

FRESHLY
MADE!

CANTEEN MENU

BREAKFAST

BACON ROLL	\$4.50
EGG ROLL	\$4.50
BACON & EGG ROLL OR WRAP	\$5.00
CHEESE & BACON ROLL	\$4.00
ZAATAR	\$4.00
ZAATAR W/ CHEESE	\$4.50
MUFFIN	\$4.80
VARIETY OF FLAVOURS	
HAM & CHEESE CROISSANT	\$5.50

BREAKFAST MEAL DEALS

BACON & EGG ROLL OR WRAP & A SMALL FLAVOURED MILK	\$7.50
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TOASTED BANANA BREAD & A SMALL FLAVOURED MILK	\$7.00
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TOASTED SANDWICH

GLUTEN FREE OPTIONS
AVAILABLE (EXTRA \$1.00)

CHEESE	\$4.00
HAM & CHEESE	\$4.50
HAM, CHEESE & TOMATO	\$4.80



COLD FOOD

WATERMELON BOWL	\$4.80
FRESH FRUIT SALAD	\$4.80
YOGHURT & BERRIES	\$4.80
YOGHURT & MUESLI	\$4.80
FRUIT AVAILABLE DAILY	\$1.00

TURKISH (HOT)

CHICKEN SCHNITZEL DELIGHT CHICKEN SCHNITZEL, PESTO, ROAST CAPSICUM & CHEESE	\$6.80
CHICKEN DELIGHT ROAST CHICKEN, PESTO SUNDRIED TOMATOES & CHEESE	\$6.80
HAM DELIGHT SMOKED HAM, SUNDRIED TOMATOES & CHEESE	\$6.80
CAESAR DELIGHT CAESAR DRESSING, CHICKEN SCHNITZEL, CHEESE & BACON	\$6.80
MEDITERRANEAN DELIGHT OLIVES, ARTICHOKE, ROAST CAPSICUM & FETA	\$6.80
VEGETARIAN DELIGHT EGGPLANT, SUNDRIED TOMATOES, ROAST CAPSICUM & CHEESE	\$6.80

TURKISH (COLD)

SCHNITZEL TABOULI CHICKEN SCHNITZEL, HOMOUS & TABOULI	\$6.80
SWEET CHILLI CHICKEN SWEET CHILLI TENDERS, MAYO, TOMATO, LETTUCE & CHEESE	\$6.80

SANDWICH BAR

CHICKEN LETTUCE & MAYONNAISE	\$4.80
CHEESE & TOMATO	\$4.50
SMOKED HAM HAM, CHEESE & TOMATO	\$4.80
CHICKEN SCHNITZEL HOMOUS & TABOULI	\$5.00
SALAD LETTUCE, TOMATO, CUCUMBER, BEETROOT, ONION & CARROT	\$5.00
EGG EGG, MAYO & LETTUCE	\$4.50

BREADS

WHITE, WHOLEMEAL & MULTIGRAIN

GLUTEN, ROLL OR WRAP (EXTRA \$1.00)



PASTA

GLUTEN FREE OPTIONS AVAILABLE (EXTRA \$1.00)	SML	LRG
PENNE BOSCAIOLA HAM, MUSHROOM & CREAM SAUCE	\$6.00	\$7.00
SPAGHETTI BOLOGNESE	\$6.00	\$7.00

PIZZA

MARGARITA CHEESE & TOMATO	\$5.00
HAWAIIAN HAM & PINEAPPLE	\$5.50
BBQ CHICKEN BBQ CHICKEN WITH ONION & CHEESE	\$6.00



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SALADS



	SML	LRG
GREEK SALAD TOMATO, CUCUMBER, ONION, CAPSICUM, OLIVES & FETTA	\$5.50	\$6.50
CHICKEN PASTA SALAD ONION, MAYO, CHICKEN, CARROT, RED PEPPER, PARSLEY	\$5.50	\$6.50
CHICKEN CAESAR SALAD CHICKEN SCHNITZEL, COS LETTUCE, CAESAR DRESSING, BACON & CROUTONS	\$6.00	\$7.00
EASTERN DELIGHT SALAD TABOULI, HOMMUS, CHOICE OF SCHNITZEL OR FALAFEL W/ CRUNCHY PITA BREAD	\$6.00	\$7.00
THAI NOODLE SALAD GRILLED CHICKEN, VERMICELLI NOODLE, CUCUMBER, CAPSICUM & CARROT	\$6.00	\$7.00



WRAPS



SINGLE \$4.80 OR DOUBLE \$6.50

SWEET CHILLI CHICKEN CHICKEN, SALAD & CHEESE
CHICKEN CAESAR CHICKEN, BACON, CHEESE & CAESAR DRESSING
FALAFEL FALAFEL, HOMMUS, TABOULI, CUCUMBER & LETTUCE
CHICKEN SCHNITZEL CHICKEN SCHNITZEL, TABOULI, HOMMUS, TOMATO & LETTUCE

FROZEN TREATS

ICY POLES	\$2.50
MILO SCOOPS	\$4.80
MOOSIES	\$2.50



BURGERS

CHICKEN CAESAR BURGER GRILLED CHICKEN, CAESAR DRESSING, BACON & COS LETTUCE	\$6.50
CHEESE BURGER FRESH BEEF PATTY, CHEESE, FRESH TOMATO & TOMATO SAUCE	\$6.50
PERI PERI PORTUGUESE BURGER CHICKEN BREAST, PERI PERI SAUCE & LETTUCE	\$6.50
CHICKEN BURGER FRESH CHICKEN PATTY, LETTUCE & MAYO	\$6.00
GOURMET BURGER FRESH BEEF PATTY, ONION, BBQ SAUCE, BEETROOT, TOMATO & LETTUCE	\$6.50

HOT DISHES

	SML	LRG
SPECIAL FRIED RICE	\$5.50	\$6.50
BUTTER CHICKEN WITH RICE	\$6.00	\$7.00
LEAN BEEF PIE		\$5.00
LEAN SAUSAGE ROLL		\$4.50
SPINACH & CHEESE ROLL		\$5.00
OVEN BAKED WEDGES	CUP	\$5.00
	TRAY	\$6.00
GARLIC BREAD		\$2.50

DRINKS

WATER	600ml	\$2.50
	1L	\$5.00
ALOE VERA		\$4.80
JUICE 500ml		\$5.00
ORANGE, APPLE		
ICED TEA		\$4.80
POWERADE		\$5.00
LOW SUGAR CAN DRINKS		\$3.00
FLAVOURED MILKS	300ml	\$3.00
CHOCOLATE & STRAWBERRY	500ml	\$4.80
UP & GO		\$3.00

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