



healthycanteens.com.au

CANTEEN MENU

SANDWICHES

☆ Cheese & Tomato	\$4.5
☆ Ham & Cheese	\$4.5
☆ Ham, Cheese & Tomato	\$5.0
☆ Egg & Lettuce w/Mayo	\$5.0
☆ Curried Egg & Lettuce w/Mayo	\$5.0
☆ Sweet Chilli Chicken, Lettuce & SC Mayo	\$5.0
☆ Chicken, Lettuce & Mayo	\$5.0
☆ Salad	\$5.0
☆ Chicken, Cheese & Tomato	\$5.0
☆ Chicken Caesar	\$5.0
☆ Ham & Salad	\$5.5
☆ Chicken & Salad	\$5.5
☆ Gluten Free Bread Add	\$0.5

Salad : Lettuce, Tomato, Cucumber, Beetroot, Carrot

SALADS

☆ Garden	\$6.5
Lettuce, Tomato, Cucumber, Beetroot, Carrot	
☆ Caesar	\$6.5
Lettuce, Croutons, Egg, Cheese	
☆ Sweet Chilli Chicken	\$7.0
Lettuce, Tomato, Cheese, Sweet Chilli Mayo	
☆ Chicken Caesar	\$7.0
☆ Thai Noodle Salad	\$7.0
☆ Roast Pumpkin, Beetroot & Fetta	\$7.0
☆ Greek Salad	\$7.0
☆ Falafel Salad	\$7.0

SUSHI

☆ Sweet Chilli Chicken	\$4.5
☆ Tuna GF	\$4.5
☆ Vegetarian GF	\$4.5

VIETNAMESE RICE ROLLS

☆ Teriyaki Chicken x 2	\$6.0
☆ Tuna GF x 2	\$6.0
☆ Vegetarian GF x 2	\$6.0

GLUTEN FREE

☆ Butter Chicken w/Rice Reg \$5.0	\$7.4
☆ Chicken Nuggets x 6	\$5.5
☆ Nachos - Beef w/Cheese	\$6.4
☆ Nachos - Cheesy Sauce Veg	\$6.4

SNACKS

☆ Popcorn GF	\$1.4
☆ Brownie	\$1.4
☆ Jelly Bowl GF	\$3.0
☆ Banana Bread	\$3.3
☆ Piranha Rice Snaps GF Veg Crackers	\$3.4
☆ Chips	\$3.8
☆ Homemade Muffin	\$4.9
☆ Sour Snap Stix	\$1.5
☆ Frozen Juice Cup	\$2.0

Extras

Sauce Or Dressing Portions	0.5
Sour Cream - Gravy - Cheese	0.7
Utensils	0.2

WRAPS Single \$4.0

☆ Sweet Chilli Chicken, Lettuce & SC Mayo	\$7.0
☆ Salad	\$7.0
☆ Chicken, Lettuce & Mayo HALF \$3.8	\$7.0
☆ Chicken Caesar Salad	\$7.5
☆ Ham & Salad	\$7.5
☆ Egg & Lettuce w/Mayo	\$7.0
☆ Curried Egg & Lettuce w/Mayo	\$7.0
☆ Ham, Cheese, Tomato & Lettuce	\$7.0
☆ Chicken, Cheese, Tomato & Lettuce	\$7.0
☆ Chicken & Salad	\$7.5
☆ Falafels w/Lettuce, Tomato & Aioli	\$7.5
☆ Gluten Free Wrap Add	\$0.5

TURKISH ROLLS

☆ Mediterranean Chicken, Avo, Sundried Tom, Cheese	\$7.8
☆ Italian Salami, Chicken, Pizza Sce, Cheese	\$7.8
☆ Chicken BLT With Garlic Aioli	\$7.8
☆ Schnitzel Chicken, Cheese, Lettuce, Mayo	\$7.8
☆ Sweet Chilli Chicken Tenders, Cheese, SC Mayo	\$7.8
☆ The #1 Leg Ham & Cheese	\$7.8
☆ The Classic Leg Ham, Cheese & Tomato	\$7.8
☆ Vegetarian Falafels, Tomato, Lettuce, Aioli	\$7.8

