

CANTEEN MENU

FOOD CODING

G - GREEN FILL THE MENU

A - AMBER SELECT CAREFULLY

GF - GLUTEN FREE



BREAKFAST

BACON ROLL (A)	\$3.50
EGG ROLL (G)	\$3.50
BACON & EGG ROLL OR WRAP (A)	\$4.00
BREAKFAST MEAL DEAL (A) EGG & BACON ROLL OR WRAP & A SMALL FLAVOURED MILK	\$6.00
TOASTED BANANA BREAD & A SMALL FLAVOURED MILK	\$5.50
TOAST (G) JAM OR HONEY	\$2.00

TOASTED SANDWICH

CHEESE (G)	\$3.50
HAM & CHEESE (G)	\$4.00
HAM, CHEESE & TOMATO (G)	\$4.50

COLD FOOD

FRESH FRUIT SALAD (G) GF	\$4.50
YOGHURT & BERRIES (G) GF	\$4.50
YOGHURT & MUESLI (G) GF	\$4.50
FRUIT(G) FRUIT AVAILABLE DAILY	\$1.00
FRESH FRUIT SALAD	\$4.50

SANDWICH BAR

CHICKEN (G) LETTUCE & MAYONAISE	\$4.50
CHEESE & TOMATO (G) CHEESE & TOMATO	\$4.00
SMOKED HAM (G) HAM, CHEESE & TOMATO	\$4.50
CHICKEN SCHNITZEL (G) HOMMUS & TABOULI	\$4.50
SALAD (G) LETTUCE, TOMATO, CUCUMBER, BEETROOT, ONION & ALFALFA	\$4.00
EGG (G) EGG, MAYO & LETTUCE	\$3.50
FALAFEL (G) LETTUCE, TOMATO, CUCUMBER & YOGHURT	\$4.00
TUNA (G) TUNA, MAYO, CUCUMBER & SPANISH ONION	\$4.00
VEGETARIAN (G) GRILLED EGGPLANT, LETTUCE, SUNDRIED TOMATO, ROAST CAPSICUM	\$4.50
BREADS (G) WHITE, WHOLEMEAL, MULTIGRAIN	\$1.00
WRAP	\$1.00
WHITE ROLL	\$1.00

PASTA

LASAGNE (G) HOMEMADE BEEF HOMEMADE VEGETARIAN	\$6.00
PENNE VEGETARIAN (G) CHAR GRILLED VEGETABLES & SALSA	\$6.00
PENNE BOSCAIOLA (A) HAM, MUSHROOM, CREAM SAUCE	\$6.00
SPAGHETTI BOLOGNESE (G)	\$6.00

PIZZA

MARGARITA (G) CHEESE & TOMATO	\$4.50
VEGETARIAN (G) OLIVES, EGGPLANT & ROAST CAPSICUM	\$5.00
HAWAIIAN (G) HAM & PINEAPPLE	\$5.00
BBQ CHICKEN (G) BBQ CHICKEN WITH ONION & CHEESE	\$5.50

SUSHI

CHICKEN TERIYAKI (G) GF	\$3.50
CRAB & AVACADO (G) GF	\$3.50
TUNA (G) GF	\$3.50
VEGETABLE (G) GF	\$3.50

TURKISH BREAD

CHICKEN SCHNITZEL DELIGHT (A) CHICKEN SCHNITZEL, ROAST CAPSICUM, PESTO & CHEESE	\$5.50
CHICKEN DELIGHT (A) ROAST CHICKEN, AVACADO, SUNDRIED TOMATOES & CHEESE	\$5.50
MEDITERREAN DELIGHT (A) OLIVES, ARTICHOKE, ROAST CAPSICUM & FETTA	\$5.50
VEGETARIAN DELIGHT (A) EGGPLANT, SUNDRIED TOMATOES, ROAST CAPSICUM & CHEESE	\$5.50
HAM DELIGHT (A) SMOKED HAM, SUNDRIED TOMATOES, OLIVES & CHEESE	\$5.50

