

## CAFE MENU TERM 4 2019

### Breakfast

Overnight Apple Oats (df, almonds)	\$3.00
Bacon & Egg Wrap (df)	\$3.00
Toast & Jam/Honey (df)	\$1.00
Raisin Toast (df)	\$1.20
Banana Bread	\$1.20

### Sandwiches (df optional)

Salad	\$3.00
Chicken & Salad	\$4.00
Ham & Salad	\$3.50
Egg & Lettuce	\$2.50

### Toasties (df optional)

Toasted Cheese	\$2.00
Toasted Ham & Cheese	\$2.50
Toasted Ham, Cheese & Tomato	\$3.00
Toasted Chicken & Cheese	\$3.00

### Salads

Includes - green leaf, tomato, onion, carrot, cucumber  
pineapple, beetroot.

Garden Salad (gf, df, v)	\$3.50
Cold Meat/Tuna Salad (gf, df)	\$4.00
Chicken Caesar Salad	\$4.50

### Snacks

Fresh Seasonal Fruit Bowls (gf, v)	\$3.00
Indiv Fruits (apple,orange) (gf, v)	\$0.50
Natural Yoghurt with Fruit Puree (gf)	\$2.00
Apple & Oat Muffin	\$2.50
Banana & Quinoa Muffin	\$2.50
Hommus & Vege Stix (gf, df, v)	\$2.50
Tzatziki & Vege Stix (gf, v)	\$2.50
Granita Bites	\$1.50

### Hot Selection (df optional)

Bacon & Egg Burger	\$3.50
Grilled Chicken & Salad Burger	\$4.00
Beef Burger & Salad	\$4.00
Vege Burger (gf, v)	\$3.50
Open Grill	\$3.00
Homemade Sausage Roll	\$2.50
Quiche	\$3.00
Gourmet Pie	\$4.00
Fried Rice (df)	\$3.50
Nachos	\$3.50
Chicken Wings (df)	\$1.50
Chilli Chicken Wrap (df)	\$3.50

### Drinks

Water	\$1.50
Flavoured Milk - Large	\$3.70
Flavoured Milk - Small	\$2.70
Slushie - Sugar Free - Large	\$3.00
Slushie - Sugar Free - Small	\$2.50
Mango Lassi	\$3.00
Iced Tea Seasonal Fruit Infusion	\$2.50
Milk Shake	\$3.00
Thick Shake	\$4.00
Vietnamese Iced Coffee	\$3.00

### Coffee

Long Black	\$1.50
Flat White	\$2.50
Cappuccino/Latte	\$2.50
Chai/Hot Chocolate	\$3.00
Extra Shot	\$0.50
Milk Alternative	\$0.50

### Confectionary

Cookie	\$0.60
Freddo	\$1.20

### Daily Specials

#### Monday

Meal - Lasagna	\$4.50
Salad - Sesame Chicken (gf, df)	\$4.50

#### Tuesday

Meal - Thai Quinoi Salad (Hot/Cold)(gf,v)	\$4.50
Salad - Chinese Noodles (gf,df, nuts)	\$4.50

#### Wednesday

Meal - Spaghetti & Meatballs	\$4.50
Salad - Roast Vege Salad (gf,df,v)	\$4.50

#### Thursday

Meal - Vege Slice (gf)	\$4.50
Salad - Mango Noodle with Chicken	\$4.50

#### Friday

Meal - Singapore Noodles (gf,df)	\$4.50
Salad - Thai Beef (gf,df)	\$4.50

### Extras

Tomato or BBQ Sauce Sachets	\$0.30
Egg (on anything)	\$0.50
Gluten Free Bread	\$1.00
Wrap	\$0.50