



# Made Fresh Canteen Menu



**If Gluten Free food is required please order before 8.30am**

**GFA=Gluten Free options available GF=Gluten Free V=Vegetarian LF=Lactose Free**

## BREAKFAST

	<b>GFA V LF</b>	\$2.00
	<b>V</b>	\$2.50
	<b>V</b>	\$3.50
		\$4.50
		\$5.00



### Good Morning Toasted sandwiches & wraps

	<b>GFA V</b>	\$3.50
	<b>GFA LF</b>	\$4.00
	<b>GFA V</b>	\$4.00
	<b>GFA</b>	\$4.50
	<b>GFA</b>	\$5.00

Prices listed are for a toasted sandwich. Upgrade to a toasted wrap for \$1

### Choose one item from the breakfast menu and get

	extra	<b>GFA V LF</b>	\$1.50
	extra	<b>GFA V LF</b>	\$2.50
	extra	<b>GFA V LF</b>	\$2.50
	extra	<b>GFA V LF</b>	\$2.50

## SANDWICHES

	<b>GFA V</b>	\$3.50
	<b>GFA V</b>	\$4.00
	<b>GFA</b>	\$4.50
	<b>GFA</b>	\$5.00
	<b>GFA</b>	\$5.00
	<b>GFA</b>	\$5.00
	<b>GFA V LF</b>	\$5.00
		\$5.50



## WRAPS & ROLLS

	<b>GFA V</b>	\$4.50
	<b>GFA V</b>	\$5.00
	<b>GFA</b>	\$5.50
	<b>GFA</b>	\$6.00
	<b>GFA</b>	\$6.00
	<b>GFA</b>	\$6.00
	<b>GFA V LF</b>	\$6.00
		\$6.50



## SALADS (All Salads served in 12oz bowl)

	<b>GF V LF</b>	\$5.50
	<b>GF V</b>	\$6.50
	<b>GF LF</b>	\$6.50
	<b>GF LF</b>	\$6.50
	<b>GF V</b>	\$6.50
	<b>GF LF</b>	\$6.50
	<b>GF LF</b>	\$6.50
	<b>GFA</b>	\$6.50
	<b>GFA</b>	\$6.50
	<b>GFA LF</b>	\$6.50



All salads are available every day if you pre order before 8.30am

## SUSHI

	<b>GF LF</b>	\$5.00
	<b>GF V LF</b>	\$5.00
	<b>GF LF</b>	\$5.00
	<b>GF LF</b>	\$5.00



## HOT FOOD

	<b>V</b>	\$1.80
		\$2.50
	<b>GF LF</b>	\$2.50
	<b>V</b>	\$3.00
	<b>V</b>	\$3.00
		\$4.00
		\$4.00
		\$4.00
		\$4.00
		\$5.50
		\$5.50
	<b>V</b>	\$3.00
	<b>V</b>	\$3.50
	<b>V</b>	\$5.50
		\$6.00
		\$6.00
		\$6.00
	<b>V</b>	\$5.50
	<b>V</b>	\$6.00
		\$5.50
		\$6.00
		\$6.50
		\$6.50
	<b>V</b>	\$6.50
	<b>LF</b>	\$6.50
		\$6.50
	<b>LF</b>	\$6.50
	<b>V</b>	\$6.50
		\$6.50
		\$6.50
	<b>LF</b>	\$7.00
		\$7.00



## HOMEMADE MEALS (TWO cooked each day)

### Australian, European, Asian & Mexican Meals

	<b>V</b>	\$6.00
		\$6.00
		\$6.00
	<b>GFA LF</b>	\$6.00
	<b>GFA</b>	\$6.00
		\$6.00
	<b>GFA V LF</b>	\$6.00
		\$6.00
		\$6.00
	<b>GF V LF</b>	\$6.00
	<b>GF LF</b>	\$6.00
		\$6.00
	<b>GF LF</b>	\$6.00
		\$6.00
	<b>LF</b>	\$6.00
	<b>V LF</b>	\$6.00



## FRESH FRUIT & YOGHURT

	<b>GF V LF</b>	\$1.50
	<b>GF V LF</b>	\$2.50
	<b>GF V LF</b>	\$3.00
	<b>GF V LF</b>	\$3.00
	<b>GF V LF</b>	\$3.50
	<b>GF V</b>	\$3.50
	<b>V</b>	\$4.00
	<b>GF V LF</b>	\$5.00
	<b>GF V LF</b>	\$5.50
	<b>GF V</b>	\$6.00



## MILK - JUICES - DRINKS

	<b>GF V LF</b>	\$2.00
	<b>GF V LF</b>	\$2.50
	<b>GF V LF</b>	\$3.50
	<b>V LF</b>	\$2.80
	<b>V</b>	\$3.30
	<b>GF V</b>	\$3.50
	<b>GF V</b>	\$4.50
	<b>V</b>	\$5.50
	<b>GF V LF</b>	\$3.00
	<b>V LF</b>	\$5.00
	<b>GF V LF</b>	\$5.50



## SNACKS & FROZEN ITEMS

	<b>V LF</b>	\$1.50
	<b>V</b>	\$1.50
	<b>V</b>	\$3.00
	<b>GF V LF</b>	\$1.00
		\$1.50
	<b>V</b>	\$2.00
	<b>V</b>	\$2.50
	<b>GF V</b>	\$2.50
	<b>GF V LF</b>	\$2.50
	<b>V LF</b>	\$1.00
	<b>GF V LF</b>	\$1.50
	<b>GF V LF</b>	\$2.00
	<b>GF V LF</b>	\$2.50
	<b>V</b>	\$2.00
	<b>V</b>	\$2.50
	<b>GF V</b>	\$3.00
	<b>LF</b>	\$2.50
		\$2.50
		\$3.50
	<b>GF V</b>	\$3.00
	<b>V</b>	\$3.50
		\$4.00
		\$4.50



We have all types of bread: White, Wholemeal or Multigrain, Wraps, White Roll or Focaccia

Gluten Free sliced bread extra \$1.00 - Upsize Salad to 20oz extra \$2.00

Extra fillings 0.80c each: lettuce, tomato, cucumber, carrot, beetroot, olives, onion, capsicum

Extra fillings \$1.00 each: cheese, ham, chicken, egg, pineapple, avocado

Sauce each 50c - Cutlery each 30c

**OUR FOOD IS MADE IN THE CANTEEN DAILY FROM FRESH INGREDIENTS**