Tuna, Lettuce & Mayo	\$ 6.50		
Chicken	\$ 7.00		
Chicken, Lettuce & Mayo	\$ 8.00		
Ham OR Ham & Cheese	\$ 5.00		
Ham, Cheese & Tomato	\$ 6.00		



## Extras *May be added to sandwiches and/or salads at an additional cost*

Avocado	\$ 2.00	Bacon	\$ 2.00
Boiled Egg	\$ 2.00	Salad ( <i>tomato, cucumber, carrot &amp; lettuce</i> )	\$ 2.00
Breast Chicken	\$ 2.00	Falafel	\$ 2.00
Cheese – Cheddar Cheese	\$ 1.50	Tomato, Cucumber, Carrot or Lettuce	\$ 1.00
Ham	\$ 2.00	Hummus	\$ 1.00



## Salads

<b>Garden Salad (V) (GF)</b> <i>mixed lettuce leaves, tomato, carrot, cucumber &amp; balsamic or mayo dressing</i>	<i>Small</i> \$ 7.00 <i>Large</i> \$ 9.00	<b>Greek Salad (V) (GF)</b> <i>cherry tomatoes, lettuce, cucumber, feta, olives, green pepper (capsicum), Spanish onion with balsamic dressing</i>	<i>Small</i> \$ 7.50 <i>Large</i> \$ 9.50
<b>Chicken Caesar Salad</b> <i>chicken, lettuce, cherry tomatoes, bacon, croutons, cheese with Caesar dressing</i>	<i>Small</i> \$ 8.00 <i>Large</i> \$ 10.00		

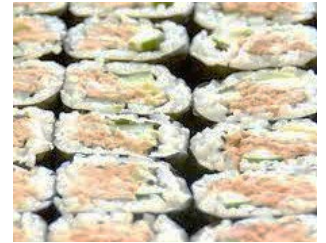


(GF) = Gluten Free  
(V) = Vegetarian

# Canteen Menu continued...

## Sushi

Sushi Roll – Tuna & Cucumber	\$ 4.80	Sushi (9 mini pieces) – Tuna	\$ 4.80
Sushi Roll – Chicken Teriyaki & Lettuce	\$ 4.80	Sushi (9 mini pieces) – Avocado	\$ 4.80
		Sushi (9 mini pieces) – Cucumber	\$ 4.80



## Hot Food Options

Crumbed Chicken Breast	\$ 3.00	<b>Beef Burger (Fridays Only)</b>	\$ 8.50
Chilli Chicken Strip	\$ 3.00	Homemade beef burger + choice of tomato, barbecue, sweet chilli sauce or mayo (onions optional)	
Sausage Rolls	\$ 4.50	<b>Cheese Burger (Fridays Only)</b>	\$ 8.50
Spinach and Ricotta Rolls (V)	\$ 4.50	Homemade beef burger with cheese + choice of tomato, barbecue, sweet chilli sauce or mayo (onions optional)	
Pie Beef	\$ 4.50	<b>Peri Peri Chicken Burger (Fridays Only)</b>	\$ 8.50
Garlic Bread	\$ 4.00	Chicken breast with Spicy Mayo	
Sauce Sachet	\$ .20		



<b>Homemade Pasta</b>		Small	\$ 6.50
Napolitana or Bolognaise		Large	\$ 8.50

<b>Chicken Burger</b>	\$ 6.50		
Crumbed chicken breast fillet, lettuce, tomato and cheese on a soft white roll + choice of tomato, BBQ, sweet chilli sauce or mayo			

<b>Fish Burger</b>	\$ 6.50		
Crumbed Fish fillet on a soft white roll with lettuce & tartare sauce			

<b>Chilli Chicken Strip Burger</b>	\$ 7.00		
Two chilli chicken strips, lettuce, tomato & cheese on a soft white roll + choice of tomato, BBQ, sweet chilli sauce or mayo			



**NOTE: Beef, Cheese or Peri Peri Burgers with Salad** \$ 9.00

**Chef's Hot Daily Specials**  
(please check Menu Board/PH App.)

**Chef's Soup of the Week with Roll (Occasional Item)**  
(please check Menu Board) \$ 6.00



## Fresh Bakery

Banana Bread	\$ 4.00	Choc Chip Cookie	\$ 1.00
Cheese and Ham Rolls	\$ 3.50	Mini Finger Bun (Fridays Only)	\$ 2.00
Ham and Cheese Croissant	Plain \$ 4.50	Fresh Muffins	\$ 4.00
	Toasted \$ 6.00		

## Snacks

Fruit – Fresh Seasonal (per piece)	\$ 1.50	Grain Waves	\$ 1.50
Fruit – Watermelon	\$ 3.00	Red Rock Chips 28g (Plain (GF), Honey Soy, Salt & Vinegar)	\$ 1.50
Fruit Salad	\$ 4.00	Popcorn	\$ 1.00
Pot of Hummus	\$ 1.00	Yoghurt (Yoplait)	\$ 2.50
Tub of Cucumber and Carrot	\$ 2.00	Quelch Sticks	\$ 1.00
Carrot Sticks	\$ .50	Moosies	\$ 2.00
Cucumber Sticks	\$ 1.00		



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## Drinks

Mt Franklin Sparkling Water	\$ 3.50	Popper (apple/blackcurrant, orange, apple)	\$ 2.50
Still Water	\$ 3.00	Up & Go (vanilla, chocolate)	\$ 3.00
100% Juice (orange, apple)	\$ 3.50	Flavoured Milk (chocolate, strawberry)	\$ 3.00
Juice Bombs	\$ 3.00	Mixed Berry Smoothies	\$ 5.00

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