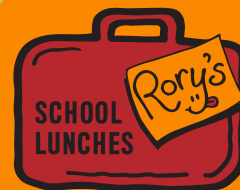


2022 CANTEEN MENU

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our support line on Ph: (08) 7084 1801



SALADS

● **CHICKEN CAESAR SALAD** **\$6.90**

Seared chicken, egg, bacon, cos lettuce, tomato, cucumber and parmesan cheese, served with a classic Caesar dressing. (Low Gluten)

● **TANDOORI CHICKEN SALAD** **\$6.90**

Tandoori chicken, baby spinach, cucumber, Spanish onion, capsicum and cheese with a Green Goddess dressing. (Low Gluten)

● **GREEK SALAD** **\$6.90**

Marinated fetta, olives, Spanish onion, cherry tomato, lettuce and cucumber with a Greek style lemon oil dressing. (Low Gluten)

● **DUKKAH CRUSTED PUMPKIN SALAD** **\$7.20**

Dukkah crusted pumpkin, roasted cauliflower, sun-dried tomato, toasted pepitas, Spanish onion and baby spinach with a balsamic dressing. (Veg, Vegan, Dairy Free, Low Gluten)

● **VIETNAMESE CHICKEN SALAD** **\$7.20**

Vermicelli noodles lightly coated in sesame oil with Vietnamese chicken, julienne carrots, spring onions, Chinese cabbage and coriander with an Asian style dressing. (Dairy Free)

● **VIETNAMESE TOFU SALAD** **\$7.20**

Vermicelli noodles lightly coated in sesame oil with grilled tofu, julienne carrots, spring onions, Chinese cabbage and coriander, with an Asian style dressing. (Veg, Vegan, Dairy Free)

● **SWEET POTATO & QUINOA NOURISH BOWL** **\$7.20**

Roasted sweet potato, quinoa, edamame beans, red cabbage, egg and mustard maple dressing. (Veg, Dairy Free, Low Gluten)

DID YOU KNOW? OUR SALADS PROVIDE 3 SERVES
OF YOUR DAILY VEGGIE REQUIREMENTS.

PASTA SALADS

● **CAESAR PENNE PASTA SALAD** **\$5.90**

Penne pasta tossed with diced bacon, chives and classic Caesar dressing.

● **CHICKEN CORN & RANCH PASTA SALAD** **\$5.90**

Elbow pasta tossed with chicken, corn, shredded carrot, chives and ranch dressing.

● **ITALIAN TOMATO PASTA SALAD** **\$5.90**

Gluten-free Spirali pasta tossed with roasted sweet potato, baby spinach and kalamata olives in a house-made tomato dressing. (Veg, Vegan, Low Gluten)

FRUITS

● **SEASONAL FRUIT SALAD** **\$5.00**

(Veg, Vegan, Dairy Free, Low Gluten)

● **WATERMELON TUBS** **\$2.60**

Freshly cubed watermelon. (Veg, Vegan, Dairy Free, Low Gluten)

● **SLICED ORANGE TUBS** **\$2.60**

Freshly sliced orange. (Veg, Vegan, Dairy Free, Low Gluten)

● **RED APPLE WHOLE** **\$1.50**

(Veg, Vegan, Dairy Free, Low Gluten)

● **BANANA WHOLE** **\$1.50**

(Veg, Vegan, Dairy Free, Low Gluten)

● Green Foods

● Amber Foods



yummy

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eat
GOOD
feel
GOOD



ROLLS, WRAPS & SANDWICHES

- CHICKEN LETTUCE & MAYO SANDWICH \$4.50
- HAM & CHEESE SANDWICH \$4.50
- EGG LETTUCE & MAYO SANDWICH (Veg) \$4.50

Sandwich \$5.80

Roll / Wrap \$6.20

Low Gluten Roll \$6.90

- CHICKEN SCHNITZEL

Chicken schnitzel, lettuce, cheese and mayo.

- CRUMBED CHICKEN CAESAR

Crumbed chicken, lettuce, bacon, parmesan cheese, tomato and Caesar dressing.

- TANDOORI CHICKEN

Tandoori chicken, lettuce, cheese, cucumber, roasted capsicum, Spanish onion and roasted capsicum mayo.

(Low Gluten option available)

- PLOUGHMANS

Beef, cheddar cheese, sun-dried tomato, pickled cucumbers and baby spinach with onion relish and mayo.

(Low Gluten option available)

- MEDITERRANEAN

Salami, lettuce, cheddar cheese, roasted capsicum, dukkah roasted pumpkin and creamy herb dressing.

