



Cape Naturaliste College Cafe

OPEN

5 DAYS

Menu -2018

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

Cheesies-	\$2.50
Plain, Spaghetti, Baked Bean, Chicken, Ham & Pineapple, Ham & Tomato	
Anzacs	\$1.00
Carrot cake	\$1.50
Muffin	\$1.50
Scone	\$1.50
Jumbo pikelet	\$1.00
Cinnamon Bun	\$2.00
Apple Cinnamon Scroll	\$3.50
Cheddar mite Scroll - large	\$3.70
Small	\$0.00
Buttered roll	\$1.00
Chicken and Salad Panini	\$5.50
Ham & Salad Panini	\$5.50
Zucchini Slice	\$3.00
Salad Wrap	\$5.50
Half Salad Wrap	\$3.00

Drinks

Milo (warm)	\$2.00
300ml flavoured milks	\$3.00
600ml flavoured milks	\$4.50
Classic Juices 300ml	\$3.50

Orange, Apple, Apple/Blackcurrant, Apple Mango Banana

Harvey Fresh Juices 250ml	\$2.50
Orange, Apple, Apple/Blackcurrant	
Water 350ml	\$1.50
600ml	\$2.00
Plain Milk 600ml	\$3.00
225ml	\$1.70

Sweet Treats

Yoghurt tubs	\$2.20
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**

Terms 1 & 4 Choose from a selection of freshly made salad cups and bowls including cous cous, pasta, spinach or garden salad from \$3.00

Terms 2 & 3. Home-made soups including pumpkin, chicken & corn, pea & ham or leek & potato from \$3.00. Available with a buttered roll (\$1) or ½ roll (50c)

Daily specials available from \$4.00. 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	\$3.50

TUESDAYS & FRIDAYS

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

WEDNESDAYS

Sushi	\$1.00 per piece
Crunchy Chicken Salad	\$4.50
Beef Burrito	\$2.50
Macaroni Cheese	Terms 2&3 \$4.00

Break 2 **Available to order every day** 1.36pm - 2.06pm

FRESH, HEALTHY AND MADE TO ORDER

Choose from:

Lunch orders recommended but not essential. placed at the Café.

Chicken & Salad

Ham & Salad

Cheese & Salad

Egg & Salad - curried or plain

Tuna & Salad

In a:

Sandwich wholemeal or multigrain \$4.50

Roll wholemeal or multigrain \$5.00

Wrap soft tortilla wraps \$5.00

Burgers with onion, salad & sauce

Hamburger \$5.50

Chicken Burger (no onion) \$5.50

Bacon & Egg Burger \$5.50

Vegie Burger \$5.50

Gourmet Toasties - available on Turkish or as a wrap

Chicken Legend- Chicken, pesto, spinach & mozzarella \$5.50

Hawaiian - Ham, cheese & pineapple \$5.00

Roasted Vegie Stack - roasted capsicum, sun-dried tomato, marinated eggplant, roasted pumpkin, spinach and mozzarella \$6.00

Special dietary requirements catered for.

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

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



