

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 3

Monday

Sandwiches and Toasties only

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

Tuesday

Potato Pastie **\$4**
Potato, sweet potato, red onion, peas, cheese,
shortcrust pastry

Wednesday

Bean Burrito **\$5**
Tortilla, beans and corn mix, cheese, sour cream,
lettuce

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

Thursday

Pizza **\$4**
House made dough and tomato base with cheese

Friday

Sausage Roll **\$6**
Beef mince, carrot, zucchini, onion, breadcrumbs,
herbs, puff pastry

Cheese and Spinach pie **\$4**
Ricotta cheese, feta, onion, puff pastry

*Subject to demand

Snacks

(House-made)

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

Also available

Fruit	\$1
Pretzels	\$2 per bag
Hot Chocolate	\$2
Licorice	50c per piece \$2 for 5

*We are nut free, and any chicken or
beef is Halal. 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

