



Made Fresh Canteen Menu

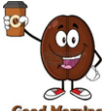


If Gluten Free food is required please order before 8.30am

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

BREAKFAST

	GFA V LF	\$2.00
	V	\$2.50
	V	\$3.50
		\$4.50
		\$5.00



Good Morning Toasted sandwiches & wraps

	GFA V	\$3.50
	GFA LF	\$4.00
	GFA V	\$4.00
	GFA	\$4.50
	GFA	\$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	GFA V LF	\$1.50
	extra	GFA V LF	\$2.50
	extra	GFA V LF	\$2.50
	extra	GFA V LF	\$2.50

SANDWICHES

	GFA V	\$3.50
	GFA V	\$4.00
	GFA	\$4.50
	GFA	\$5.00
	GFA	\$5.00
	GFA	\$5.00
	GFA V LF	\$5.00
		\$5.50



WRAPS & ROLLS

	GFA V	\$4.50
	GFA V	\$5.00
	GFA	\$5.50
	GFA	\$6.00
	GFA	\$6.00
	GFA	\$6.00
	GFA V LF	\$6.00
		\$6.50



SALADS (All Salads served in 12oz bowl)

	GF V LF	\$5.50
	GF V	\$6.50
	GF LF	\$6.50
	GF LF	\$6.50
	GF V	\$6.50
	GF LF	\$6.50
	GF LF	\$6.50
	GFA	\$6.50
	GFA	\$6.50
	GFA LF	\$6.50



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

SUSHI

	GF LF	\$5.00
	GF V LF	\$5.00
	GF LF	\$5.00
	GF LF	\$5.00



HOT FOOD

	V	\$1.80
		\$2.50
	GF LF	\$2.50
	V	\$3.00
	V	\$3.00
		\$4.00
		\$4.00
		\$4.00
		\$4.00
		\$5.50
		\$5.50
	V	\$3.00
	V	\$3.50
	V	\$5.50
		\$6.00
		\$6.00
		\$6.00
	V	\$5.50
	V	\$6.00
		\$5.50
		\$6.00
		\$6.50
		\$6.50
	V	\$6.50
	LF	\$6.50
		\$6.50
	LF	\$6.50
	V	\$6.50
		\$6.50
		\$6.50
	LF	\$7.00
		\$7.00



HOMEMADE MEALS (TWO cooked each day)

Australian, European, Asian & Mexican Meals

	V	\$6.00
		\$6.00
		\$6.00
	GFA LF	\$6.00
	GFA	\$6.00
		\$6.00
	GFA V LF	\$6.00
		\$6.00
		\$6.00
	GF V LF	\$6.00
	GF LF	\$6.00
		\$6.00
	GF LF	\$6.00
		\$6.00
	LF	\$6.00
	V LF	\$6.00



FRESH FRUIT & YOGHURT

	GF V LF	\$1.50
	GF V LF	\$2.50
	GF V LF	\$3.00
	GF V LF	\$3.00
	GF V LF	\$3.50
	GF V	\$3.50
	V	\$4.00
	GF V LF	\$5.00
	GF V LF	\$5.50
	GF V	\$6.00



MILK - JUICES - DRINKS

	GF V LF	\$2.00
	GF V LF	\$2.50
	GF V LF	\$3.50
	V LF	\$2.80
	V	\$3.30
	GF V	\$3.50
	GF V	\$4.50
	V	\$5.50
	GF V LF	\$3.00
	V LF	\$5.00
	GF V LF	\$5.50



SNACKS & FROZEN ITEMS

	V LF	\$1.50
	V	\$1.50
	V	\$3.00
	GF V LF	\$1.00
		\$1.50
	V	\$2.00
	V	\$2.50
	GF V	\$2.50
	GF V	\$2.50
	V LF	\$1.00
	GF V LF	\$1.50
	GF V LF	\$2.00
	GF V LF	\$2.50
	V	\$2.00
	V	\$2.50
	GF V	\$3.00
	LF	\$2.50
		\$2.50
		\$3.50
	GF V	\$3.00
	V	\$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