(Low Gluten option available)

- TURKEY & CRANBERRY

Turkey, Swiss cheese, lettuce, cucumber, roasted capsicum with cranberry and mayo. (Low Gluten option available)

(Low Gluten option available)

- SWISS HAM

Ham, Swiss cheese, cucumber, tomato, lettuce with onion relish and mayo. (Low Gluten option available)

- TUNA & PARSLEY

Tuna mixed with Spanish onion and parsley, lettuce, cucumber and Japanese mayo. (Low Gluten option available)

- SMASHED FALAFEL & AVO

Smashed falafels and avocado with baby spinach, tomato, cucumber and Spanish onion with vegan Smokey Chipotle dressing. (Veg, Vegan, Dairy Free)

***LOW GLUTEN ROLLS WILL BE AUTOMATICALLY SERVED WITH LOW GLUTEN DRESSINGS**

TOASTED SANDWICHES

- CHEESE (Veg) \$3.90
- CHEESE & VEGEMITE (Veg) \$3.90
- HAM & CHEESE \$4.60
- LOW GLUTEN WITH CHEESE \$4.60
Served on gluten-free wholemeal bread. (Veg Low Gluten)
- LOW GLUTEN WITH HAM & CHEESE \$4.90
Served on gluten-free wholemeal bread. (Low Gluten)

TOASTED SUBS

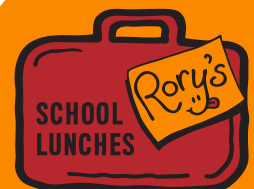
- GARLIC SUB (Veg) \$3.00
- HAM & CHEESE \$4.60

FOGACCIA MELTS

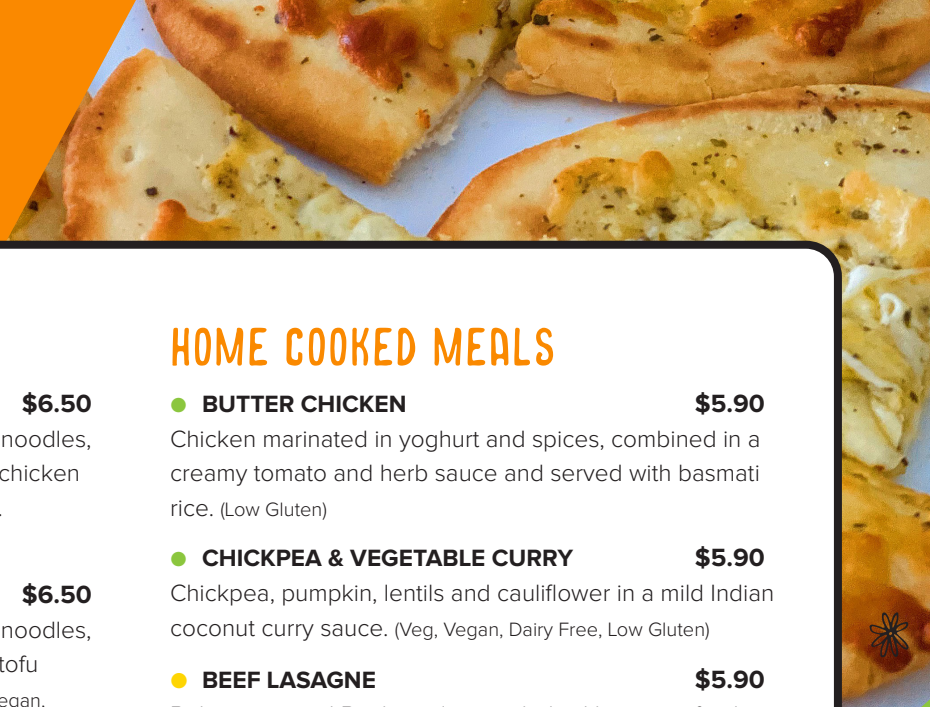
- TUNA \$6.50
Tuna mix with cream cheese, baby spinach and mozzarella cheese.
- CHICKEN & AVOCADO \$6.50
Chicken with avocado, baby spinach and mozzarella cheese with ranch dressing.
- CRUMBED CHICKEN \$6.50
Crumbed chicken, American cheese, baby spinach and house dressing.
- ROASTED PUMPKIN \$6.50
Roasted dukkah pumpkin, mozzarella, sun-dried tomato, baby spinach and onion relish. (Veg)
- SALAMI \$6.50
Salami, mozzarella cheese, baby spinach and tomato relish.

