



# THE HEALTHY CANTEEN

MENU	PRICE	EVERYDAY OCCASIONAL
<b>PIZZA (HOMEMADE)</b>		
BBQ CHICKEN PIZZA .....	\$4.20	E
CHEESE PIZZA .....	\$4.00	E
HAM & CHEESE PIZZA .....	\$4.00	E

## HOT FOODS

MAC & CHEESE (200G HOMEMADE) .....	\$4.00	E
SPAGHETTI BOLOGNESE (200G HOMEMADE) .....	\$4.00	E
BUTTER CHICKEN & RICE (200G HOMEMADE) .....	\$4.00	E
CHICKEN BREAST NUGGETS .....	\$0.80 (EACH)	O
HASH BROWN .....	\$1.00	O
1/2 GARLIC BREAD .....	\$1.50	O
HOT DOG WITH SAUCE .....	\$2.50	O
MEATBALL SUB .....	\$4.20	O
PORK STEAMED DUMPLINGS .....	\$1.00 (EACH)	E
MINI PARTY PIE .....	\$1.00	O
TRAVELERS MEAT PIE .....	\$3.50	O
SAUSAGE ROLL .....	\$3.50	O
CUP OF NOODLES (CHICKEN OR BEEF) .....	\$2.50	O
CHEESE ROLL .....	\$2.50	E
CHEESE & BACON ROLL .....	\$2.50	E
CORN COB .....	\$1.00	E
FISH FINGERS .....	\$0.80 (EACH)	O

## TOASTIES

CHEESE .....	\$2.50	E
CHEESE AND TOMATO .....	\$2.50	E
SPAGHETTI .....	\$2.50	E
BAKED BEANS .....	\$2.50	E

## Everyday MEAL DEALS!

(\$6.00)

### CHOOSE ONE MAIN

- PIZZA
- BURGER
- TOASTIES
- WRAP/SANDWICH OR ROLL
- SALAD BOWL
- RICE PAPER ROLL (2-PACK)

### CHOOSE ONE SNACK

- FRUIT
- FRESH POPCORN
- FREZZY POP/TNT ICEBLOCK
- FRESH CUSTARD CUP

### CHOOSE ANY DRINK DRINK

## FRUIT/YOGURT & CUSTARD

### FRESH FRUIT

(SLINKY APPLE, ORANGE OR BANANA) .....	\$1.00	E
WATERMELON CUP (SEASONAL) .....	\$1.50	E
STRAWBERRIES CUP (SEASONAL) .....	\$1.50	E
GRAPE CUP (SEASONAL) .....	\$1.50	E
FRUIT SALAD .....	\$3.00	E
FRUIT SALAD W/ YOGURT .....	\$3.50	E
VANILLA YOGURT .....	\$2.00	E
DIET JELLY .....	\$1.00	E
HOMEMADE CUSTARD CUP .....	\$0.80	E

## BURGERS

BEEFY BURGER .....	\$4.00	E
SCHNITZ BURGER .....	\$4.00	E
OCEAN CATCH BURGER .....	\$4.00	E
VEGIE BURGER .....	\$4.00	E

Order Online:  
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Order Before 9:30AM Daily

EFTPOS Available:



Notice:

If you have any food allergies or special dietary restrictions, please notify the staff and we will accommodate you.

Contact:

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MENU	PRICE	EVERYDAY OCCASIONAL
<b>SALAD BOWLS</b>		
GREEN SALAD (MIXED LETTUCE LEAVES, TOMATO, BEETROOT, CARROT, CUCUMBER)	\$3.50	E
CHICKEN SALAD (ROAST CHICKEN, MIXED LETTUCE LEAVES, TOMATO, BEETROOT, CARROT, CUCUMBER)	\$3.80	E
SWEET CHILI CHICKEN SALAD (CHICKEN TENDERS, MIXED LETTUCE LEAVES, TOMATO, BEETROOT, CARROT, CUCUMBER, SWEET CHILLI SAUCE)	\$3.80	E
TUNA & SALAD (TUNA, MIXED LETTUCE LEAVES, TOMATO, BEETROOT, CARROT, CUCUMBER)	\$3.80	E
HAM SALAD (HAM, MIXED LETTUCE LEAVES, TOMATO, BEETROOT, CARROT, CUCUMBER)	\$3.80	E
<b>SALAD BOWLS</b>		
AVOCADO, CHEESE, CHICKEN, EGG	\$1.00	E EXTRA
<b>CHOOSE DRESSING W/ SALAD</b>		
FRENCH, BALSAMIC, ITALIAN, CAESAR, SWEET CHILLI OR MAYONAISE	FREE	E
<b>RICE PAPER ROLLS (2 PACK) WITH SWEET CHILLI OR SOY SAUCE</b>		
<b>VEGETARIAN</b> (VERMICELLI NOODLES, LETTUCE, CARROT, CUCUMBER)		
	\$4.00	E
<b>CHICKEN</b> (VERMICELLI NOODLES, ROAST CHICKEN, LETTUCE, CARROT, CUCUMBER)		
	\$4.00	E
<b>TUNA</b> (VERMICELLI NOODLES, TUNA, CUCUMBER AND MAYO)		
	\$4.00	E

