



## ST MARY'S - HAMPTON - Term 2 - Friday!

Order until 8:30am on the day!

2 Course Lunch Pack from \$6.45

Choose a Main Course item, then select 1 or 2 Items from the Snack/Drink Menu to make up a 2 or 3 Course Lunch Pack

Main Course Menu	2 Course	3 Course	Snack/Drink Menu	
<b>BAKERY</b> All items freshly baked this morning!	Lunch	Lunch	FRESH FRUIT & VEGETABLES	
Cheese and Vegemite Scroll (v)	\$6.45	\$8.95	Apple pieces, Lemon juice, Cinnamon & Brown Suga	r +\$1.00
Savoury Bite 'Little Frank' Roll	\$6.45	\$8.95	Cantaloupe and Honeydew Pieces	+\$1.00
Topped with Only Cheese Roll (V)	\$6.45	\$8.95	Fresh Fruit Combo	+\$1.00
Cheese and Bacon Roll	\$7.45	\$9.95	Freshly Chopped Orange Segments	Included
Scroll with Ham and Cheese	\$9.95	\$12.85	Freshly Chopped Strawberries with Grapes	Included
Frankfurt 'in a blanket' with Sauce & Cheese (2)	\$10.95	\$13.65	Freshly Chopped Watermelon Pieces	Included
			Whole Fruit - Apple	Included
PIZZA, SAUSAGE ROLLS, GOZ & PASTIZZI SERVED AT F			Whole Fruit - Banana	Included
Ricotta & Spinach Pastizzi (2) (V)	\$7.45	\$9.95	Whole Fruit - Mandarin	Included
Margherita Pita Pizza (V)	\$8.95	\$11.45	Carrot, Cucumber, Red & Yellow Capsicum	Included
Sausage Roll with Sauce	\$8.95	\$11.45	Celery and Carrot Sticks with Sultanas	Included
Ham & Pineapple Pizza Slice	\$10.95	\$13.65	Cherry Tomatoes, Tasty Cheese & Rice Crackers	Included
BBQ Chicken Pizza (H)	\$10.95	\$13.65	Corn Wheels & Lightly Steamed Broccoli	Included
Lamb and Beef Gozleme (H)	\$13.45	\$15.45	Edamame (Lightly Salted)	Included
Mushroom and Spinach Gozleme (Vg)	\$13.45	\$15.45	Sugar Snap Peas, Beans and Cherry Tomatoes	+\$1.00
Spinach and Cheese Gozleme (v)	\$13.45	\$15.45		
			BAKERY - SWEET	
SUSHI HAND ROLLS (2pc) Soy Sauce (GF) Provided	*	4	Choc Chip Cookie	Included
Teriyaki Chicken Hand Rolls (H)	\$11.50	\$13.75	Finger Bun with Sprinkles	Included
Crispy Chicken (Schnitzel) Hand Rolls (H)	\$11.50	\$13.75	Lamington	Included
Cooked Tuna Hand Rolls (GF)	\$11.50	\$13.75	"Not Cross" Bun	Included
Avocado Hand Rolls (GF, Vg)	\$11.50	\$13.75	Cinnamon Doughnut	Included
Cucumber Hand Rolls (GF, Vg)	\$11.50	\$13.75	Cornflake Cookie	Included
Vegetarian Hand Rolls (GF, Vg)	\$11.50	\$13.75	Choc Cup Cake (GF/DF)	+\$1.00
Tofu Hand Rolls (GF, V)	\$11.50	\$13.75	Blueberry Muffin	+\$1.00
			Jam Drop Biscuit (GF)	+\$1.00
RICE PAPER ROLLS (2pc) (Wed, Thu, Fri)	<b>447</b> 4 F	A= (=	Banana Slice (GF)	+\$1.00
Chicken Rice Paper Rolls (GF, H)	\$13.45	\$15.45		
Vegetarian Rice Paper Rolls (GF, Vg)	\$13.45	\$15.45	SUSHI	44.00
			1pc Tuna Sushi (GF)	+\$1.00
SANDWICHES / ROLLS / WRAPS / SOFT SHELL TACO		фо о <u>г</u>	DODGODN	
Strawberry Jam Sandwich (1.5) (vg)	\$7.45	\$9.95	POPCORN Climbals Course & Limbals Couland	
Vegemite Sandwich (2) (Vg)	\$8.95	\$11.45	Slightly Sweet, Lightly Salted	Included
Soft Shell Chicken Taco w Salsa, Cheese & Salad (2)	\$9.95 \$0.05	\$12.85	Lightly Salted	Included
Plain Cheese Sandwich (2) (//	\$9.95 \$10.95	\$12.85	DRIED FRUIT / LEGUMES	