● Green Foods

● Amber Foods



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SPECIALTIES

- **CHICKEN COLD ROLLS** **\$6.50**
Two large rice paper wraps filled with vermicelli noodles, julienne vegetables, fresh herbs and marinated chicken breast served with an Asian style dipping sauce.
(Dairy Free, Low Gluten)
- **TOFU COLD ROLLS** **\$6.50**
Two large rice paper wraps filled with vermicelli noodles, julienne vegetables, fresh herbs and marinated tofu served with an Asian style dipping sauce. (Veg, Vegan, Dairy Free, Low Gluten)
- **BANH MI – VIETNAMESE CHICKEN ROLL** **\$6.50**
Vietnamese roll filled with marinated chicken, cucumber, carrot, coriander, lettuce and mild siracha aioli.
- **BANH MI – VIETNAMESE TOFU ROLL** **\$6.50**
Vietnamese roll filled with marinated tofu, cucumber, carrot, coriander, lettuce and mild siracha aioli. (Veg)

SUSHI

*Sushi available Tuesdays & Thursdays only.
Sushi can be ordered via the Sushi Menu on QKR.
Orders cut off the day prior at 10:30am, however can be placed upto 2 weeks in advance.

- **SUSHI - CRUMBED CHICKEN** **\$6.50**
Crumbed chicken, cucumber, Japanese mayo.
- **SUSHI - TUNA** **\$6.50**
Tuna mixed with parsley and red onion, cucumber and Japanese mayo. (Low Gluten*)
- **SUSHI - ROASTED PUMPKIN** **\$6.50**
Pumpkin, cucumber and Japanese mayo. (Veg, Low Gluten*)

*Soy Sauce contains gluten.

PIZZA

- **MARGHERITA PIZZA** **\$5.20**
Mozzarella cheese and pizza sauce. (Veg)
- **NEW YORK PIZZA** **\$5.60**
Salami, mozzarella cheese and pizza sauce.
- **AUSTRALIAN PIZZA** **\$5.60**
Diced bacon, mozzarella cheese and pizza sauce.

HOME COOKED MEALS

- **BUTTER CHICKEN** **\$5.90**
Chicken marinated in yoghurt and spices, combined in a creamy tomato and herb sauce and served with basmati rice. (Low Gluten)
- **CHICKPEA & VEGETABLE CURRY** **\$5.90**
Chickpea, pumpkin, lentils and cauliflower in a mild Indian coconut curry sauce. (Veg, Vegan, Dairy Free, Low Gluten)
- **BEEF LASAGNE** **\$5.90**
Bolognese and Bechamel sauce baked between fresh pasta sheets.
- **VEGETARIAN LASAGNE** **\$5.90**
Napolitana sauce with spinach and ricotta, baked between gluten-free pasta sheets. (Veg, Low Gluten)
- **RAVIOLI MILANESE** **\$5.90**
Beef filled ravioli topped with Milanese sauce and mozzarella cheese.
- **CHEESE & TOMATO PASTA** **\$5.90**
Gluten-Free Pasta tossed with Napolitana sauce and parmesan cheese. (Veg, Low Gluten)
- **THAI CHICKEN NOODLES** **\$5.90**
Hokkien noodles in our sweet chilli and soy sauce with chicken, carrot, capsicum, baby corn, spring onions and fresh coriander. (Dairy Free)
- **MEXICAN SALSA CHICKEN** **\$5.90**
Mild Mexican style chicken with a tomato, corn and bean salsa served with rice. (Low Gluten)
- **NACHOS** **\$5.90**
Toasted corn chips served with melted cheese and mild salsa. (Veg, Low Gluten)

- Green Foods
- Amber Foods



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Perfect BURGER



BALFOURS PASTRIES

- **BETTER BITE BEEF PIE** 180gm \$4.70
- **BETTER BITE PASTY** 140gm \$4.70
- **BETTER BITE SAUSAGE ROLL** 120gm \$4.70

BURGERS

- **BEEF & CHEESEBURGER** \$5.20
Premium beef patty, burger cheese with tomato sauce on a 4" burger roll.
- **CRUMBED CHICKEN BURGER** \$5.20
Crumbed chicken breast patty and mayo on a 4" burger roll.
- **BBQ CHICKEN CHEESEBURGER** \$5.20
Crumbed chicken breast patty, burger cheese, BBQ sauce and mayo on a 4" burger roll.
- **VEGGIE BURGER** \$5.60
Oven-baked veggie patty with burger cheese and mayo on a 4" burger roll. (Veg)
- **LOW GLUTEN CHEESEBURGER** \$6.90
Premium Gluten Free beef patty, burger cheese and tomato sauce on a gluten free roll. (Low Gluten)

