

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
TOASTED SANDWICH HAM, CHEESE, TOMATO & A SMALL FLAVOURED MILK	\$6.00

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 & MAYONNAISE	\$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 & CARROT	\$4.00
EGG (G) EGG, MAYO & LETTUCE	\$3.50
FALAFEL (G) LETTUCE, TOMATO, CUCUMBER & HOMMUS	\$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, MULTI- GRAIN	\$1.00
WRAP	\$1.00

PASTA

LASAGNA (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
TUNA (G) GF	\$3.50

TURKISH BREAD

CHICKEN SCHNITZEL DELIGHT (A) CHICKEN SCHNITZEL, ROAST CAPSICUM & CHEESE	\$5.50
CHICKEN DELIGHT (A) ROAST CHICKEN, AVOCADO, SUNDRIED TOMATOES & CHEESE	\$5.50
MEDITERRANEAN DELIGHT (A) OLIVES, ARTICHOKES, ROAST CAPSICUM & FETTA	\$5.50
VEGETARIAN DELIGHT (A) EGGPLANT, SUNDRIED TOMATOES, ROAST CAPSICUM & CHEESE	\$5.50
HAM DELIGHT (A) SMOKED HAM, SUNDRIED	\$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

SALADS

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

CHICKEN AVOCADO PASTA SALAD (G)	\$5.00	\$6.00
ONION, MAYO, AVOCADO, CHICKEN, CARROT, 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, SUNDRIED 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		

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	

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

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

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

HOT DISHES

SPECIAL FRIED RICE (G)	\$5.50
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BUTTER CHICKEN (A) WITH RICE	\$6.00
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STIR FRY VEGETARIAN NOODLES (G)	\$6.00
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LEAN BEEF PIE (A)	\$4.00
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LEAN SAUSAGE ROLL (A)	\$3.80
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SPINACH & RICOTTA ROLL (A)	\$4.50
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QUICHES (A)	\$4.50
VARIETY OF QUICHES	

OVEN BAKED WEDGES	CUP \$4.50
	TRAY \$5.50

BAGUETTES

VEGGIE FILLINGS (G)	\$6.00
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CHICKEN BAGUETTE WITH ASSORTED FILLINGS (G)	\$6.00
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DRINKS

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

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	

Freshly made on the premises