

Canteen Menu

Pittwater House has a commitment to empowering our students to make healthy eating choices and strives to serve fresh healthy foods in the canteen.

Food Allergies or Intolerances

Products containing nuts and nut traces are not sold. However, please be aware that food is prepared in a kitchen that produces dishes with milk, wheat, soybean, fish, eggs, egg products and sesame seeds. If you/your child has a food allergy or intolerance, please email the Canteen before placing your order via canteen@tphs.nsw.edu.au

Orders must
be received
by 8am daily

Breakfast 7.30 – 8.30am daily

Hash Brown	\$ 2.00	Fresh Fruit	\$ 1.50
Croissant	\$ 4.50	Fresh Yoghurt	\$ 2.50
Ham and Cheese Croissant <i>Toasted</i>	\$ 6.00	Up & Go (<i>vanilla, chocolate</i>)	\$ 3.00
Bacon Roll	\$ 5.00	100% Juice (<i>apple, orange</i>)	\$ 3.50
Bacon and Egg Roll	\$ 6.00	Poppers (<i>apple/blackcurrant, orange, apple</i>)	\$ 2.50
Banana Bread	\$ 4.00		



Sandwiches, Rolls & Wraps

Plain Roll <i>with or without butter</i>	\$ 2.00
Vegemite	\$ 4.00
Salad	\$ 5.50
Cheese	\$ 5.00
Cheese and Tomato	\$ 5.50
Egg	\$ 6.00
Egg, Lettuce & Mayo	\$ 6.50
Tuna, Lettuce & Mayo	\$ 6.50
Chicken	\$ 7.00
Chicken, Lettuce & Mayo	\$ 8.00
Ham OR Ham & Cheese	\$ 5.00
Ham, Cheese & Tomato	\$ 6.00

White, Gluten Free, Wholemeal, Bread (Rolls 50c extra)

BLT <i>bacon, lettuce & tomato (choice of sauce: mayo, tomato, BBQ or sweet chilli)</i>	\$ 7.50
BLAT <i>bacon, lettuce, avocado & tomato (choice of sauce: mayo, tomato, BBQ or sweet chilli)</i>	\$ 8.00
Chicken & Salad Wrap (<i>un-toasted</i>)	\$ 8.50
Ham or Cheese & Salad Wrap <i>with ham or cheese, salad and choice of dressing (un-toasted)</i>	\$ 8.00
Chicken Caesar Salad Wrap <i>with chicken, lettuce, egg, bacon, cheese and Caesar dressing (un-toasted)</i>	\$ 9.00
Teriyaki Chicken Wrap <i>with tomato, grated cheese, lettuce (toasted or un-toasted)</i>	\$ 8.50
Falafel Wrap (V) <i>with hummus, tomato, cheese, lettuce (toasted or un-toasted)</i>	\$ 8.50



Extras May be added to sandwiches and/or salads at an additional cost

Avocado	\$ 2.00	Bacon	\$ 2.00
Boiled Egg	\$ 2.00	Salad (<i>tomato, cucumber, carrot & lettuce</i>)	\$ 2.00
Breast Chicken	\$ 2.00	Falafel	\$ 2.00
Cheese – Cheddar Cheese	\$ 1.50	Tomato, Cucumber, Carrot or Lettuce	\$ 1.00
Ham	\$ 2.00	Hummus	\$ 1.00



Salads

Garden Salad (V) (GF) <i>mixed lettuce leaves, tomato, carrot, cucumber & balsamic or mayo dressing</i>	<i>Small</i> \$ 7.00 <i>Large</i> \$ 9.00	Greek Salad (V) (GF) <i>cherry tomatoes, lettuce, cucumber, feta, olives, green pepper (capsicum), Spanish onion with balsamic dressing</i>	<i>Small</i> \$ 7.50 <i>Large</i> \$ 9.50
Chicken Caesar Salad <i>chicken, lettuce, cherry tomatoes, bacon, croutons, cheese with Caesar dressing</i>	<i>Small</i> \$ 8.00 <i>Large</i> \$ 10.00		



(GF) = Gluten Free
(V) = Vegetarian

Canteen Menu continued...

