

MENU
2017



SOUTH FREMANTLE

COLLEGE CANTEEN

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COLD DISPLAY SELECTION

A Varied selection of cold food will be offered daily.

*Assorted Fresh Sushi option of white and brown rice Salmon sushi and Veggie Sushi - Sm \$5.00
Large \$7.50*

Assorted Rice Paper Rolls - Large \$6.50

Fresh Chicken Caesar Salad from \$6.50

Potato salad /Pasta Salad from \$4.00

Honey roasted pumpkin Cous Cous salad \$5.50

Tuscan potato & caramelised onion salad \$5.50

Beetroot pumpkin feta Quinoa salad \$5.50

Crunchy chicken noodle salad \$6.50

Homemade Zucchini Slice \$5.50

Assorted Gourmet Quiche & Salad \$7.50

Open Pumpkin & Potato Pies \$5.50

Open Spinach & Potato Pies \$5.50

Assorted Quinoa & Chia Wraps \$5.00

Assorted Half Wraps from \$4.50

Yogurt and Granola Cups \$2.50

Date & Coconut Healthy Bliss Balls from \$2.00

Fruit Cups from \$2.50/Veggie Sticks from \$1.00

HOT DISPLAY SELECTION

A VARIED SELECTION OF HOT FOOD AVAILABLE DAILY

Assorted Pizza s from \$3.50

Oven baked potato Wedge Cups \$4.00

Assorted Nuggets \$3.50

Bacon & Egg Wraps \$5.00

Butter Chicken & Rice Sm \$5.00 Lge \$7.50

Lasagne \$5.00 Teriyaki Chicken Rice \$5.00

Homemade Pasta Bolognese \$4.50 Large \$6.50

Potato Bake \$4.50 Homemade Fried Rice \$4.50

Sweet Chilli Chicken Baquettes From \$4.50 - \$6.50



HOT DISPLAY SELECTION

A VARIED SELECTION OF HOT FOOD WILL BE OFFERED DAILY

Cheeseburgers with Salad \$5.50

Chicken Burgers with Salad \$5.50

Hotdogs \$4.50

Sweet Chilli Chicken Wraps \$5.00

Chicken & Cheese Toasties \$5.00

Ham & Cheese Toasties \$4.00

Cheese Toasties \$3.50

Garlic Aioli Cheesie Subs \$3.50

Sweet Chilli Chicken Red Onion & Spinach Toasted Panini \$6.50

Chicken Cheese & Light Mayo Toasted Panini \$6.50

Oven baked Chicken Schnitzel Aioli & Spinach Toasted Panini \$7.50

Bacon & Egg Muffins \$4.00

Homemade Burritos \$5.50

Crispy Chicken Lean Bacon Rolls \$6.50

Peri Peri Chicken & Salad Burgers \$6.50

Chicken Caesar Wraps \$5.00

Mexican Chicken Wraps \$5.00

Vegetarian Toasted Panini \$6.50

Tandoori Chicken Panini \$6.50

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Snack Foods/ Ice creams

- Assorted Muesli Bars \$1.50
- Assorted Gluten Free Bars \$1.50
- Veggie Chips \$1.50 JJ Snacks \$1.50
- Popcorn \$1.00 Grain Waves \$2.50
- Assorted Red Rock \$2.50
- Assorted Sweet Muffins \$3.00/\$3.50
- Assorted Homemade Cakes & Slices
- Assorted Gluten Free Cakes Available
- Assorted Ice creams from \$2.00
- Shake Shake cups Icy pole Twists
- Light Bulla Ice Cream Cups
- Milo Cups Cyclone Twists
- Yowie Cups Frozen Yogurt Cups Froyo 2 go

Drinks Menu

- Brownes Flavoured Milks 600mL \$3.50
- Oak Flavoured Milks 600 mil \$3.50
- Brownes Orange C 600mil \$3.50
- Assorted Flavours Lipton Ice Tea \$3.50
- Assorted Flavours Alo Drinks \$3.50
- Assorted V8 Juices \$3.50
- Assorted Juice Boxes from \$1.00
- Waterfords Ass Sparkling Waters \$3.00
- Milo Boxes \$2.00 /Coconut Water From \$3.00
- Golden Circle Ass Juices \$3.50
- 100 % Berri Juices \$ 3.50
- Up & Go s from \$2.50
- 600 mil Water \$ 2.50
- EFTPOS/CREDIT CARD FACILITIES AVAILABLE
- WE ROAST FRESH CHICKENS DAILY

Pastry Items

HALAL OPTIONS AVAILABLE PASTRY S ONLY TWO DAYS

- Good Eating Beef Cruiser Pies \$4.50
- Good Eating Beef & Cheese Cruiser Pies \$4.50
- Mrs Macs giant sausage Rolls \$4.50
- Premium Steak Cruiser Pies \$4.50
- Cheese & Bacon Quiche \$4.50
- Cheese & Spinach Rolls \$5.00
- Halal Sausage Rolls \$4.50
- Halal Beef pies \$4.50
- Gluten Free Mrs Mac Beef Pie \$5.50
- Gluten Free Mrs Mac Curry Veg Pie \$5.50
- Gluten Free Mrs Mac Beef & Veg Roll \$5.50
- Gluten Free Mrs Mac Ricotta & Veg Roll \$5.50
- Angus Pepper Steak Pies \$5.00
- Curry Pies \$5.00
- Free Range Chicken & Cheese Rolls \$4.00
- Veggie rolls \$5.00
- Veggie Pasties \$5.00
- Corn Jacks \$3.50
- Available Every Day Ass meal Deals
- Assorted Meal Deals Served With Oven Baked Chips \$6.50