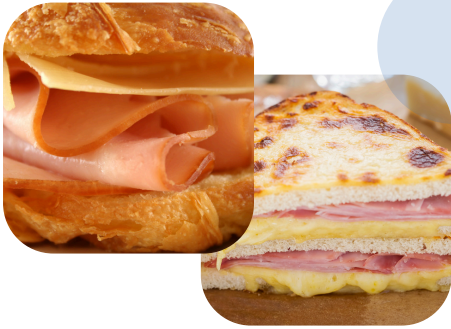


MENU

WINTER MENU

BREAKFAST (AVAILABLE FROM 8AM)



Cheese Toastie	\$4.00
Cheese & Tomato Toastie	\$4.50
Ham & Cheese Toastie	\$4.50
Ham, Cheese & Tomato Toastie	\$5.00
Ham & Tomato Toastie	\$4.50
Ham & Cheese Croissant	\$4.50
Bacon & Egg Roll	\$5.50

COLD FOOD

SUSHI (8 PIECES PER PACK)

Teriyaki Chicken, capsicum, carrot, cucumber
Sweet Chilli Chicken, capsicum, carrot, cucumber and sweet chilli mayonnaise
Chilli Tuna, capsicum, carrot and cucumber
Vegetarian, capsicum, carrot, cucumber (if ordered)

\$6.50

COLD ROLLS (2 ROLLS PER PACK)

Teriyaki Chicken, vermicelli noodles, cucumber, carrot and lettuce
Chicken roasted chicken, vermicelli noodles, cucumber, carrot and lettuce
Vegetarian Vermicelli noodles, cucumber, carrot and lettuce (if ordered)

\$6.50

SANDWICHES/ ROLLS/ WRAPS from \$4.00

Chicken, ham, cheese and salad options- just ask! Can be toasted too.
 (GF available)

SALADS

\$7.50

Chicken Caesar Chicken, lettuce, croutons, bacon, egg with Caesar dressing

Vietnamese Chicken Salad Vermicelli noodles, carrot, cucumber, lettuce and chicken with an Asian style dressing

Canteen staff can make a salad to your liking, just ask us.



SNACKS

FRESH FRUIT SALAD	\$4.50
FLEURIEU YOGHURT	\$3.50
YOGHURT SHOP YOGHURT	\$4.50
RED ROCK CHIPS (GF available)	
Small	\$2.50
Large	\$3.50
Sea salt, honey soy and sweet chilli and sour cream flavours	
MUFFINS	\$4.00
COOKIES	\$2.50
DF,GF CHOCOLATE CAKE (House-made)	\$4.00
DONUTS	\$4.00
HOME-MADE SCROLLS	\$3.00
Pizza napolitana sauce, ham and cheese	
Vegemite & Cheese	
Apple & Cinnamon	
HASHBROWNS (2 per serve)	\$3.00
ICECREAMS & ICY POLES	\$1.00 - \$4.50



HOT FOOD

Home-made fried rice \$5.50

With 4 spring rolls
G/F without spring rolls

Home-made taco bowl \$6.00

Corn chips topped with seasoned taco meat and cheese, served with lettuce, tomato and cucumber

Mac & Cheese \$6.00

Nachos \$5.50
Corn chips with mild salsa and cheese
G/F available
Tomato, cucumber and lettuce salad available for extra \$1.00

Spaghetti Bolognese \$6.00

Lasagna \$6.00
Beef or Vegetable lasagna
Tomato, cucumber and lettuce salad available for extra \$1.00

Baked potatoes \$6.00

Ham & cheese (G/F available)
Bolognese & cheese (G/F available)
Served with coleslaw, beetroot & pineapple

Sweet Chilli Chicken roll \$6.50

Hot roast chicken, sweet chilli mayonnaise and lettuce in a hotdog roll

Jumba \$4.50

Hot ham and cheese in a hamburger bun

Garlic bread \$3.00

Meatball sub \$6.50
Meatballs, napolitana sauce and cheese in a hot dog roll

Roast meat gravy roll \$6.50

Roast meat and gravy in a hot dog roll, meat will vary; please see staff



BURGERS & HOT DOGS

Chicken burger \$6.00

Oven baked crumbed chicken patty, lettuce and mayo

Beef burger \$6.00

Beef patty, cheese and tomato sauce
Add bacon \$1.00
Add tomato, beetroot, lettuce, cheese, pineapple, or extra sauce \$0.50 per item

Hot dog with sauce \$5.00

Hot dog with cheese & sauce \$5.50

Hot dog with bacon cheese & sauce \$6.50

Extra sauce \$0.50 each. Tomato, BBQ sauce and American Mustard available

BAKERY

Plain meat pie \$5.50

Sausage roll \$5.50

Spinach and feta roll (Vegetarian) \$5.50

Pasty (Meat or Vegetarian) \$5.50

Cheese kransky \$6.50

We have various other items available from \$5.50. Just ask.



TWISTERS & FOCCACIAS

Chicken Chilli Twister \$6.50

Wrap with oven baked chicken chilli tenders, lettuce and Caesar dressing
Add bacon \$1.00
Add tomato, beetroot, cheese, pineapple, or extra sauce \$0.50c per item added

FOCCACIAS \$6.50

Chicken Mayo Toasted focaccia bread with chicken, mayonnaise, tomato, bacon, cheese and baby spinach

Chicken Avo Toasted focaccia bread with chicken, avocado, tomato, bacon, cheese and baby spinach

Italian Toasted focaccia bread with napolitana sauce, ham, salami and cheese

TURKISH BREAD MELTS \$6.50

Parmi Toasted Turkish bread with oven baked chicken schnitzel, napolitana sauce and cheese

Add baby spinach, tomato \$0.50c per item added.

DRINKS

Bottled water \$1.00

Lipton iced tea \$4.00

Various flavours

Fleurieu Milk 600ml \$4.50

Various flavours (LF available)

Oak Milk 600ml \$4.50

Various flavours

Nippy's Milk 375ml \$3.50

Various flavours

Juices \$4.00

Various flavours

Nippy's Mineral Water 600ml \$4.00

Various flavours

Slushies

Small \$2.50

Large \$3.50

