



HARTWELL CANTEEN

TERM 3 MENU

SNACKS

FRUIT SALAD CUPS (DF,V)	\$2.5	SNACK SIZE SUSHI	\$3.0
- Citrus		- Tuna w/ Brown Rice	
- Seasonal Mixed Fruit		- Teriyaki Chicken w/ Brown Rice	
		- Avocado w/Brown Rice	
VERY BERRY JELLY CUP (GF,DF)	\$3.0	PEACH CRUMBLE &	
Mixed berries served		VANILLA YOGHURT POT - (V)	\$2.5
in natural jelly		Organic yoghurt with peach, vanilla bean	
		and chia seeds	
STICKS 'N' DIPS (GF,DF,V)	\$3.0	PEACH AND PEAR MUFFIN	\$2.5
Carrot, celery & cucumber		CHOCOLATE MOUSSE POT (GF,V)	\$2.5
w/ hommus dip		MINI DARK CHOCOLATE RICE CAKES	\$2.5
ORGANIC POPCORN CUP (GF,DF,V)	\$2.5	ORGANIC ROASTED SEAWEED SHEETS	\$2.5
Freshly popped in organic		BERRY YOGHURT BALLS	\$1.5
coconut oil and himalayan pink salt		CHIA & SESAME CRISPS	\$1.5
ORGANIC CORN CHIPS (GF,DF,V)	\$3.5	HOMEMADE OAT CHOC CHIP COOKIE	\$1.0
w/ housemade guacamole & salsa		HOUSEMADE BANANA BREAD	\$2.0
CHEESE & CRACKERS (GF,V)	\$2.5		
Freshly sliced tasty cheese			
w/ organic brown rice crackers			
CRACKERS 'N' DIPS (GF,DF,V)	\$2.5		
Organic brown rice crackers			
served with hommus			

DRINKS & FROZENS

NUDIE FRUIT JUICE (GF,DF,V)	\$2.5	TASMAN BAY JUICY TUBE (GF,DF,V)	\$2.0
- Apple		- Orange	- Coconut & Mango
- Orange		- Lemonade	- Coconut & Strawberry
- Tropical		- Wildberry	- Coconut & Pineapple
		- Tropical	
MOO FLAVOURED MILK (GF,V)	\$2.0	HOT CHOCOLATE	\$3.0
Chocolate or Strawberry		Soy Milk + .50c	
BANANA BERRY SMOOTHIE (GF,V)	\$3.5		
FROZEN GRAPES (GF,DF,V)	\$2.0		
FROZEN PINEAPPLE (GF,DF,V)	\$2.0		



TOASTIES, SALADS, WRAPS & SUSHI

CHEESE TOASTIE (V)	\$4.0	SUSHI ROLLS X 2 (GF,DF)	\$6.0
HAM & CHEESE TOASTIE	\$4.5	- Tuna w/ Brown Rice	
HAM, CHEESE & TOMATO TOASTIE	\$5.0	- Teriyaki Chicken w/ Brown Rice	
Only using naturally woodsmoked ham (all sandwiches are prepared using fresh wholemeal bread)		- Avocado w/ Brown Rice (V)	
RAINBOW SALAD WRAP (V)	\$4.5	GREEK SALAD (GF,V)	\$4.5
Grated carrot, lettuce, cucumber, tomato & cheese		Cucumber, tomato, feta & kalamata olives in an extra virgin olive oil & lemon dressing	
Poached Chicken + \$2.0		RICE AND BEAN SALAD (GF,V)	\$5.0
CHICKEN & LETTUCE WRAP (DF)	\$5.0	Organic brown rice, red kidney beans, and peas w/ lemon & herb dressing	
Poached free range chicken, grated lettuce & house mayo on a fresh wrap		GARDEN SALAD (GF,DF,V)	\$4.0
CHICKEN SCHNITZEL WRAP	\$6.50	Mixed leaves, tomato & cucumber	
Oven baked free range crumbed chicken tenders w housemade mayo and grated lettuce.		Add free range poached chicken	+\$2.0
		SIDE GARDEN SALAD (GF,DF,V)	\$2.5



