

2020 Winter Canteen Menu

Small Salad Wrap	\$4.00
Large Salad Wrap.....	\$6.00
Salad Focaccia.....	\$6.00
Salad Sandwich.....	\$5.00

Bespoke Salad (available all year round) \$6.00

Filling Options: avocado, capsicum, carrot, cheese, chickpeas, cucumber, egg, fetta cheese, free-range ham, mesculin mix, poached chicken, red onion, semi-sundried tomatoes, tomato and tuna (same filling options available for salad wraps) (Only one meat or fish option).

Dressing Options: creamy dressing, French, Italian and mayonnaise.

Toasted Sandwiches

1 filling.....	\$3.60
2 fillings.....	\$4.00
3 fillings.....	\$4.50
Additional fillings.....	\$0.50 ea

Bread options: white and wholemeal. Gluten free available \$1 extra.

Fillings: avocado, capsicum, carrot, chicken, cheese, cucumber, egg, ham, lettuce, red onion, semi-sundried tomato and tomato. Mayonnaise, BBQ sauce or tomato sauce

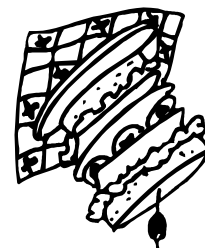
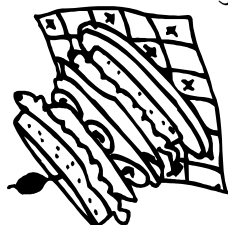
Ciabatta (1 filling)	\$4.50
Herbed Focaccia (1 filling)	\$4.50
Additional fillings	\$0.50c ea
Garlic Bread	\$2.00
Cheese and Garlic Ciabatta.....	\$3.00
Cheese and Bacon Roll	\$3.00
Hot Cheese Roll	\$3.00

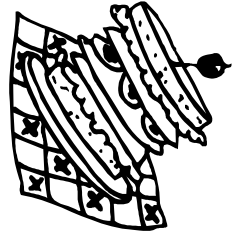
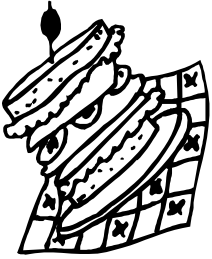
Burgers \$5.50

Chicken: focaccia bun, lettuce, tomato, cheese and mayonnaise

Veggie: focaccia bun, lettuce, tomato, cheese and mayonnaise

Plain: (burger only, no fillings) \$5.00





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HOT OPTIONS

Curries - Winter Only (all served with rice) \$6.50

Green Chicken Curry: chicken, potato, carrot and beans.

Tandoori Chicken Curry: chicken, potato, carrot and beans.

Vegetarian Curry: tomato based curry with potato, carrot, beans, spinach and chickpeas.

Hot Food Containers \$5.00

Fried Rice* (gluten free) (bacon, egg omelette, spring onion, peas, corn, capsicum, soy sauce)

Vegetarian Fried Rice* (gluten free) (egg omelette, spring onion, peas, corn, capsicum, soy sauce)

* rice is steamed, not fried and no oil is used.

Vegetarian Pasta (napoli sauce, herbs and cheese)

Vegetarian Gluten Free Pasta (napoli sauce, herbs and cheese) \$6.00

Wedges (gluten free) \$4.80

Nachos (gluten free) with salsa and cheese \$5.00

Sour Cream \$1.00

Guacamole \$1.00

Pies (National Pies)

Lunch Pie \$4.50

Chicken and Camembert \$6.00

Curried Chicken \$6.00

Pastie \$4.50

Tandoori Vegetable Pastie \$4.50

Party Sausage Roll \$2.20

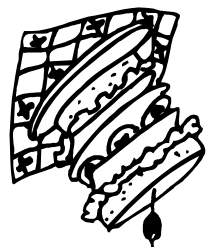
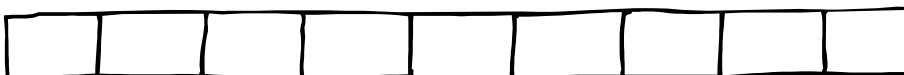
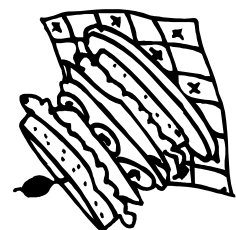
Party Pies (beef, chicken camembert, curried chicken, cottage) \$2.20

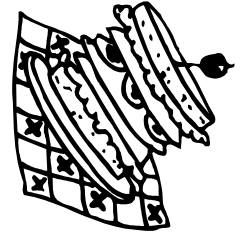
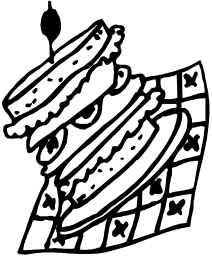
All pastry products are from the canteen approved Smarty Pie range - lower in fat and salt.

Meat pies contain vegetables.

Red Rock Chips (sea salt, sweet chilli, honey soy, salt & vinegar) \$2.00

Vegie Chips (natural, BBQ, sea salt & vinegar) \$2.00





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Fruit Salad made from seasonal fruit

Small cup \$3.50

Large \$5.00

Water

small \$2.00

large \$3.00

Hartz Mineral Water (raspberry, lime, lemonade, orange, lemon) \$3.00

Juicy Isle Orange Juice

small \$3.30

large \$4.10

Pop Top Juice (orange, apple, apple-blackcurrant) \$3.00

Ribena Blackcurrant Juice

small \$2.00

large \$4.50

Nippy's Milk (chocolate, strawberry)

small \$3.30

large \$4.10

Milkshakes (gluten free) (made with ice cream) \$5.00

Available flavours: caramel, chocolate, lime, milo, strawberry, vanilla

Ice creams & Icy poles

Iced Mony (some gluten free) \$1.00

Icy Poles (raspberry, lemonade) \$1.25

Billabong \$1.60

Frosty Fruit \$2.20

Lifesaver \$2.20

Milo \$3.00

Jelly Cups \$1.00

Please check the Specials Board for additional items

There are no variations to the menu.

