

Sandwiches

(Wholemeal bread only)

Toasted - add 50c
Gluten Free - add \$1

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**

**Please provide a suitable
container for your order
Or
For a paper bag add \$1**

Sprout Term 1

Monday

Rice Paper Rolls **\$3each**

Tofu, or Veggie only (please specify)
Rice vermicelli, house marinated tofu, pickled
carrot, cucumber, fresh herbs, fried shallots,
lettuce, GF hoisin and soy used.

Tuesday

Curried Potato and **\$5**

Chickpea wrap

Mildly spiced potato, chickpeas, peas, sweet mint
chutney, wholemeal wrap.

Wednesday

Bean Burrito **\$5**

Tortilla, beans and corn mix, cheese, sour cream,
lettuce.

Thursday

Ciabatta Roll

Poached chicken breast or Bocconcini (please
specify), nut free pesto, tomato, lettuce

Whole \$7

Half \$3.50

Friday

Falafel wrap

Falafel, tahini sauce, salad, Lebanese bread

Middle Eastern style Chicken Wrap

Marinated chicken, yoghurt sauce, salad, Lebanese
bread

Whole \$7

Half \$3.50

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

Take Home Meals Available
Mondays 3.15pm - 3.30pm -
\$15 per litre

Birthday cakes can be ordered via our email
address below. They are chocolate and
nut/dairy/egg free, suitable for classroom
sharing.

Please contact us with any queries at:
sproutcanteen@gmail.com

(Term 1, 2021)