HOT FOOD

HOMEMADE PIZZAS	\$4.5	SPINACH & FETA FRITTATA	\$5.0
- Margherita		CHICKEN & LEEK PIE	\$6.0
- Vegetarian		Free range Chicken and leek in a creamy sauce in natural puff pastry.	
- Tropical		MAC 'N' CHEESE	\$6.0
Using only naturally woodsmoked ham Gluten-Free Base + \$1.0		This classic recipe is lovingly made from scratch by our chefs.	
HOMEMADE BURGERS	\$5.0	BEEF LASAGNE	\$6.0
- Vegetarian		Grass fed beef in our homemade organic napoli Sauce, layered with organic pasta sheets and topped with cheese	
- Crumbed Chicken		CRISPY CHICKEN TENDERS X 3	\$7.0
- Grass Fed Beef		Hand crumbed, oven baked, free range chicken tenders	
Gluten-Free Bun + \$1.0		OVEN BAKED CRUMBED	
ORGANIC BEEF HOT DOG (DF)	\$5.0	FISH BITES X 3	\$7.0
Naturally woodsmoked beef hot dog served on a fresh roll		Hand crumbed, oven baked white fish	
HOMEMADE MINI SAUSAGE ROLL	\$3.0	BUTTER CHICKEN (GF)	\$6.0
Grass fed beef & vegies wrapped in natural golden pastry		w/ Organic Brown Rice free range chicken in a mild aromatic curry sauce	
HOMEMADE MINI PARTY PIE	\$3.0	GYOZA X4 (GF)	\$6.0
Chunks of grass fed beef & housemade gravy in natural golden pastry		Gluten free Japanese dumplings served w/ soy dipping sauce	
HOMEMADE POTATO & LEEK SOUP	\$6.0	- Vegetarian	
(V,GF,DF) Served w/ a small bread roll		- Pork & Chive	
GRANDMA'S CHICKEN SOUP	\$6.0	VEGETARIAN FRIED RICE (GF,DF,V)	\$5.0
Served w/ a small bread roll		Rice, carrot, corn and peas Add free range poached chicken +\$2.0	
EGG & BACON ROLL	\$5.0		
Free range egg & naturally woodsmoked bacon served on a freshly baked roll			



TAKE-HOME FAMILY MEALS

HARTWELL CANTEEN IS NOW
SERVING COFFEE, TEA, AND CHAI
FROM OUR COFFEE WINDOW
FROM 8AM - 4PM
FOR PARENTS AND STAFF.

FAMILY PIZZAS

(serves 4)

- Margherita \$10.0
- Vegetarian \$12.0
- Capricciosa \$12.0
- Tropical \$12.0

Using only naturally woodsmoked ham

HOMEMADE SAUSAGE ROLL \$6.0

(serves 1-2)

Grass fed beef & vegies wrapped in natural golden pastry

CHICKEN AND LEEK PIE \$20.0

(serves 4-6)

Free range chicken and leek in a creamy sauce in natural puff pastry.

BUTTER CHICKEN W/ BROWN RICE \$22.0

(serves 4)

Free range chicken in a mild aromatic curry sauce

SPINACH & FETA QUICHE \$18.0

(serves 4-6)

BEEF LASAGNE \$20.0

(serves 4)

Grass fed beef in our homemade organic napoli Sauce, layered with organic pasta sheets and topped with cheese

TUNA PASTA BAKE \$18.0

(serves 4-6)

Tuna pieces in a creamy sauce with peas & corn.

VEGETARIAN FRIED RICE \$12.0

(serves 4)

Organic brown rice, carrot, corn & peas
Add free range poached chicken +\$6.0

HOMEMADE POTATO & LEEK SOUP \$12.0

(serves 2)

Add Garlic Bread +\$4.0

GRANDMA'S CHICKEN SOUP \$12.0

(serves 2)

Add Garlic Bread +\$4.0

SWEET POTATO PASTA SALAD \$18.0

(serves 2-4)

Roasted Sweet potato, organic spiral pasta, baby spinach leaves, housemade pesto & feta

BROWN RICE & BEAN SALAD \$14.0

(serves 2-4)

Organic brown rice, red kidney beans, and peas w/ lemon & herb dressing

GREEK SALAD \$12.0

(serves 2-4)

Cucumber, tomato, feta & kalamata olives in an extra virgin olive oil & lemon dressing.

GARDEN SALAD \$12.0

(serves 2-4)

Mixed leaves, tomato & cucumber