Cheese and Salad Roll (//		\$13.65		
Wholegrain Ham & Cheese Sandwich (1.5)	\$10.95	\$13.65	Lime & Black Pepper Chickpeas	Included
Roast Chicken and Salad Roll (H)	\$11.50	\$13.75	Roasted Chickpeas	Included
	<b>₱11 □</b>		Della sersia C. Cara Carlt Farrar Da sera	
Roast Beef, Chutney, Cheese & Lettuce Roll	\$11.50	\$13.75	Balsamic & Sea Salt Fava Beans	Included
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5)	\$11.50	\$13.75	Balsamic & Sea Salt Fava Beans Dried Fruit Medley with Yoghurt Sultanas	
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5) Mild Salami and Salad Roll	\$11.50 \$11.50	\$13.75 \$13.75	Dried Fruit Medley with Yoghurt Sultanas	Included +\$1.00
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5)	\$11.50	\$13.75	Dried Fruit Medley with Yoghurt Sultanas  DIPS WITH MINI RICE CAKES / CORN CHIP	Included +\$1.00
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5) Mild Salami and Salad Roll Wrap w/Chicken, Tzatziki, Lettuce, Tomato & Cucumber (H)	\$11.50 \$11.50	\$13.75 \$13.75	Dried Fruit Medley with Yoghurt Sultanas  DIPS WITH MINI RICE CAKES / CORN CHIP Tzatziki Dip with Mini Rice Cakes	Included +\$1.00 <b>S</b> +\$1.00
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5) Mild Salami and Salad Roll Wrap w/Chicken, Tzatziki, Lettuce, Tomato & Cucumber (H)  SALADS / PICNIC BOXES / POKE BOWLS	\$11.50 \$11.50 \$12.75	\$13.75 \$13.75 \$14.95	Dried Fruit Medley with Yoghurt Sultanas  DIPS WITH MINI RICE CAKES / CORN CHIP Tzatziki Dip with Mini Rice Cakes Spring Onion Dip with Mini Rice Cakes	Included +\$1.00 <b>S</b> +\$1.00 +\$1.00
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5) Mild Salami and Salad Roll Wrap w/Chicken, Tzatziki, Lettuce, Tomato & Cucumber (H)  SALADS / PICNIC BOXES / POKE BOWLS Fresh Fruit Salad - Main Course Size (GF, Vg)	\$11.50 \$11.50 \$12.75 \$11.50	\$13.75 \$13.75 \$14.95 \$13.75	Dried Fruit Medley with Yoghurt Sultanas  DIPS WITH MINI RICE CAKES / CORN CHIP Tzatziki Dip with Mini Rice Cakes Spring Onion Dip with Mini Rice Cakes Spicy Capsicum Dip with Mini Rice Cakes	Included +\$1.00 \$ +\$1.00 +\$1.00
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5) Mild Salami and Salad Roll Wrap w/Chicken, Tzatziki, Lettuce, Tomato & Cucumber (H)  SALADS / PICNIC BOXES / POKE BOWLS Fresh Fruit Salad - Main Course Size (GF, Vg) Ham Picnic Box (GF)	\$11.50 \$11.50 \$12.75 \$11.50 \$11.50	\$13.75 \$13.75 \$14.95 \$13.75 \$13.75	Dried Fruit Medley with Yoghurt Sultanas  DIPS WITH MINI RICE CAKES / CORN CHIP Tzatziki Dip with Mini Rice Cakes Spring Onion Dip with Mini Rice Cakes Spicy Capsicum Dip with Mini Rice Cakes Avocado Dip with Mini Rice Cakes	Included +\$1.00 \$ +\$1.00 +\$1.00 +\$1.00 +\$1.00