OVEN BAKED

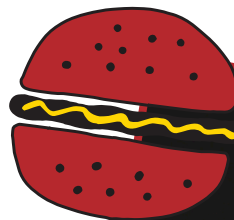
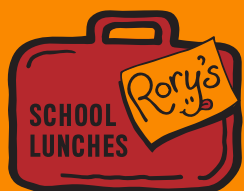


- **CHICKEN BREAST NUGGETS X 4** \$3.90
- **CHICKEN BREAST NUGGETS X 6** \$5.20
Includes your choice of dipping sauce - tomato, BBQ, aioli or sweet chilli.
- **CRUMBED CHICKEN TENDERS X 3** \$5.90
Gluten free Chicken tenders - Includes your choice of dipping sauce - tomato, BBQ, aioli or sweet chilli. (Low Gluten)

HOT DOGS

- **HOT DOG** \$5.00
 - **HOT DOG WITH CHEESE** \$5.50
 - **PUPPY DOG** \$3.40
- All hot dogs can be served with or without tomato sauce & with or without butter.

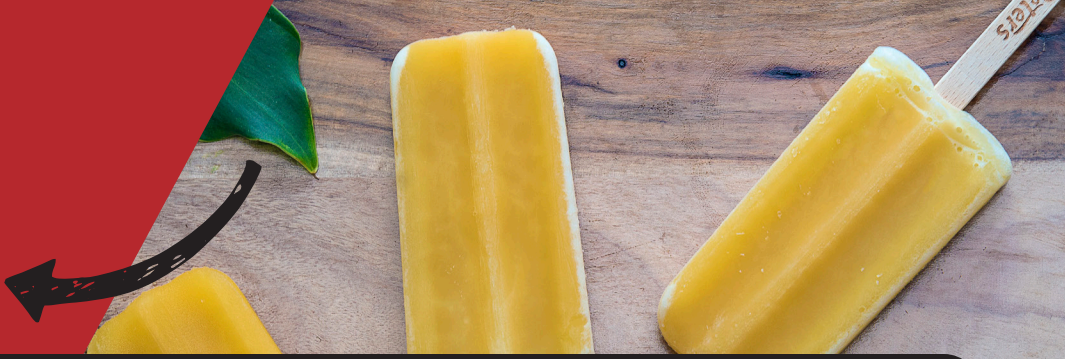
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SNACKS & DESSERTS

- **RED ROCK DELI CHIPS** **\$2.30**
Honey Soy, Sea Salt 28gm. (Veg, Gluten Free)
- **FANTASTIC DELITES** **\$1.50**
Sweet Chilli, Sour Cream 20g. (Veg, Gluten Free)
- **MAINLAND CHEESE AND CRACKERS** **\$3.00**
Tasty Cheese 30gm. (Veg)
- **SPC PROVITAL PEACHES** **\$2.60**
Diced in Juice 120gm. (Veg, Vegan, Dairy Free, Low Gluten)
- **JELLY CUPS** **\$1.50**
200ml Strawberry. (Veg, Dairy Free, Low Gluten)
- **CUSTARD CUPS** **\$2.60**
200ml Chocolate. (Veg, Low Gluten)
- **YOGHURT POUCH** **\$1.80**
Petit Miam 70gm Strawberry. (Veg, Low Gluten)

ICE BLOCKS

- **FROZEN FRUIT CUP** **\$2.00**
Apple & Blackcurrant. (Veg, Vegan, Dairy Free, Low Gluten)
- **QUELCH** **\$1.50**
99% Fruit Juice Icy Tubes - Assorted Flavours.
(Veg, Vegan, Dairy Free, Low Gluten)
- **ICY POLE** **\$1.80**
Lemonade. (Veg, Vegan, Dairy Free, Low Gluten)
- **BILLABONG** **\$2.50**
Chocolate, Rainbow. (Veg)
- **LIFESAVER** **\$3.20**
(Veg, Vegan, Dairy Free, Low Gluten)
- **MILO SCOOP** **\$4.20**
(Veg)



DRINKS

- **JUICE POPPER** **\$2.90**
250ml Apple, Apple-Blackcurrant, Orange
- **NIPPY'S FRUITALICIOUS** **\$3.90**
350ml Apple Guava, Apple Blackcurrant, Orange, Multifruit
- **NATURAL SPRING WATER**
600ml **\$2.80**
750ml **\$3.60**
- **NIPPY'S MILK** **\$3.40**
250ml Chocolate, Strawberry, Honeycomb
- **UP AND GO** **\$3.40**
250ml Chocolate, Strawberry, Banana
- **FOCUS SPORTS WATER** **\$3.60**
350ml Blackcurrant, Raspberry, Lemonade



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