

# Sprout Term 1

## 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**

## Monday

**Sandwiches and Toasties only**

Take Home Meals available  
from 3pm                      approx. \$15 per litre

## Tuesday

Rice paper roll                      **\$4**

**Tofu or Chicken** (please advise which  
option)

Rice noodles, cucumber, pickled carrot, mint,  
coriander, fried shallots, GF hoisin, tofu or chicken

## Wednesday

Oven bake Quesadilla              **\$6**

Tortilla, beans, cheese, salsa, corn

Take Home Meals available  
from 3pm                      approx. \$15 per litre

## Thursday

Pita pocket with

**Middle Eastern Salad**              **\$5**

Shredded carrot and chickpeas in a tahini dressing,  
lettuce, pita pocket

## Friday

Ciabatta roll                              **\$6**

Half                              **\$4**

Homemade nut-free pesto, bocconcini, tomato,  
lettuce, ciabatta

## Snacks

(House-made)

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

### ***Also available***

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

## Morning cafe

Coffee	\$4
Double shot	\$4.50
Large (mug)	\$5
Tea (mug)	\$3
Herbal (mug)	\$3
Hot Chocolate	\$4
Large (mug)	\$5
Small (kid's)	\$3
Babycino	50c

*We are nut free, and any chicken or  
beef is Halal. All cheese is suitable for  
vegetarians.*

