

## WRAPS/PANINIS

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

## SPECIAL OFFERS

All Day Value Pack	14.50
(Chicken Schnitzel Wrap, Popcorn, Chocolate Chip Cookie Apple & Water)	
Lunch Special Offer	10.50
(Daily Lunch Special, Cookie & Flavoured Milk)	
Toasted Wrap Special Offer	9.00
(Choice of Two Toasted Wraps & Water)	

## SALADS

Poke Bowl (Mon, Wed & Friday)	6.50
(Choice of Chicken Schnitzel, Poached Asian Chicken or Vegetarian with Sushi Rice, Avocado, Pickled Red Cabbage Cucumber, Carrot & Mayonnaise)	
Grazing Bowl (Tues & Thurs)	6.50
(Ham, Cheddar Cheese, Feta, Black Olives, Roasted Capsicum, Carrot, Cucumber & Toasted Turkish Bread)	
Chicken Caesar Salad	6.50
(Poached Chicken, Bacon, Egg, Lettuce, Parmesan Croutons & Caesar Dressing)	
Greek Salad	6.50
(Feta, Tomato, Cucumber, Lettuce, Olives Spanish Onion & Balsamic Dressing)	

## SNACKS

Fruit Salad Pot	4.50
Homemade Chocolate Chip Muffin	4.00
Yoghurt Strawberry Pot	4.00
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	2.50
Watermelon Slice	2.50
Apple	2.50
Chocolate Chip Cookie	1.50

## DRINKS

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

FRESH  
FOOD *Fast*

CANTEEN CATERING FOR THE CENTRAL COAST