Freshly made on the premises

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ROLLS & WRAPS

SINGLE \$4.00 | DOUBLE \$6.00

SWEET CHILLI CHICKEN (G)
CHICKEN, SALAD & CHEESE

CHICKEN CAESAR (A)
CHICKEN, BACON, CHEESE & CAESAR DRESSING

FALAFEL (G)
FALAFEL, HOMMUS, TABOULI, CUCUMBER & LETTUCE

CHICKEN TANDOORI (G)
CHICKEN, YOGHURT, CUCUMBER & LETTUCE

CHICKEN SCHNITZEL (A)
CHICKEN SCHNITZEL, TABOULI, HOMMUS, TOMATO & LETTUCE

HOT DISHES

SPECIAL FRIED RICE (G) \$5.00

BUTTER CHICKEN (A) WITH RICE \$5.50

STIR FRY VEGETARIAN NOODLES (G) \$5.50

LEAN BEEF PIE (A) \$4.00

LEAN SAUSAGE ROLL (A) \$3.80

LEAN SHEPHERDS PIE (A) \$4.50

SPINACH & RICOTTA ROLL (A) \$4.50

QUICHES (A) \$4.50
VARIETY OF QUICHES

OVEN BAKED WEDGES CUP \$4.50
TRAY \$5.50

SALADS

GREEK SALAD (G) SML LGE
\$5.00 \$6.00
TOMATO, CUCUMBER, ONION, CAPSICUM, OLIVES & FETTA

CHICKEN AVACADO PASTA SALAD (G) \$5.00 \$6.00
ONION, MAYO, AVACASO, CHICKEN, CAROT, RED PEPPER & PARSLEY

TUNA PASTA SALAD (G) \$5.00 \$6.00
TUNA, CAPSICUM, ONION, CARROT, PARSLEY & PASTA

PESTO PASTA SALAD \$5.00 \$6.00
PESTO, OLIVES, SUNDRIES TOMATOES & CARROT

PUMPKIN SALAD (G) \$5.50 \$6.50
PUMPKIN, ENGLISH SPINACH, PINE NUTS & FETTA CHEESE

GARDEN SALAD (G) \$4.50 \$5.50
MESCLUN LETTUCE, CHERRY TOMATOES, CUCUMBER, CARROT, CAPSICUM & SPROUTS

POTATO SALAD (G) GF \$4.50 \$5.00
POTATO, PARSLEY, SPANISH ONION & MAYO

CHICKEN CAESAR (G) \$5.50 \$6.50
CHICKEN SCHNITZEL, COS LETTUCE, CAESAR DRESSING, BACON & CROUTONS

GREEN BEAN (G) (GF) \$4.00 \$5.00
MIXED BEANS WITH DRESSING

TABOULI SALAD (G) \$5.00 \$6.00
PARSLEY, TOMATO, WHEAT GERM & DRESSING

THAI NOODLE SALAD (G) \$5.50 \$6.50
GRILLED CHICKEN, VERMICELLI NOODLE, CUCUMBER, MINT, CORIANDER, CAPSICUM & CARROT

TABOULI & LENTILS (G) \$5.00 \$6.00
TABOULI, LENTI WITH LEMON JUICE

EASTERN DELIGHT (G) \$5.50 \$6.50
TABOULI, HOMMUS, CHOICE OF SCHNITZEL OR FALAFEL, WITH CRUNCHY PITA BREAD

BAGUETTES

VEGGIE FILLINGS (G) \$6.00

CHICKEN BAGUETTE WITH ASSORTED FILLINGS (G) \$6.00

BURGERS

GOURMET BURGER (A) \$5.50
FRESH BEEF, ONION, BBQ SAUCE, BEETROOT, TOMATO & LETTUCE

CHICKEN CAESAR BURGER (A) \$5.50
GRILLED CHICKEN, CAESAR DRESSING, BACON & COS LETTUCE

CHEESE BURGER (A) \$5.50
FRESH BEEF PATTY, CHEESE, FRESH TOMATO & TOMATO SAUCE

VEGGIE BURGER (A) \$5.50
CHICKPEA & LENTIL PATTIE, YOGHURT, AVACADO, BEETROOT, ALFALFA & CHEESE

PERI PERI PORTUGUESE BURGER (A) \$5.50
CHICKEN BREAST, PERI PERI SAUCE & LETTUCE

CHICKEN BURGER (A) \$5.50
FRESH CHICKEN PATTIE, LETTUCE & MAYO

CHICKEN AILOI BURGER (A) \$5.50
GRILLED CHICKEN, LETTUCE & AIOLI SAUCE

DRINKS

WATER
600ML WATER \$2.50
1L WATER \$4.00

JUICE 350ML \$3.00
ORANGE, APPLE

JUICE 500ML \$4.00
ORANGE, APPLE, MANGO PASSION-FRUIT

FLAVOURED MILKS

300ML \$2.50
CHOCOLATE, STRAWBERRY

500ML \$4.00
CHOCOLATE, STRAWBERRY

DARE COFFEE 500ML \$4.50
ESPRESSO, MOCHA

FLAVOURED MILK SHAKES \$4.50
CHOCOLATE, STRAWBERRY, VANILLA & CARAMEL

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