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5) Mild Salami and Salad Roll Wrap w/Chicken, Tzatziki, Lettuce, Tomato & Cucumber (H)  SALADS / PICNIC BOXES / POKE BOWLS Fresh Fruit Salad - Main Course Size (GF, Vg) Ham Picnic Box (GF) Vegetarian Picnic Box (GF, V)	\$11.50 \$11.50 \$12.75 \$11.50 \$11.50 \$11.50	\$13.75 \$13.75 \$14.95 \$13.75 \$13.75 \$13.75	Dried Fruit Medley with Yoghurt Sultanas  DIPS WITH MINI RICE CAKES / CORN CHIP Tzatziki Dip with Mini Rice Cakes Spring Onion Dip with Mini Rice Cakes Spicy Capsicum Dip with Mini Rice Cakes	Included +\$1.00 \$ +\$1.00 +\$1.00
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5) Mild Salami and Salad Roll Wrap w/Chicken, Tzatziki, Lettuce, Tomato & Cucumber (H)  SALADS / PICNIC BOXES / POKE BOWLS Fresh Fruit Salad - Main Course Size (GF, Vg) Ham Picnic Box (GF) Vegetarian Picnic Box (GF, V) Greek Style Salad with Feta and Olives (GF, V)	\$11.50 \$11.50 \$12.75 \$11.50 \$11.50 \$11.50 \$12.75	\$13.75 \$13.75 \$14.95 \$13.75 \$13.75 \$13.75 \$14.95	Dried Fruit Medley with Yoghurt Sultanas  DIPS WITH MINI RICE CAKES / CORN CHIP Tzatziki Dip with Mini Rice Cakes Spring Onion Dip with Mini Rice Cakes Spicy Capsicum Dip with Mini Rice Cakes Avocado Dip with Mini Rice Cakes Corn Chips with Salsa (GF)	Included +\$1.00 \$ +\$1.00 +\$1.00 +\$1.00 +\$1.00
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5) Mild Salami and Salad Roll Wrap w/Chicken, Tzatziki, Lettuce, Tomato & Cucumber (H)  SALADS / PICNIC BOXES / POKE BOWLS Fresh Fruit Salad - Main Course Size (GF, Vg) Ham Picnic Box (GF) Vegetarian Picnic Box (GF, V)	\$11.50 \$11.50 \$12.75 \$11.50 \$11.50 \$11.50	\$13.75 \$13.75 \$14.95 \$13.75 \$13.75 \$13.75	Dried Fruit Medley with Yoghurt Sultanas  DIPS WITH MINI RICE CAKES / CORN CHIP Tzatziki Dip with Mini Rice Cakes Spring Onion Dip with Mini Rice Cakes Spicy Capsicum Dip with Mini Rice Cakes Avocado Dip with Mini Rice Cakes Corn Chips with Salsa (GF)  YOGHURTS / BOWLS	Included +\$1.00 \$ +\$1.00 +\$1.00 +\$1.00 +\$1.00
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5) Mild Salami and Salad Roll Wrap w/Chicken, Tzatziki, Lettuce, Tomato & Cucumber (H)  SALADS / PICNIC BOXES / POKE BOWLS Fresh Fruit Salad - Main Course Size (GF, Vg) Ham Picnic Box (GF) Vegetarian Picnic Box (GF, V) Greek Style Salad with Feta and Olives (GF, V) Poke Bowl with Teriyaki Chicken (H)	\$11.50 \$11.50 \$12.75 \$11.50 \$11.50 \$11.50 \$12.75	\$13.75 \$13.75 \$14.95 \$13.75 \$13.75 \$13.75 \$14.95	Dried Fruit Medley with Yoghurt Sultanas  DIPS WITH MINI RICE CAKES / CORN CHIP Tzatziki Dip with Mini Rice Cakes Spring Onion Dip with Mini Rice Cakes Spicy Capsicum Dip with Mini Rice Cakes Avocado Dip with Mini Rice Cakes Corn Chips with Salsa (GF)  YOGHURTS / BOWLS Strawberry Yoghurt (Dairy Farmers)	Included +\$1.00 \$ +\$1.00 +\$1.00 +\$1.00 +\$1.00
