



# Cape Naturaliste College Cafe

**OPEN  
5 DAYS**

## Menu -2019

EFTPOS facilities  
now available

### **Before School** from 8.00am

Raisin Toast	\$1.00
Vegemite Toast	\$1.00
'Before school refuel' deal with toast & Milo	\$2.50

### **Break 1** 10.58am - 11.28am

<b>Cheesies-</b> Plain, Spaghetti, Baked Bean, Chicken, Ham & Pineapple, Ham & Tomato	\$2.50
Anzacs	\$1.00
Carrot cake	\$2.00
Muffin	\$2.00
Scone	\$1.50
Jumbo pikelet	\$1.00
Cinnamon Bun	\$2.50
Apple Cinnamon Scroll	\$3.70
Cheddar mite Scroll - large	\$4.00
small	\$2.50
Buttered roll	\$1.00
Chicken and Salad Panini	\$5.50
Ham & Salad Panini	\$5.50
Zucchini Slice	\$3.00
Salad Wrap	\$6.00
Half Salad Wrap	\$3.50

### **Drinks**

Milo (warm)	\$2.00
300ml flavoured milks	\$3.00
600ml flavoured milks	\$4.50
Golden Circle Juices 350ml	\$3.80
Orange, Apple, Apple & Blackcurrant, Harvey Fresh Juices 250ml	\$2.50
Orange, Apple, Apple/Blackcurrant	
Water 350ml	\$1.50
600ml	\$2.00
Plain Milk 600ml	\$3.50
225ml	\$2.00

### **Sweet Treats**

Yoghurt tubs	\$2.50
Apples	\$1.20
Fruit salad	\$2.50
Fruit plate	\$3.00
Jelly, fruit & yoghurt cup	\$3.00
Apple, Custard Crumble	\$3.00

**Assorted ice-creams available at  
Break 2**

Term 1 & 4 Choose from  
a selection of freshly made  
salad cups and bowls  
including quinoa, cous cous,  
pasta, or garden salad from  
\$3.50

Term 2 & 3. Home-made  
soups including pumpkin,  
chicken & corn, pea & ham or  
leek & potato from  
\$3.50. Available with a buttered  
roll (\$1) or ½ roll (50c)

Daily specials available from  
\$5.00. eg curry, pasta etc

**WATCH OUT FOR OUR YUMMY DAILY SPECIALS**

Please turn over for more delicious choices

# DAILY EXTRAS (PLEASE ORDER FOR BREAK 2) - AVAILABLE BREAKS 1 & 2

## MONDAYS & THURSDAYS

Pizza	\$3.00
Ham & Egg Volcano	\$3.50
Cottage Pie	\$4.00

## TUESDAYS & FRIDAYS

Sausage Roll	\$3.00
Brekky Wrap	\$3.50
Pasta	\$5.00
Fried Rice cup	\$3.00 ** Friday only

## WEDNESDAYS

Sushi	\$1.00 per piece
Crunchy Chicken Salad	\$5.00
Beef Burrito	\$3.00
Macaroni Cheese	\$4.50

## Break 2 Available to order every day

1.36pm - 2.06pm

FRESH, HEALTHY AND MADE TO ORDER

### Choose from:

Lunch orders are recommended but not essential and can be placed at the Café.

- Chicken & Salad
- Ham & Salad
- Cheese & Salad
- Egg & Salad - curried or plain
- Tuna & Salad

Extras available to add @ 50c each: beetroot, cheese, avocado, red onion, sun-dried tomato, spinach, pesto, roasted pumpkin

### In a:

<u>Sandwich</u> wholemeal or multigrain	\$5.00
<u>Roll</u> wholemeal or multigrain	\$5.50
<u>Wrap</u> soft tortilla wraps	\$6.00

### Burgers with onion, salad & sauce

Hamburger	\$6.00	Bacon & Egg Burger	\$6.00
Chicken Burger (no onion)	\$6.00	Vegie Burger	\$6.00

### Gourmet Toasties - available on Turkish or as a wrap

Chicken Legend - Chicken, pesto, spinach & mozzarella	\$6.00
Hawaiian - Ham, cheese & pineapple	\$5.50
Roasted Vegie Stack - roasted capsicum, sun-dried tomato, marinated eggplant, roasted pumpkin, spinach and mozzarella	\$6.50

Special dietary requirements catered for.

Vegetarian and Gluten free options always available by order. Enquiries :Heather Carroll 0438 553529

