

MENU

MAKE IT
A MEAL

+
\$2.00

Add a 600ml bottle of water for \$2.00, with any salad, sandwich, or wrap purchase.

DAILY SPECIALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEXICAN OLE <hr/> Soft Tortilla (E) \$5.00 Chicken Burrito Spicy chicken breast with lettuce, cheese and salsa Mex Tex Spicy Beef (E) \$5.00 Spicy mexican beef on a bed of steamed rice topped with salsa	MAMMA MIA'S CLASSIC PASTA <hr/> Freshly Made Small (E) \$3.50 Large (E) \$5.00	SOME LIKE IT HOT <hr/> All time Favourite \$5.00 Butter Chicken (E) With steamed rice Teriyaki Chicken & Vegetables (E) \$5.00 With steamed rice - fresh made	IT'S A TORTILLA WRAP <hr/> Chicken Mayo Wrap (E) \$5.00	FRESHLY MADE PIZZA FIESTA <hr/> Cheese Pizza (E) \$4.00 BBQ Chicken (E) \$4.50 Ham & Pineapple Pizza (E) \$4.50

CLASSICS

- **Classic Chicken Burger** (E) \$5.00
Lean skinless breast fillet, lettuce & mayo
- **Classic Beef Burger** (E) \$5.00
Lean chargrilled beef, lettuce, cheese & tomato sauce
- **Pasta Bolognaise** (E) S: \$3.50 • L: \$5.00
Fresh made
- **Open Garlic Melt** (E) \$2.00
- **Chicken Sub Roll** (E) \$3.00
- **Pie** (O) \$3.00
- **Sausage Roll** (O) \$4.00
- **Oven Baked Potato Wedges** (O) \$4.50

CREATE & WE WILL MAKE

BURGER BAR

All orders are required by 9 am

- **ADD any salad option for free**
Lettuce, tomato or beetroot
- **\$5.50 unlimited options**
- **Chicken & Cheese Burger** (E)
With mayo
- **Chicken Caesar Burger** (E)
With diced ham & Caesar dressing
- **Chicken Peri Peri Burger** (E)
With slaw & peri peri sauce
- **Chicken Aioli Burger** (E)
With lettuce & aioli sauce
- **Aussie Beef Burger** (E)
With lettuce, tomato, beetroot & tomato sauce
- **Classic Cheese Burger** (E)
With tomato sauce & mustard
- **Falafel Burger** (E)
With lettuce, tomato & BBQ sauce
- **Fish Burger** (O)
With lettuce, mayo & cheese

BREAKFAST

- **Breakie juice cups** (E) \$1.00
- **Grilled hash brown** (O) \$1.00
- **Cheese toast** (E) \$3.00
- **Leg ham & cheese toastie** (E) \$3.50
- **Breakie muffin** (E) \$3.50
- **Egg & cheese muffin** (E) \$3.00
- **Yoghurt tub** (E) \$3.00
- **Fruit salad bowl** (E) \$4.00
- **Watermelon shakers** (E) \$2.00
- **Up and Go** (E) \$3.00

DRINKS

- **Water 600ml** (E) \$2.50
- **Pump Water 750ml** (E) \$4.00
- **Milkshake** (E) \$3.00
Chocolate, Vanilla
- **Oak Milk** (E) S: \$3.00
L: \$4.00
Chocolate, Strawberry
- **Popper Juice** Orange, Apple (E) \$2.00
- **Bottled Juice** Orange, Apple (E) \$3.00
- **Diet Can** Pepsi, Coke, Lemon (O) \$2.50
- **Diet Mineral Water** Passionfruit (O) \$4.00
- **Hot Chocolate** (E) \$2.50

(PO) Pre-order only by 9am

(V) Vegetarian

(E) Everyday

(O) Occasional

eftpos 

Please see canteen manager for special dietary needs

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SANDWICHES, WRAPS & ROLLS

TOP TEN SANDWICHES

- Breast Chicken, Lettuce & Mayo **E** \$4.00
- Leg Ham & Cheese **E** \$3.50
- Salad **E** \$4.00
- Egg & Lettuce **E** \$4.00
- Ham, Cheese & Tomato **E** \$4.00
- Tuna, Lettuce & Mayo **E** \$4.00
- Leg Ham & Salad **E** \$4.50
- Breast Chicken & Salad **E** \$4.50
- Tuna & Salad **E** \$4.50
- Cheese **E** \$3.00

WRAPS Half: \$3.50 • Full: \$5.50

- **Chicken Caesar** **E**
Chicken breast, lettuce, diced ham, cheese
- **Chicken Lettuce** **E**
Chicken breast, lettuce & mayo
- **Veggie Delight** **E**
Lettuce, tomato, cucumber, falafel & aoili
- **Farmers Fresh** **E**
Lettuce, tomato, cucumber & carrot

CONTINENTAL ROLLS \$5.50

- **Chicken Schnitzel** **O**
Oven baked, lettuce & mayo
- **Sweet Chilli Chicken** **O**
With lettuce & mayo
- **Veggie Delight** **E**
Lettuce, tomato, cucumber, falafel & aoili
- **Farmers Fresh** **E**
Lettuce, tomato, cucumber, carrot, tasty cheese & mayo
- **Continental Roll** **E**
Leg ham, lettuce, carrot, tomato & cucumber

TOASTED

TOASTIES

- Cheese **E** \$3.00
- Leg Ham & Cheese **E** \$3.50
- Chicken & Cheese **E** \$3.50

TOASTED FOCACCIA \$6.00

- **Deli Delite** Leg ham, cheese, tomato & mustard **E**
- **Chicken Caesar** Chicken breast diced, lettuce, diced ham, cheese **E**
- **Chicken Club** Chicken schnitzel, grilled bacon, poached egg, lettuce & tomato **O**
- **Mediterranean** Falafel, cucumber, tomato, cheese & aoili **E**

SPECIAL DIETS

PO

All Chicken Products are Biada

- **Veggie Roll** **O** \$4.00
- **Falafel Wrap** **E** \$5.00
Lettuce, cheese, tomato & aoili
- **Oven Baked Fish Burger** **E** \$5.50
Lettuce, cheese & mayo
- **Gluten Free Bread** Extra \$1.00

FIT & FAST SALAD

PO

Add your own **FREE** salad dressing:
French, Italian, Caesar or Creamy Mayo

- **Fruit Salad** **E** \$4.00
Seasonal diced fruit
- **Watermelon Shaker** **E** \$2.00
- **Fresh Garden Salad** **E** \$4.50
Lettuce, tomato, cucumber, carrot & corn
- **Fresh Garden Salad** **E** \$5.50
With your choice of leg ham, chicken breast, egg, or tuna
- **Chicken Pasta Salad** **E** \$5.00
Chicken breast, carrot, shredded cabbage, spring onion
- **Chicken Caesar Salad** **E** \$5.00
Lettuce, chicken breast diced, diced ham, cheese
- **Chicken Caesar Shaker** **E** \$2.00
- **Spicy Tuna Pasta Salad** **E** \$5.00
Spicy tuna, pasta, carrot, shredded cabbage

SNACKS

- **Whole Fruit** **E** \$1.00
- **Frozen Juice Icy** **E** \$1.00
- **Frozen Slushie** **E** \$2.00
Tropical, Orange
- **Muffin** **O** \$3.50
- **Red Rock Chips** **O** \$2.50

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