



# Made Fresh

## CANTEEN MENU



### BREKKIE

Piece of fruit (whole)	GF V LF	\$1.50	Cheese toastie	GFA V	\$4.50	
Jam/Honey/Vegemite toast	GFA V	\$2.50	Ham & Cheese toastie	GFA	\$5.00	
Hot Chocolate	GF V	\$2.80	Cheese & Egg Roll	V	\$5.00	
Pancakes with honey (2pcs)	V	\$3.50	Ham & Egg Roll		\$5.50	
Fresh Diced Fruit Cup	GF V LF	\$3.50	Fruit Salad	GF V LF	\$5.50	
Vanilla Yoghurt (low fat)	GF V	\$4.00	Brekkie Bowl	Yoghurt/Fruit/Granola/Honey/Chia Seeds	GF V	\$7.00

### SANDWICHES

Gluten free bread +\$1			
Focaccia bread +\$2			
Cheese	GFA	V	\$4.50
Cheese & Tomato	GFA	V	\$5.00
Ham & Cheese	GFA		\$5.00
Ham, Cheese, Tomato	GFA		\$5.50
Tuna, Lettuce, Mayo	GFA		\$5.50
Curried Egg, Lettuce, Mayo	GFA	V	\$5.50
Salad Sandwich	GFA	V LF	\$5.50
Chicken, Lettuce, Mayo	GFA		\$6.00

Upgrade to a wrap +\$1

### HOT FOOD

Hash Brown	V LF	\$2.00	Chicken Nuggets (6pcs)		\$6.30
Chicken & Corn Roll		\$2.50	Chicken Goujons (5pcs)		\$6.30
Chicken Wing	GF LF	\$3.00	Sweet Chilli Chicken wrap	Lettuce & Mayo / 2x tenders for \$8.50	\$6.50
Potato Wedges (100g)	V LF	\$3.00	Meat Pie		\$6.50
Garlic Bread	V	\$3.00	Pasta		\$7.00
			Ask us what's available today!		
Potato Gems (10pcs)	V LF	\$3.50	Veggie Fried Rice	V	\$7.00
Noodle Cup		\$4.50	Chicken Burger		\$7.00
Beef or Chicken			Lettuce & Mayo		
Hot Dog		\$4.80	Beef Burger	LF	\$7.00
Beef or Chicken			Lettuce, Tomato & Tomato Sauce		
Meatball Sub		\$5.50	Cheeseburger		\$7.00
Add cheese +\$0.50			Cheese & BBQ Sauce		
Cheese Pizza	V	\$6.00	Fillet-o-Fish Burger		\$7.00
Ham Cheese or Hawaiian for \$6.50			Lettuce & Mayo		
Sausage Roll		\$6.00	Chicken Souvlaki roll/wrap	LF	\$7.00
			Lettuce & Mayo		
Nachos	V	\$6.00	Lasagna		\$7.50
Salsa & Cheese			Beef or Vegetarian		
			Butter Chicken	GFA	\$7.50

### FRUIT & SALADS

Piece of fruit (whole)	GF V LF	\$1.50		
Veggie Cup	GF V LF	\$2.50		
Fresh Diced Fruit Cup	GF V LF	\$3.50		
Fruit Salad	Watermelon-only \$5.00 / Mixed Fruit \$5.50	GF V LF	\$5.50	
Garden Salad	Lettuce/Tomato/Cucumber/Carrot	GF V LF	\$6.00	
Ham Salad	Ham/Lettuce/Tomato/Cucumber/Carrot	All salads come with dressing	GF LF	\$6.50
Tuna Salad	Tuna/Lettuce/Tomato/Cucumber/Carrot	GF LF	\$6.50	
Greek Salad	Lettuce/Tomato/Cucumber/Red Onion/Feta/Olives	GF V	\$7.50	
Falafel Salad	Falafel/Lettuce/Tomato/Cucumber/Carrot	GF V LF	\$7.50	
Chicken Breast Salad	Chicken/Lettuce/Tomato/Cucumber/Carrot	GFA LF	\$7.50	
Chicken Caesar Salad	Chicken/Ham/Lettuce/Cheese/CROUTONS	GFA	\$7.50	

Add yoghurt +\$1

Speak with our staff to build your own salad!

### SNACKS

Bread sticks (2pcs)		\$1.00
Popcorn		\$1.50
Smith's Chips		\$2.00
Homemade Cookie		\$2.00
Jelly Cup		\$2.50
Custard Cup		\$2.50
Red Rock Deli Chips		\$3.00
Homemade Muffin		\$3.50
Homemade Custard Tart		\$4.50

### SUSHI

Chicken Teriyaki	GF LF	\$5.50
Tuna	GF LF	\$5.50
Vegetarian	GF LF V	\$5.50

### ICY TREATS

Iceblock (sugar-free)		\$1.00
Snap Stix		\$2.00
Frozen Nippy's Juice Cup		\$2.50
Frozen Milk Cup		\$2.50
Icy Mony Freeze Pop		\$2.50
Bulla Ice Cream Cup (low fat)		\$4.00

### DRINKS

Water	small \$2.30 / large \$2.80
Juice Popper 99%	\$3.30
Can of soft drink (sugar free)	\$3.50
Up & Go	\$3.80
Glee can	\$4.00
Juice bomb	\$4.00
Oak Milk	small \$3.80 / large \$5.50
Waterford's Mineral Water	\$5.50
Lipton Peach Iced Tea	\$5.50

Extra Fillings - \$0.80

• Lettuce/Tomato/Cucumber/Carrot/Beetroot/Olives/Onion/Capsicum

Extra Fillings - \$1.00

• Cheese/Ham/Chicken/Egg/Pineapple/Avocado

### INFORMATION

Although prepared with care, some foods may contain or come into contact with nuts, dairy, and gluten.

Extra Sauce

\$0.50

Extra Cutlery

\$0.30

GF = Gluten Free

GFA = GF Available

V = Vegetarian

LF = Lactose Free