

CanTeen MENU



BREAKFAST

Hot Food	
Bacon Roll (A)	\$3.50
Egg Roll (A)	\$3.50
Bacon Egg Roll/Wrap (A)	\$4.00
Breakfast Meal Deal (A)	
Egg & bacon roll or wrap & small flavoured milk	\$5.50
Toasted banana bread & small flavoured milk	\$5.50
Toasted ham, cheese & tomato sandwich & small flavoured milk	\$6.00
Toasted Sandwiches (G)	
Cheese	\$3.30
Ham & cheese	\$3.60
Ham, cheese & tomato	\$4.00
Toast (G)	
Jam or honey	\$2.00
Healthy Start	
Fresh Fruit Salad (G) (GF) Seasonal Fruit & Yoghurt	\$4.00
Yoghurt & Muesli (G) (GF)	\$4.00
Yoghurt & Berries (G) (GF)	\$4.00
Fruit available daily	\$1.00
Cereal & Milk (G)	
Assorted	\$2.50
Smoothies (G)	\$4.00

COLD BAR

Sushi (G) (GF)	
Chicken Teriyaki (G)	\$3.50
Tuna (GF) (G)	\$3.50
California Roll (G)	\$3.50
Vegetable (GF) (G)	\$3.50
Vietnamese rice paper roll (G)	\$4.00
Wraps (G)	
Sweet chilli chicken, salad & cheese	
Chicken Caesar, croutons, bacon, cheese & Caesar dressing	
Falafel, tabouli, cucumber, lettuce & hommus	
Chicken tandoori, yoghurt, cucumber & lettuce	
Chicken schnitzel, tabouli, hommus, tomato & lettuce	
Single wrap	\$3.50
Double wrap	\$5.50

Juice 250ml (G) \$2.50	Juice 500ml (A) \$3.50
Orange, Orange Mango, Orange Passionfruit, Apple	
Water (G)	
Spring Water 600ml	\$2.00
Spring Water Sports Cap 1ltr	\$3.50

HOT FOOD



Gourmet Burger (A)	Fresh beef, onion, bbq sauce, beetroot, tomato, lettuce	\$5.00
Chicker Caesar Burger (A)	Grilled chicken, Caesar dressing, bacon, croutons & cos lettuce	\$5.00
Veggie Burger (G)	Chickpea & lentil patty, yoghurt, avocado, beetroot, alfalfa & cheese	\$5.00
Peri Peri Portuguese Burger (A)	Portuguese chicken, peri peri sauce, lettuce	\$5.00
Chicken Burger (A)	Fresh chicken patty, lettuce & mayo	\$4.60
Fish Burger (A)	Battered fish, lettuce & mayo	\$4.80
Cheese Burger (A)	Fresh beef patty, tasty cheese, tomato sauce & fresh tomato	\$4.60
Hot Chicken Schnitzel Roll (A)	Chicken schnitzel, lettuce & mayo	\$5.00
Sweet Chilli Chicken Tender Roll (A)	Sweet chilli chicken, lettuce & mayo	\$4.50
Hotdog		\$4.00
Pasta		
Lasagne (G)		
Homemade beef		\$5.50
Homemade vegetarian		\$5.50
Pasta Penne (G)		
Vegetarian		\$5.50
Char grilled vegetables & salsa		\$5.50
Chicken Fettuccine (A)	Chicken, sundried tomatoes, in a pink sauce	\$5.50
Spaghetti Bolognese (G)		\$5.50
Hot Meals		
Special Fried Rice (G)		\$4.50
Butter Chicken (A) With rice		\$5.50
Satay Chicken (A) With rice		\$5.50
Curry Chicken (A) With rice		\$5.50
Mongolian Beef (A) With rice		\$5.50
Sweet & Sour Pork (A) With rice		\$5.50
Pies		
Lean Beef Pie (A)		\$3.50
Lean Sausage Rolls (A)		\$3.30
Lean Shepherd's Pie (A)		\$3.80
Spinach & Ricotta Roll (A)		\$3.50
Home Made Pizza Slab		
Margarita (G) Cheese & Tomato		\$4.00
Vegetarian (G) Olives, eggplant & roast capsicum		\$4.50
Hawaiian (G) Ham & Pineapple		\$4.50

SAVOURY

Salads

Greek Salad (G) (GF)	Tomato, cucumber, onion, capsicum, olives and feta	Small Large	\$4.00 \$5.00
Chicken Avocado Pasta Salad (G)	Onions, mayonnaise, avocado, chicken, carrot, capsicum and parsley		\$4.00 \$5.00
Tuna Pasta Salad (G)	Tuna, carrot, capsicum parsley, pasta		\$4.00 \$5.00
Pesto Pasta Salad (G)	Pesto, olives, sundried tomatoes & carrot		\$4.00 \$5.00
Pumpkin Salad (G) (GF)	Pumpkin, English spinach, pine nuts & feta cheese		\$4.00 \$5.50
Garden Salad (GF)	Mesclun lettuce, cherry tomatoes, cucumber, carrot, capsicum & sprouts		\$3.50 \$4.50
Potato Salad (GF)	Potato, parsley, Spanish onion & mayo		\$3.00 \$4.00
Chicken Caesar (G)	Cos lettuce, Caesar dressing, bacon and croutons		\$4.50 \$5.50
Green Bean (G) (GF)	Mixed beans, capsicum & parsley		\$3.50 \$4.50
Sandwich Bar			
Chicken (G) Lettuce & mayo			\$4.00
Turkey (G) Cranberry, alfalfa, cheese			\$4.00
Cheese Tomato (G) Cheese & tomato			\$3.50
Smoked Ham (G) Cheese & tomato			\$4.00
Chicken schnitzel (G) Hommus & tabouli			\$4.00
Salad (G) Lettuce, tomato, cucumber, beetroot, onion & alfalfa			\$4.00
Egg (G) Mayo & lettuce			\$3.50
Tuna (G) Mayo, cucumber, Spanish onion & cheese			\$4.00
Vegetarian (G) Grilled eggplant, lettuce, sundried tomato, roast capsicum			\$4.00
Breads (G)			
White, wholemeal or multigrain wrap			\$1.00
White roll			\$1.00
Turkish/Focaccia			\$1.00
Turkish Breads			
Chicken Schnitzel Delight (A)			\$5.50
Chicken schnitzel, roast capsicum, pesto & cheese			\$5.50
Chicken Delight (A)			\$5.00
Roast chicken, avocado, sundried tomatoes & cheese			\$5.00
Mediterranean Delight (A)			\$5.00
Olives, artichokes, roast capsicum & feta cheese			\$5.00
Vegetarian Delight (A)			\$5.00
Eggplant, sundried tomatoes, roast capsicum & cheese			\$5.00
Ham Delight (A)			\$5.00
Smoked ham, sundried tomatoes, olives & cheese			\$5.00
Turkey Delight (A)			\$5.00
Roast turkey, cranberry sauce & cheese			\$5.00

BEVERAGES · COLD DRINKS

Ice Tea (A)	
Lemon, Mango, Peach or Green Citrus	\$3.80
Milk Low Fat 300ml (G) \$2.50	Milk Low Fat 600ml (G) \$3.50
Chocolate, Strawberry, Iced Coffee, Banana	

Dare 500ml (A)	
Espresso or Mocha	\$3.80
Flavoured Milkshakes (A)	
Chocolate, strawberry, vanilla, caramel	\$3.50