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

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.

Take Home Meals available from
3pm – 3.20pm **$15 per litre**

Tuesday

Falafel wrap **Whole $6**
Half $3

Falafel, yoghurt sauce, lettuce, tomato, Lebanese bread

Take Home Meals available from
3pm – 3.20pm **$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

Cheese and Spinach pie **$4**

Ricotta, feta, onion, spinach, puff pastry

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