

# ALPHINGTON GRAMMAR CANTEEN MENU



BREAKFAST | SANDWICHES | HOT STUFF | SNACKS | DRINKS

## BREAKFAST AVAILABLE FROM 8AM

EGG & BACON MUFFIN	\$5.00
HAM & CHEESE TOASTIE	\$4.50
PLAIN CROISSANT	\$4.00
HAM, CHEESE, TOMATO CROISSANT	\$5.00
YOGHURT WITH FRESH BERRIES	\$4.00
YOGHURT WITH GRANOLA & BERRY COULIS	\$5.00

## BREAKFAST SPECIAL

ANY ITEM ON BREAKFAST MENU  
& A HOT DRINK  
\$7.50

## SANDWICHES & WRAPS

CHEESE	\$3.00
VEGEMITE (ADD CHEESE + \$0.50)	\$3.50
STRAWBERRY JAM	\$3.00
CHEESE & TOMATO	\$3.50
HAM & CHEESE	\$3.50
HAM, CHEESE & TOMATO	\$4.00
SALAD (LETTUCE, TOMATO, CARROT, CUCUMBER & MAYO)	\$4.00
SALAD & CHEESE	\$4.50
HAM & SALAD	\$4.50
EGG & LETTUCE	\$4.50
CHICKEN, LETTUCE & MAYO	\$6.00
CHICKEN, AVOCADO & MAYO	\$6.00
FALAFEL, HUMMAS, LETTUCE, TOMATO, FETA & ONION	\$6.50

TOASTED OPTIONS AVAILABLE FOR SELECTED SANDWICHES

GLUTEN FREE OPTION AVAILABLE FOR ALL SANDWICHES (+ \$0.50)

## SALADS

<b>FRUIT SALAD</b>	\$5.50
<b>GREEK SALAD</b> <i>LETTUCE, CUCUMBER, TOMATO, RED ONION OLIVES &amp; FETA (GF/V/VEG) (ADD GRILLED CHICKEN \$1.00)</i>	\$6.50
<b>CAESAR SALAD</b> <i>LETTUCE, BACON, EGG, PARMESAN CHEESE, CROUTONS (GFO) (ADD GRILLED CHICKEN \$1.00)</i>	\$6.50
<b>CHICKEN SALAD</b> <i>HOUSE BAKED CHICKEN, LETTUCE, CUCUMBER, POTATO, CURRANTS &amp; FETA (GF)</i>	\$7.50

REFER TO SPECIALS MENU FOR

WEEKLY SALAD SPECIALS



## HOT STUFF

DIM SIM (STEAMED OR FRIED)	\$1.20
HASH BROWN (GF/V/VE)	\$1.20
POTATO CAKE	\$1.20
CHICKEN STRIPS (SERVE OF 2)	\$4.00
LARGE SPRING ROLL	\$3.00
CUP OF NOODLES (CHICKEN, BEEF, ORIENTAL)	\$3.50
HOT DOG	\$4.00

## BURGERS

<b>CHEESEBURGER</b> BEEF, LETTUCE, CHEESE, TOMATO. TOMATO SAUCE, MUSTARD & MAYO	\$7.00
<b>GRILLED CHICKEN BURGER (GFO)</b> CHICKEN, LETTUCE, TOMATO, MAYO	\$7.00
<b>CHICKEN SCHNITZEL PANINI ROLL</b> CHICKEN, LETTUCE, MAYO	\$7.50


KEEP AN EYE OUT FOR BURGER SPECIALS

## FRESH DAILY PIES & PASTRIES


MEAT PIE	\$4.50
SHEPHERD'S PIE	\$4.50
SAUSAGE ROLL (LARGE)	\$4.00
VEGETABLE PASTIE	\$4.00
PARTY PIE/PARTY SAUSAGE ROLL	\$1.50

KEEP AN EYE OUT FOR PIE/PASTRY SPECIALS DURING THE TERM


## DIY SNACK BOX

**COMES WITH (GF)** 

CUCUMBER, APPLE, CHEERY TOMATOES & CRACKERS

**ADD YOUR PROTEIN (GF)** 

EGG, FALAFEL, HAM OR CHICKEN

**ADD YOUR DIP (GF)** 

HUMMUS OR TZATZIKI **\$7.00**

## SNACKS

BANANA BREAD	\$3.50
FRESH DAILY MUFFIN	\$3.50
CHEESE & CRACKERS	\$2.50
POPCORN	\$2.50
FRESH FRUIT PIECE	\$1.00
JELLY CUP	\$2.00

## SUSHI

COOKED TUNA	\$5.50
SMOKED SALMON	\$5.50
CRISPY CHICKEN	\$5.50
TERIYAKI CHICKEN	\$5.50
CALIFORNIA	\$5.50
VEGETARIAN	\$5.50

NOW AVAILABLE  
THROUGH SPRIGGY APP  
MONDAYS  
&  
WEDNESDAYS



## ICE CREAM

ICY POLE (LEMONAIDE)	\$2.00
CALIPPO (RASPBERRY PINEAPPLE OR LEMON)	\$3.00
PADDLE POP (RAINBOW OR CHOCOLATE)	\$2.00
MAGNUM	\$4.50
GOLDEN GAYTIME	\$4.00
SPLICE (PINE LIME)	\$3.50

## PIECE OF FRUIT & 600ML WATER



## COLD DRINKS

POP TOP JUICE (APPLE, ORANGE, WILD BERRY)	\$2.00
WATER 600ML/750ML	\$2.50/ \$3.00
SPARKLING WATER	\$3.00
ICED MILK (CHOC, STRAWBERRY, ICE COFFEE)	\$4.00
UP & GO (VANILLA, CHOC, STRAWBERRY)	\$3.50
ICED TEA (PEACH, LEMON, MANGO, RASPBERRY) <u>HSO</u>	\$4.00
GATERAIDE ZERO (RED, BLUE AND ORANGE) <u>HSO</u>	\$4.00
PEPSI MAX 400ML <u>HSO</u>	\$3.00
SOFT DRINK BOTTLE NO SUGAR 600ML <u>HSO</u> (PEPSI MAX, PEPSI MAX VANILLA, LEMONAIDE, SUNKISSED)	\$4.00

## HOT DRINKS

	SMALL 8OZ	LARGE 12OZ
HOT CHOCOLATE	\$3.50	\$4.00
CHIA LATTE	\$3.50	\$4.00
LATTE	\$4.00	\$5.00
CAPPUCCINO	\$4.00	\$5.00
FLAT WHITE	\$4.00	\$5.00
LONG BLACK	\$3.50	\$4.00
MOCHA	\$4.00	\$5.00

CHICKEN USED IN SANDWICHES, SALADS ETC  
IS BAKED FRESH IN HOUSE FROM 100% CHICKEN BREAST

ALL OUR SPECIALS ARE MADE FRESH DAILY IN HOUSE  
'FRESH IS ALWAYS BEST'

V- VEGETARIAN    V.O- VEGETARIAN OPTION

VE- VEGAN    VEO- VEGAN OPTION

GF- GLUTEN FREE    GEO- GLUTEN FREE OPTION

HSO- HIGH SCHOOL ONLY