



Cape Naturaliste College Cafe

OPEN

5 DAYS

Menu -2017

Before School

from 8.10am

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, Vegemite	
Anzacs	\$1.00
Carrot cake	\$1.50
Muffin	\$1.50
Scone	\$1.50
Jumbo pikelet	\$1.00
Cinnamon Bun	\$2.00
Apple Cinnamon Scroll	\$3.00
Cheddar mite Scroll - large	\$3.50
Small	\$1.70
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	\$3.00

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	\$2.60
Apple, Custard Crumble	\$2.80

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)

Hot Dish of the day - \$ 5.50
eg. curry, pasta, nachos etc

WATCH OUT FOR OUR YUMMY DAILY SPECIALS

Please turn over for more delicious choices

DAILY EXTRAS – AVAILABLE BREAK 1

MONDAYS & THURSDAYS

Pizza	\$2.80	**
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	**

** Can be ordered for Break 2 **

Break 2 1.36pm - 2.06pm

FRESH, HEALTHY AND MADE TO ORDER

Choose from:

Lunch orders are welcome but not essential and can be 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

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

Burgers with onion, salad & sauce

Hamburger	\$5.50	Bacon & Egg Burger	\$5.50
Chicken Burger (no onion)	\$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