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5) Mild Salami and Salad Roll Wrap w/Chicken, Tzatziki, Lettuce, Tomato & Cucumber (H)  SALADS / PICNIC BOXES / POKE BOWLS Fresh Fruit Salad - Main Course Size (GF, Vg) Ham Picnic Box (GF) Vegetarian Picnic Box (GF, V) Greek Style Salad with Feta and Olives (GF, V) Poke Bowl with Teriyaki Chicken (H)  GF SANDWICHES & WRAPS	\$11.50 \$11.50 \$12.75 \$11.50 \$11.50 \$11.50 \$12.75 \$13.45	\$13.75 \$13.75 \$14.95 \$13.75 \$13.75 \$13.75 \$14.95 \$15.45	Dried Fruit Medley with Yoghurt Sultanas  DIPS WITH MINI RICE CAKES / CORN CHIP Tzatziki Dip with Mini Rice Cakes Spring Onion Dip with Mini Rice Cakes Spicy Capsicum Dip with Mini Rice Cakes Avocado Dip with Mini Rice Cakes Corn Chips with Salsa (GF)  YOGHURTS / BOWLS Strawberry Yoghurt (Dairy Farmers) Classic Vanilla Yoghurt (Dairy Farmers)	Included +\$1.00 \$ +\$1.00 +\$1.00 +\$1.00 +\$1.00 +\$1.00
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5) Mild Salami and Salad Roll Wrap w/Chicken, Tzatziki, Lettuce, Tomato & Cucumber (H)  SALADS / PICNIC BOXES / POKE BOWLS Fresh Fruit Salad - Main Course Size (GF, Vg) Ham Picnic Box (GF) Vegetarian Picnic Box (GF, V) Greek Style Salad with Feta and Olives (GF, V) Poke Bowl with Teriyaki Chicken (H)  GF SANDWICHES & WRAPS GF Ham & Cheese Sandwich (1.5)	\$11.50 \$11.50 \$12.75 \$11.50 \$11.50 \$11.50 \$12.75 \$13.45	\$13.75 \$13.75 \$14.95 \$13.75 \$13.75 \$13.75 \$14.95 \$15.45	Dried Fruit Medley with Yoghurt Sultanas  DIPS WITH MINI RICE CAKES / CORN CHIP Tzatziki Dip with Mini Rice Cakes Spring Onion Dip with Mini Rice Cakes Spicy Capsicum Dip with Mini Rice Cakes Avocado Dip with Mini Rice Cakes Corn Chips with Salsa (GF)  YOGHURTS / BOWLS Strawberry Yoghurt (Dairy Farmers) Classic Vanilla Yoghurt (Dairy Farmers) Chia Bowl with Banana, Coconut & Strawberries	Included +\$1.00 \$ +\$1.00 +\$1.00 +\$1.00 +\$1.00 +\$1.00 +\$1.00 +\$1.00
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5) Mild Salami and Salad Roll Wrap w/Chicken, Tzatziki, Lettuce, Tomato & Cucumber (H)  SALADS / PICNIC BOXES / POKE BOWLS Fresh Fruit Salad - Main Course Size (GF, Vg) Ham Picnic Box (GF) Vegetarian Picnic Box (GF, V) Greek Style Salad with Feta and Olives (GF, V) Poke Bowl with Teriyaki Chicken (H)  GF SANDWICHES & WRAPS GF Ham & Cheese Sandwich (1.5) GF Cucumber & Ham Sandwich (1.5)	\$11.50 \$11.50 \$12.75 \$11.50 \$11.50 \$11.50 \$12.75 \$13.45	\$13.75 \$13.75 \$14.95 \$13.75 \$13.75 \$13.75 \$14.95 \$15.45 \$13.65 \$13.65	Dried Fruit Medley with Yoghurt Sultanas  DIPS WITH MINI RICE CAKES / CORN CHIP Tzatziki Dip with Mini Rice Cakes Spring Onion Dip with Mini Rice Cakes Spicy Capsicum Dip with Mini Rice Cakes Avocado Dip with Mini Rice Cakes Corn Chips with Salsa (GF)  YOGHURTS / BOWLS Strawberry Yoghurt (Dairy Farmers) Classic Vanilla Yoghurt (Dairy Farmers)	Included +\$1.00 \$ +\$1.00 +\$1.00 +\$1.00 +\$1.00 +\$1.00
