

WRAPS

Salad Wrap Choice of Chicken, Ham, Tuna Mayo, Cheese, Egg Mayo, (All served with Tomato, Cucumber, Lettuce, Grated Carrot & Mayo)	6.50
Chicken Caesar Wrap (Poached Chicken, Bacon, Egg, Parmesan, Lettuce & Caesar Dressing)	6.50
Chicken Schnitzel Wrap (Bread crumbed Chicken, Lettuce & Mayonnaise)	6.50

SPECIAL OFFERS

All Day Value Pack Chicken Schnitzel Wrap, Popcorn, Chocolate Chip Muffin Apple & Water)	14.00
Toasted Wrap Special Offer Choice of Two Toasted Wraps and Water	8.00
Lunch Special Offer Daily Lunch Special, a Cookie and a Small Flavoured Milk	10.00

SALADS

Moroccan Chicken & Avocado Salad (Mon, Wed & Friday) (Spiced Chicken, Avocado, Baby Spinach, Red Capsicum, Carrot & Spanish Onion with Mango Sweet Chilli Dressing)	6.50
Poke Bowl (Tues/Thurs) (Choice of Chicken Schnitzel, Poached Chicken or Vegetarian with Sushi Rice, Pickled Cabbage, Cucumber, Capsicum, Carrot & Mayonnaise)	6.50
Chicken Caesar Salad (Poached Chicken, Bacon, Egg, Lettuce, Parmesan Croutons & Caesar Dressing)	6.50
Greek Salad (Feta, Tomato, Cucumber, Lettuce, Olives Spanish Onion & Balsamic Dressing)	6.50

SNACKS

Fruit Salad Pot	4.00
Chocolate Chip Muffin	4.00
Yoghurt Strawberry Pot	3.50
Ham & Cheese Toasted Wrap	3.50
Tandoori Chicken & Cheese Toasted Wrap	3.50
Cheese and Bacon Roll	3.50
Cheese and Vegemite Scroll	3.50
Finger Bun	3.50
Red Rock Chips (Sea Salt & Honey Soy)	2.50
Popcorn	2.00
Watermelon Slice	2.00
Apple	2.00
Chocolate Chip Cookie	1.50

DRINKS

Oak Flavoured Milk 600ml/300ml (Chocolate, Strawberry, Iced Coffee)	5.00/3.50
East Coast Juice 400ml (Apple, Orange, Lemonade, Orange & Mango, Orange & Passionfruit)	5.00
Liptons Iced Tea (Peach, Mango, Passionfruit)	5.00
Gatorade (Grape, Watermelon, Strawberry, Glacier Freeze)	5.00
Waterfords (Orange & Passionfruit, Blackcurrant, Apple Berry, Watermelon)	4.50
Fruit Bombs (Grape, Watermelon, Orange Passio)	4.00
Up & Go (Chocolate /Vanilla)	3.50
Water 600ml/1.5L	2.50/4.00

FRESH
FOOD *Fast*



CANTEEN CATERING FOR THE CENTRAL COAST