

## 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

## DRINKS

Chill Iced Tea Mango, Peach, Watermelon)	5.50
Waterfords (Orange & Passionfruit, Lime)	5.50
The Juice Farm Juice (Apple, Lemonade, Orange)	5.00
Up & Go (Chocolate/Vanilla)	4.00
Oak Flavoured Milk 300ml (Chocolate, Strawberry, Iced Coffee)	4.00
Water 600ml	3.00

## BREAKFAST+ Snacks

Create your own Toastie Ham/Sweet Chilli or Tandoori Chicken/Cheese/Avocado/Tomato	6.00
Fruit Salad Pot	4.50
Watermelon Pot	4.50
Yoghurt and Strawberry Coulis Pot	4.50
Banana Bread	4.50
Chocolate Muffin	4.50
Blueberry Muffin	4.50
Cinnamon Scroll	4.50
Cheese and Bacon Roll	4.00
Cheese & Vegemite Scroll	4.00
Red Rock Chips (Sea Salt/Sweet Chilli & Sour Cream)	3.50
Grain waves (Sour Cream & Chive)	2.50
Chocolate Chip Cookie	1.50

**EVERYDAY**

*Hot Food*

Chicken Tenders	6.50
Minced Beef Pie	6.00
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

**THE**

*Salad Bar*

Mexican Chicken Burrito Bowl (Mon/Thurs) (Spiced Chicken, Rice, Corn Chips, Cheese, Tomato, Lettuce, Spanish Onion, Salsa & Guacamole)	7.00
Mediterranean Pasta Salad (Tues/Wed) (Penne with Feta, Baby Spinach, Tomato, Cucumber, Spanish Onion with Lemon Dressing & Olive Oil Dressing)	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

**MONDAY**

**DAILY SPECIAL**

Pepperoni Pizza Cheesy Garlic Pizza	7.00
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**TUESDAY**

**DAILY SPECIAL**

Tuna Mayonnaise, Teriyaki Chicken or Avocado Sushi Box	7.00
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**WEDNESDAY**

**DAILY SPECIAL**

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

**DAILY SPECIAL**

Chicken, Bacon, Cheese, Avocado & Baby Spinach Toasted Turkish	7.00
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**FRIDAY**

**DAILY SPECIAL**

Mexican Chicken Burrito	7.00
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CANTEEN CATERING FOR THE CENTRAL COAST