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5) Mild Salami and Salad Roll Wrap w/Chicken, Tzatziki, Lettuce, Tomato & Cucumber (H)  SALADS / PICNIC BOXES / POKE BOWLS Fresh Fruit Salad - Main Course Size (GF, Vg) Ham Picnic Box (GF) Vegetarian Picnic Box (GF, V) Greek Style Salad with Feta and Olives (GF, V) Poke Bowl with Teriyaki Chicken (H)  GF SANDWICHES & WRAPS GF Ham & Cheese Sandwich (1.5)	\$11.50 \$11.50 \$12.75 \$11.50 \$11.50 \$11.50 \$12.75 \$13.45	\$13.75 \$13.75 \$14.95 \$13.75 \$13.75 \$13.75 \$14.95 \$15.45	Dried Fruit Medley with Yoghurt Sultanas  DIPS WITH MINI RICE CAKES / CORN CHIP Tzatziki Dip with Mini Rice Cakes Spring Onion Dip with Mini Rice Cakes Spicy Capsicum Dip with Mini Rice Cakes Avocado Dip with Mini Rice Cakes Corn Chips with Salsa (GF)  YOGHURTS / BOWLS Strawberry Yoghurt (Dairy Farmers) Classic Vanilla Yoghurt (Dairy Farmers) Chia Bowl with Banana, Coconut & Strawberries Stewed Rhubarb and Apple with Custard	Included +\$1.00 \$ +\$1.00 +\$1.00 +\$1.00 +\$1.00 +\$1.00 +\$1.00 +\$1.00
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5) Mild Salami and Salad Roll Wrap w/Chicken, Tzatziki, Lettuce, Tomato & Cucumber (H)  SALADS / PICNIC BOXES / POKE BOWLS Fresh Fruit Salad - Main Course Size (GF, Vg) Ham Picnic Box (GF) Vegetarian Picnic Box (GF, V) Greek Style Salad with Feta and Olives (GF, V) Poke Bowl with Teriyaki Chicken (H)  GF SANDWICHES & WRAPS GF Ham & Cheese Sandwich (1.5) GF Cucumber & Ham Sandwich (1.5)	\$11.50 \$11.50 \$12.75 \$11.50 \$11.50 \$11.50 \$12.75 \$13.45	\$13.75 \$13.75 \$14.95 \$13.75 \$13.75 \$13.75 \$14.95 \$15.45 \$13.65 \$13.65	Dried Fruit Medley with Yoghurt Sultanas  DIPS WITH MINI RICE CAKES / CORN CHIP Tzatziki Dip with Mini Rice Cakes Spring Onion Dip with Mini Rice Cakes Spicy Capsicum Dip with Mini Rice Cakes Avocado Dip with Mini Rice Cakes Corn Chips with Salsa (GF)  YOGHURTS / BOWLS Strawberry Yoghurt (Dairy Farmers) Classic Vanilla Yoghurt (Dairy Farmers) Chia Bowl with Banana, Coconut & Strawberries Stewed Rhubarb and Apple with Custard  DRINKS	Included +\$1.00 \$ +\$1.00 +\$1.00 +\$1.00 +\$1.00 +\$1.00 +\$1.00 +\$1.00
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5) Mild Salami and Salad Roll Wrap w/Chicken, Tzatziki, Lettuce, Tomato & Cucumber (H)  SALADS / PICNIC BOXES / POKE BOWLS Fresh Fruit Salad - Main Course Size (GF, Vg) Ham Picnic Box (GF) Vegetarian Picnic Box (GF, V) Greek Style Salad with Feta and Olives (GF, V) Poke Bowl with Teriyaki Chicken (H)  GF SANDWICHES & WRAPS GF Ham & Cheese Sandwich (1.5) GF Cucumber & Ham Sandwich (1.5)	\$11.50 \$11.50 \$12.75 \$11.50 \$11.50 \$11.50 \$12.75 \$13.45	\$13.75 \$13.75 \$14.95 \$13.75 \$13.75 \$13.75 \$14.95 \$15.45 \$13.65 \$13.65	Dried Fruit Medley with Yoghurt Sultanas  DIPS WITH MINI RICE CAKES / CORN CHIP Tzatziki Dip with Mini Rice Cakes Spring Onion Dip with Mini Rice Cakes Spicy Capsicum Dip with Mini Rice Cakes Avocado Dip with Mini Rice Cakes Corn Chips with Salsa (GF)  YOGHURTS / BOWLS Strawberry Yoghurt (Dairy Farmers) Classic Vanilla Yoghurt (Dairy Farmers) Chia Bowl with Banana, Coconut & Strawberries Stewed Rhubarb and Apple with Custard	Included +\$1.00 \$ +\$1.00 +\$1.00 +\$1.00 +\$1.00 +\$1.00 +\$1.00 +\$1.00

GF = Gluten Free, DF= Dairy Free, H= Halal, V= Vegetarian, Vg= Vegan

Chocolate Milk (Nippy's)

Strawberry Milk (Nippy's)

Full Cream Milk

Included

Included

Included

**ORDER NOW**