

Wraps + PANINIS

BLAT Toasted Turkish (Bacon, Cheese, Lettuce, Avocado, Tomato & Mayonnaise)	7.00
Chicken Caesar Toasted Turkish (Poached Chicken, Bacon, Parmesan, Lettuce & Caesar Dressing)	7.00
Salad Wrap/Turkish Choice of Chicken, Ham, Cheese, or Egg Mayo (All served with Tomato, Cucumber, Lettuce, Grated Carrot & Mayo)	7.00
Chicken Caesar Wrap (Poached Chicken, Bacon, Egg, Parmesan, Lettuce & Caesar Dressing)	7.00
Chicken Schnitzel Wrap (Bread Crumbed Chicken, Lettuce & Mayonnaise)	7.00
Egg Mayonnaise & Lettuce Sandwich Chicken Mayonnaise, Tomato & Lettuce Sandwich Ham, Cheese & Tomato Sandwich	6.00

THE Salad Bar

Mexican Chicken Burrito Bowl (Mon/Tues/Thurs) (Spiced Chicken, Rice, Corn Chips, Tomato, Lettuce, Spanish Onion, Salsa & Guacamole)	7.00
Chicken Caesar Salad (Poached Chicken, Bacon, Egg, Lettuce, Parmesan Croutons & Caesar Dressing)	7.00
Greek Salad (Feta, Tomato, Cucumber, Lettuce, Olives Spanish Onion & Balsamic Dressing)	7.00

BREAKFAST+ Snacks

Ham/Chicken, Cheese with Avocado or Tomato Toastie	6.00
Ham/Sweet Chilli Chicken/Tomato with Cheese Toastie	5.50
Fruit Salad Pot	4.50
Watermelon Pot	4.50
Banana Bread	4.50
Muffins	4.50
Cinnamon Scroll	4.50
Hash Browns	4.00
Cheese and Bacon Roll	4.00
Cheese & Vegemite Scroll	4.00
Red Rock Chips (Honey Soy/Sea Salt/Sweet Chilli & Sour Cream)	3.50
Watermelon Slice	3.00
Chocolate Chip Cookie	1.50

DRINKS

Oak Flavoured Milk 600ml/300ml (Chocolate, Strawberry, Iced Coffee)	5.50/4.00
Aloe Chilli (Grape, Lychee, Peach, Watermelon)	5.50
The Juice Farm Juice (Apple, Orange, Lemonade)	5.00
Waterfords (Orange & Passionfruit, Lime, Watermelon)	5.00
Glee (Grape, Sour Watermelon)	4.50
Up & Go (Chocolate /Vanilla)	4.00
Water 600ml	3.00

MONDAY

DAILY SPECIAL

Mediterranean Chicken Kebab with Cheese,
Lettuce, Tomato and Aioli 7.00

TUESDAY

DAILY SPECIAL

Pepperoni Pizza
Cheesy Garlic Pizza 7.00

WEDNESDAY

DAILY SPECIAL

Beef Nachos with Salsa & Sour Cream
Cheese Nachos with Salsa & Sour Cream 7.00/6.00

THURSDAY

DAILY SPECIAL

Mexican Beef Burrito 7.00

FRIDAY

DAILY SPECIAL

Greek Chicken, Feta, Spinach, Sun Dried Tomato
Spanish Onion & Aioli Toasted Turkish 7.00

EVERYDAY

Hot Food

Loaded Bacon & Cheese Potato Gems	7.00
Chicken Tenders	6.50
Minced Beef Pie / Potato Pie	6.00
Sausage Roll	6.00
Potato Gems	6.00
Vegetarian Spring Rolls	4.50
Garlic Bread	4.50
Ham & Cheese Pocket	4.00
Tandoori Chicken & Cheese Pocket (Tues/Thurs)	4.00
Pepperoni Pizza Pocket (Mon/Wed/Fri)	4.00

PASTA

Specials

MONDAY

Penne Bolognese 7.00

TUESDAY

Creamy Pesto Chicken Penne 7.00

WEDNESDAY

Bruschetta Pasta Salad
(Feta, Tomato, Baby Spinach, Spanish Onion
with Pesto Dressing & topped with Crostini) 7.00

THURSDAY

Penne Carbonara 7.00

FRIDAY

Chicken Caesar Pasta Salad
(Poached Chicken, Bacon, Lettuce
Spanish Onion & Parmesan with Caesar Mayonnaise) 7.00

SPECIAL OFFERS

All Day Value Pack 16.00
Chicken Schnitzel Wrap, Popcorn,
Chocolate Chip Cookie
Apple & Water

Lunch Special Offer 11.50
Daily Lunch Special, Cookie & Flavoured Milk

Toasted Pocket Special Offer 10.00
Choice of Two Pockets & Water

FRESH
FOOD Fast

CANTEEN CATERING FOR THE CENTRAL COAST