



Cape Naturaliste College Cafe

**OPEN
5 DAYS**

Menu -2023

EFTPOS facilities available

Before School from 8.00am

Raisin Toast	\$1.00
Vegemite Toast	\$1.00
'Before school refuel' deal with toast & Milo	\$2.50
Toasted Sandwich	\$4.00

Break 1 10.58am - 11.28am

Cheesies- Plain, Spaghetti, Baked Bean Ham & Pineapple, Anzacs	\$2.50
Carrot cake	\$1.00
Banana Bread	\$2.50
Muffin	\$2.00
Scone	\$2.50
Pikelet sandwich	\$1.00
Cinnamon Bun	\$4.00
Apple Cinnamon Scroll	\$4.50
Cheesymite Scroll - large	\$4.00
Cheesy Stick	\$2.00
Buttered roll	\$1.00
Chicken and Salad Panini	\$8.00
Zucchini Slice	\$3.50
Salad Wrap	\$8.00
Half Salad Wrap	\$4.50

Drinks

Milo (warm)	\$2.00
300ml flavoured milks	\$3.00
600ml flavoured milks	\$4.50
Harvey Fresh Juice 200ml	\$2.00
Harvey Fresh Juice 450ml	\$4.50
Water 600ml	\$2.00
Kombucha	\$4.00

Assorted frozen yoghurt & ice-creams available at Break 2

Sweet Treats

Yoghurt tubs	\$2.50
Apples	\$1.70
Fruit salad	\$4.50
Fruit tray	\$5.00
Jelly, fruit & yoghurt cup	\$4.00
Apple, Custard Crumble	\$4.00

Term 1 & 4. Garden Salad with Chicken and/or Egg - \$8.00

Term 2 & 3. Home-made soups including pumpkin, chicken & corn, cauliflower or leek & potato from \$4.00. Available with a buttered roll (\$1) or ½ roll (50c)

Daily Hot Dish available @ \$7.00. e.g. curry, pasta etc

WATCH OUT FOR OUR YUMMY DAILY SPECIALS

Please turn over for more delicious choices

DAILY EXTRAS (PLEASE ORDER FOR BREAK 2)

MONDAYS & THURSDAYS

Pizza	\$4.00
Ham & Egg Volcano	\$4.00
Hot Chicken Roll	\$4.50
Veggo Nachos	\$7.00** Thursday only
Spaghetti Bol	\$7.00** Monday only

TUESDAYS & FRIDAYS

Sausage Roll	\$4.50
Brekky Wrap	\$4.50
Pasta	\$7.00
Fried Rice box	\$4.00 ** Friday only
Butter Chicken	\$7.00 ** Tuesday only
Honey Soy Chicken & Rice	\$7.00** Friday only

WEDNESDAYS

Sushi 3 pieces -	\$4.50	6 pieces ~	\$8.00
Asian Style Salad with Chicken			\$6.50
		with Tofu	\$6.50
Beef Burrito			\$3.50
Macaroni Cheese			\$7.00
Bacon & Egg Toasted Sandwich			\$5.00
Sweet Chilli Chicken Sub			\$7.00

Place lunch orders at the
Café. They are recommended
but not essential

Break 2 Available to order every day

1.36pm - 2.06pm

FRESH, HEALTHY AND MADE TO ORDER

Chicken,
Cheese & Salad

Curried Egg &
Lettuce

Roast Beef,
Avocado, Chutney,
Mustard and Salad

Cheese, Beetroot,
Avocado & Salad

In a:

Sandwich wholemeal or multigrain \$5.00

Roll wholemeal or multigrain \$6.50

Wrap soft tortilla wrap - whole \$8.00
half \$4.50

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

Gourmet Toasties - available on Turkish or as a wrap

Chicken Legend- Chicken, pesto, spinach & mozzarella \$7.00

Hawaiian - Ham, cheese & pineapple \$6.50

Roasted Vegie Stack - roasted capsicum, sun-dried tomato, marinated eggplant, roasted pumpkin, spinach, and mozzarella \$8.00

Special dietary requirements catered for.

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