BREAKFAST

☆ Seasonal Fruit Pieces BEFORE 9AM	\$2.0
☆ Watermelon Bowl	\$6.0
☆ Fruit Salad Bowl	\$6.5
☆ Homemade Muffin	\$4.9
☆ Yoghurt Vaalia Vanilla	\$4.4
☆ Hash Brown	\$1.8
☆ Cheese Toasted Wrap	\$3.8
☆ Ham & Cheese Toasted Wrap	\$4.8
☆ Ham, Cheese & Tomato Toasted Wrap	\$5.2

PASTRIES

☆ Sausage Roll Large \$6.0	\$4.5
☆ Meat Pie Beef	\$5.8
☆ Pepper Steak Pie	\$6.0
☆ Spinach & Ricotta Roll Veg	\$6.2
☆ Potato Pie Beef	\$6.5

TOASTED WRAPS

☆ Sweet Chilli Chicken, Cheese & SC Mayo	\$6.8
☆ Chicken & Cheese w/BBQ Sauce	\$6.8

HOT BITES

☆ Spicy Chicken Wings Each	\$2.0
☆ Chicken Tenders Sweet Chilli Each	\$2.5
☆ Garlic Bread Loaf	\$3.2
☆ Chicken Nuggets x 6	\$5.4
☆ Hot Dog Tomato Or BBQ Sauce	\$4.3
☆ Potato Wedges	\$4.9
☆ Cup Of Noodles	\$4.0
Tom Yum - Beef - Chicken - Oriental Veg	

DONER KEBABS

☆ Doner Kebab Meat & Cheese BBQ Sauce	\$7.8
☆ Doner Kebab Meat & Salad BBQ Sauce	\$8.8

DRINKS

☆ Popper Juice Apple, Orange, ABC	\$2.6
☆ Water	\$3.0
☆ Mineral Water	\$4.2
☆ Ice Tea	\$5.0
☆ Aloe Vera	\$5.0
☆ Pump Water	\$5.5
☆ Oak Milk Regular	\$3.5
☆ Oak Milk Large	\$5.5
☆ Ice Break Coffee	\$6.4
☆ Up N Go	\$3.9
☆ Hot Chocolate	\$3.5
☆ Soft Drink Can No Sugar	\$3.4
☆ Soft Drink Bottle No Sugar	\$5.9
☆ Powerade No Sugar	\$5.9

RICE & PASTA

☆ Butter Chicken w/Rice	\$5.0	\$7.4
☆ Bolognese Pasta Beef Sauce	\$5.0	\$7.4
☆ Fettucine Carbonara w/Chicken	\$5.0	\$7.4
☆ Creamy Pesto, Sun Tom, Chicken	\$5.0	\$7.4
☆ Roasted Tomato, Fetta, Chicken	\$5.0	\$7.4
☆ Fried Rice w/Chicken & Veg	\$5.0	\$7.4
☆ Homemade Lasagna Large		\$7.8

HOMEMADE PIZZA

Only Available - Tuesday & Wednesday

☆ Cheese Tomato Sauce	\$5.0
☆ Pepperoni Cheese & Tomato Sauce	\$5.8
☆ Doner Kebab Meat, Cheese & BBQ Sauce	\$6.0

SNACK PACKS

☆ HSP Doner Kebab Meat & Potato Wedges	\$9.8
☆ HSP Doner Kebab Meat & Salad	\$9.8

MEXICAN NACHOS

☆ Beef & Cheese	\$6.5
☆ Cheesy Sauce	\$6.5
☆ The Lot	\$7.5
Beef, Lettuce, Tomato, Cheese, Sour Cream	

BURGERS

☆ Chicken Burger Lettuce & Mayo	\$6.0
☆ The Big Chicken Schnitzel Burger	\$6.8
Premium Breast Schnitzel With Lettuce & Mayo	
☆ Beef & Cheese Burger Tomato Sauce	\$6.5
☆ Aussie Burger	\$6.6
Beef Pattie, Lettuce, Tomato, Beetroot, BBQ Sauce	
☆ Vege Burger	\$6.6
Smashed Falafels, Lettuce, Tomato, Garlic Aioli	



\$3 minimum purchase