

**Hello  
CANTEENS**

# CANTEEN MENU

**MADE FRESH. MADE LOCAL. MADE FOR YOU.**

## SANDWICHES



Cheese & Tomato	\$5.00
Ham & Cheese	\$5.00
Ham, Cheese & Tomato	\$5.00
Tuna	\$5.00
Chicken & Cheese	\$5.00
Curried Egg & Lettuce	\$5.00 <b>V</b>
Sweet Chilli Chicken	\$5.00
Chicken, Lettuce & Mayo	\$5.00
Salad (lettuce, tomato, cucumber, beetroot, carrot)	\$5.00 <b>V</b>
Chicken, Cheese & Tomato	\$5.00
Chicken Caesar	\$5.00
Ham & Salad	\$5.00
Chicken & Salad	\$5.00

Gluten Free Bread Available - Add 50c

**V = Vegetarian Option**



## WRAPS



Sweet Chilli Chicken	\$8.00
Salad (lettuce, tomato, cucumber, beet, carrot)	\$8.00 <b>V</b>
Chicken, Lettuce & Mayo	\$8.00
Chicken Caesar Salad	\$8.00
Ham & Salad	\$8.00



## BURGERS



Cheese Burger	\$6.00
Chicken Burger	\$6.00
Chicken & Cheese Burger	\$6.00
Vegetarian Burger	\$6.00 <b>V</b>
Chicken Schnitzel (Turkish bread, lettuce & mayo)	\$8.00

## HOT BITES



Spicy Chicken Wings (1 cup)	\$6.00
Chicken Nuggets (x6)	\$8.00
2 Minute Noodles	\$4.00
Hot Dogs	\$4.00
Chicken Chippies (x6)	\$4.00
Chicken Skewers	\$3.00
Garlic Bread	\$3.00 <b>V</b>
Hashbrowns	\$2.00 <b>V</b>

## FRUIT



Fruit Salad Bowl	\$5.00 <b>V</b>
Piece of Fruit	\$2.00 <b>V</b>
Watermelon Cup	\$4.00 <b>V</b>

## EXTRAS



Sauces	\$0.50
Spoons	\$0.20

## SUSHI — ALL SUSHI \$8.00



Tuna & Avocado	\$8.00
Tuna & Cucumber	\$8.00
Chicken & Cucumber	\$8.00
Chicken & Avocado	\$8.00

## SNACKS



Brownie	\$2.00 <b>V</b>
Red Rock Deli Chips	\$3.50 <b>V</b>
Donuts	\$4.00 <b>V</b>
Moosie	\$2.00 <b>V</b>
Snapsticks	\$2.00 <b>V</b>
Muffins	\$4.00 <b>V</b>
Frozen Yoghurt:	
• Strawberry	\$2.50 <b>V</b>
• Mango	\$2.50 <b>V</b>

## DRINKS



Water	
Oak Milk (500ml)	\$3.00
Flavours: Strawberry, Chocolate & Iced Coffee	Small \$3.50 Large \$4.50
Poppers (250ml)	\$3.00
Flavours: Apple Juice, Orange Juice	
Powerade (600ml)	\$4.50
Flavours: Mountain Blast, Blackcurrant, Berry Ice, Lemon Lime, Grape	
Juicebombs (250ml)	\$3.00
Flavours: Watermelon, Grape	
Assorted Kirk's Cans	\$3.00
Flavours: Assorted Kirk's No Sugar, Creaming Soda, Pasito, Lemonade, Lemon Squash	
Cans of Drinks	\$3.00
Flavours: Coke, Coke No Sugar, Pepsi Max	
Juice Bottles (500ml)	\$4.50
Flavours: Orange and Passionfruit, Orange and Mango, Orange, Apple	

## ROLLS



Chicken Gravy Roll	\$8.00
Bacon & Egg Roll	\$8.00
Chips & Gravy Roll	\$8.00 <b>V</b>
Pork & Gravy Roll	\$8.00

## RICE & PASTA



Butter Chicken (w/ rice)	\$9.00
Chicken Chasseur (w/ rice)	\$9.00
Fettuccine	\$9.00
Nachos	\$9.00
Mac Cheese	\$5.00 <b>V</b>
Lasagna	\$5.00 <b>V</b>
Spaghetti Bolognaise	\$5.00

## PASTRIES



Sausage Roll	\$4.50
Meat Pie	\$4.50
Cheese & Spinach Sausage Roll	\$4.50 <b>V</b>

HEALTHY CHOICES. HAPPY LUNCHTIMES