



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	GF V	\$7.00
			<small>Watermelon-only for \$5.00</small>		
			<small>Yoghurt/Fruit/Granola/Honey/Chia Seeds</small>		

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

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

SANDWICHES

Gluten free bread +\$1
Focaccia bread +\$2

Upgrade to a wrap +\$1

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
<small>Lettuce/Tomato/Cucumber/Carrot</small>		
Chicken, Lettuce, Mayo	GFA	\$6.00

Speak with our staff to build your own sandwich!

FRUIT & SALADS

Add yoghurt +\$1

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

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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