Sushi

Sushi Roll – <i>Tuna & Cucumber</i>	\$ 4.80	Sushi (9 mini pieces) – <i>Tuna</i>	\$ 4.80
Sushi Roll – <i>Chicken Teriyaki & Lettuce</i>	\$ 4.80	Sushi (9 mini pieces) – <i>Avocado</i>	\$ 4.80
		Sushi (9 mini pieces) – <i>Cucumber</i>	\$ 4.80



Hot Food Options

Crumbed Chicken Breast	\$ 3.00	Beef Burger (Fridays Only)	\$ 9.00
Chilli Chicken Strip	\$ 3.00	<i>Homemade beef burger + choice of tomato, barbecue, sweet chilli sauce or mayo (onions optional)</i>	
Sausage Rolls	\$ 4.50	Cheese Burger (Fridays Only)	\$ 9.00
Spinach and Ricotta Rolls (V)	\$ 4.50	<i>Homemade beef burger with cheese + choice of tomato, barbecue, sweet chilli sauce or mayo (onions optional)</i>	
Pie Beef	\$ 5.50	Peri Peri Chicken Burger (Fridays Only)	\$ 9.00
Garlic Bread	\$ 4.00	<i>Chicken breast with Spicy Mayo</i>	
Sauce Sachet	\$.20		



Homemade Pasta	<i>Small</i>	\$ 7.00
<i>Napolitana or Bolognaise</i>	<i>Large</i>	\$ 9.00

Chicken Burger	\$ 6.50
<i>Crumbed chicken breast fillet, lettuce, tomato and cheese on a soft white roll + choice of tomato, BBQ, sweet chilli sauce or mayo</i>	

Fish Burger	\$ 6.50
<i>Crumbed Fish fillet on a soft white roll with lettuce & tartare sauce</i>	

Chilli Chicken Strip Burger	\$ 7.00
<i>Two chilli chicken strips, lettuce, tomato & cheese on a soft white roll + choice of tomato, BBQ, sweet chilli sauce or mayo</i>	

NOTE: Beef, Cheese or Peri Peri Burgers with Salad	\$ 9.50
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Chef's Hot Daily Specials
(please check Menu Board/PH App.)

Chef's Soup of the Week with Roll (Occasional Item)	\$ 7.00
<i>(please check Menu Board)</i>	



Fresh Bakery

Banana Bread	\$ 4.00	Choc Chip Cookie	\$ 1.00
Cheese and Ham Rolls	\$ 3.50	Mini Finger Bun (Fridays Only)	\$ 2.00
Ham and Cheese Croissant	<i>Plain</i> \$ 4.50	Fresh Muffins	\$ 4.00
	<i>Toasted</i> \$ 6.00		



Snacks

Fruit – Fresh Seasonal (<i>per piece</i>)	\$ 1.50	Grain Waves	\$ 1.50
Fruit – Watermelon	\$ 3.00	Red Rock Chips 28g (<i>Plain (GF), Honey Soy, Salt & Vinegar</i>)	\$ 1.50
Fruit Salad	\$ 4.00	Popcorn	\$ 1.00
Pot of Hummus	\$ 1.00	Yoghurt (<i>Yoplait</i>)	\$ 2.50
Tub of Cucumber and Carrot	\$ 2.00	Quelch Sticks	\$ 1.00
Carrot Sticks	\$.50	Moosies	\$ 2.00
Cucumber Sticks	\$ 1.00		



Drinks

Mt Franklin Sparkling Water	\$ 3.50	Popper (<i>apple/blackcurrant, orange, apple</i>)	\$ 2.50
Still Water	\$ 3.00	Up & Go (<i>vanilla, chocolate</i>)	\$ 3.00
100% Juice (<i>orange, apple</i>)	\$ 3.50	Flavoured Milk (<i>chocolate, strawberry</i>)	\$ 3.00
Juice Bombs	\$ 3.00	Mixed Berry Smoothies	\$ 5.00

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