### SANDWICH OR BREAD ROLL WHITE, WHOLEMEAL OR GLUTEN FREE (EXTRA \$1.00)

VEGEMITE, JAM OR HONEY (TOASTED OPTIONAL)	\$1.50	E
CHEESE	\$2.20	E
HAM	\$2.50	E
EGG (PLAIN OR CURRIED EGG)	\$2.50	E
SALAD (LETTUCE, TOMATO, CUCUMBER, CARROT, BEETROOT)	\$3.00	E
CHEESE & TOMATO	\$2.50	E
CHICKEN & CHEESE	\$3.00	E
CHICKEN, LETTUCE & MAYO	\$3.00	E
HAM & CHEESE	\$2.80	E
HAM, CHEESE & SALAD	\$3.50	E
TUNA	\$2.50	E
TUNA & SALAD	\$3.00	E



**Everyday**  
MEAL DEALS! (\$6.00)

#### CHOOSE ONE MAIN

PIZZA  
BURGER  
TOASTIES  
WRAP/SANDWICH OR ROLL  
SALAD BOWL  
RICE PAPER ROLL (2-PACK)

#### CHOOSE ONE SNACK

FRUIT  
FRESH POPCORN  
FREZZY POP/TNT ICEBLOCK  
FRESH CUSTARD CUP

#### CHOOSE ANY DRINK

DRINK

### FRESH WRAPS (WHITE OR WHOLEMEAL)

CHICKEN CAESAR WRAP (CHICKEN, COS LETTUCE, EGG, CHEESE, CAESAR DRESSING)	\$4.00	E
CHICKEN BREAST SCHNITZEL (CHICKEN SCHNITZEL, LETTUCE & MAYO)	\$4.00	E
CHICKEN & SWEET CHILLI WRAP (SWEET CHILLI SAUCE, CHICKEN TENDERS, LETTUCE)	\$4.00	E
HAM & SALAD WRAP (HAM, LETTUCE, TOMATO, CUCUMBER, CARROT, BEETROOT)	\$4.00	E
SALAD WRAP (LETTUCE, TOMATO, CUCUMBER, CARROT, BEETROOT)	\$4.00	E
TOASTED PIZZA WRAP (PIZZA SAUCE, CHEESE HAM, PINEAPPLE)	\$4.00	E



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<b>SMOOTHIES (FULL CREAM, SKIM, LACTOSE FREE OR SOY - 250ML)</b>		
<b>MIXED FRUIT</b> (STRAWBERRIES, MANGO, PEACHES, YOGURT & MILK)	\$3.00	E
<b>BANANA &amp; HONEY SMOOTHIE</b> (BANANA, HONEY, YOGURT & MILK)	\$3.00	E
<b>STRAWBERRY SMOOTHIE</b> (STRAWBERRIES, YOGURT & MILK)	\$3.00	E



## DRINKS

CHILL J 100% SPARKLING FRUIT JUICE (ORANGE PASSION)	\$2.50	E
CHILL J 100% SPARKLING FRUIT JUICE (GRAPE)	\$2.50	E
ORANGE POPPER	\$1.60	E
APPLE POPPER	\$1.60	E
TROPICAL POPPER	\$1.60	E
JUICE BOMB (WATERMELON)	\$2.50	E
JUICE BOMB (BLACKCURRANT)	\$2.50	E
LIGHT CHOCOLATE FLAVOURED MILK	\$2.50	E
LIGHT BANANA FLAVOURED MILK	\$2.50	E
LIGHT STRAWBERRY MILK	\$2.50	E



PLAIN MILK	\$2.00	E
250ML WATER	\$1.50	E
600ML WATER	\$2.00	E
<b>SLUSHIES</b> (100% JUICE - BLUEBERRY OR RASPBERRY FLAVOURS)	\$2.00	E
HOT CHOCOLATE	\$1.50	E
UP & GO BANANA	\$2.50	E
UP & GO CHOCOLATE	\$2.50	E
UP & GO STRAWBERRY	\$2.50	E



## SNACKS

CHOCOLATE CHIP MUSELI BARS	\$1.50	0
BREADSTICKS (PLAIN OR PIZZA)	\$0.20	E
GRAIN WAVES (SOUS CREAM & CHIVES)	\$1.50	0
RICE SNAPS (BBQ, LIGHT & TANGY)	\$1.50	0
NOODLE SNACKS (BBQ OR CHICKEN)	\$1.00	0
RICE STICKS (CHEESE)	\$1.50	0
POPCORN CUP (FRESH PLAIN)	\$0.40	E
MILO ENERGY SNACK BAR (ORIGINAL)	\$1.50	0
PIKELETS [2] (JAM, HONEY OR GOLDEN SYRUP)	\$1.20 (60C EACH)	E

## ICE CREAMS/FROZEN SNACKS & ICE BLOCKS

TNT SOUR BLUE RASPBERRY OR RASPBERRY BLAST	\$1.00	E
TNT RASPBERRY BLAST FREEZY POP	\$1.50	E
ICE MONY (CHOCOLATE OR SOUR BLUE RASPBERRY)	\$1.00	E
CHOCOLATE MOOSIE	\$2.20	0
PUSH POP (LEMONADE OR WILD BERRY)	\$1.60	E
PADDLE POP (CHOCOLATE OR RAINBOW)	\$1.80	0
SNAP STIX (SOUS BLUE, SOUS GRAPE, OR PINEAPPLE)	\$1.00	E
VANILLA DIXIE CUP	\$1.20	0
ZOOOPER DOOPERS	\$0.80	E
FROZEN JUICE CUP (APPLE & BLACKCURRANT)	\$1.00	E

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