



# Hartwell Canteen Summer Menu 2020

(V) vegetarian  
(VG) vegan  
(DF) dairy-free  
(GF) gluten-free  
\* Gluten-free option available

## SNACKS

<b>Seasonal Fruit Salad Cup</b> (GF, DF, V, VG) ..... \$2.50 Freshly cut seasonal fruit	<b>Peach &amp; Vanilla Yoghurt Pot</b> (GF, V) ..... \$2.50 Organic vanilla yoghurt layered w/ peaches
<b>Very Berry Jelly Cup</b> (GF, DF, V) ..... \$2.50 Seasonal berries served in natural strawberry jelly	<b>Apple Cinnamon Muffin</b> (V) ..... \$2.50
<b>Crazy Apple</b> (GF, DF, V, VG) ..... \$2.00 Spiral cut seasonal apple	<b>Chocolate Mousse Pot</b> (GF, V) ..... \$2.50
<b>Sticks 'n' Dips</b> (GF, DF, V, VG) ..... \$3.00 Carrot, celery and cucumber served w/ homemade hommus dip	<b>Mini Dark Choc Rice Cakes</b> (GF, DF, V, VG) ..... \$1.50
<b>Organic Popcorn Cup</b> (GF, DF, V, VG) ..... \$2.00 Freshly popped in organic coconut oil and Himalayan pink salt	<b>Roasted Seaweed Sheets</b> (GF, DF, V, VG) ..... \$2.50
<b>Organic Corn Chips</b> (GF, DF, V, VG) ..... \$3.50 w/ guacamole and salsa	<b>Berry Yoghurt Balls</b> (GF, V) ..... \$1.50
<b>Cheese &amp; Crackers</b> (GF, V) ..... \$2.50 Freshly sliced tasty cheese w/ organic brown rice crackers	<b>Chia &amp; Sesame Crisps</b> (GF, DF, V) ..... \$1.50
<b>Crackers &amp; Dip</b> (GF, DF, V, VG) ..... \$2.50 Organic brown rice crackers served w/ homemade hommus dip	<b>Homemade Oat Choc Chip Cookie</b> (V) ..... \$1.00
	<b>Vanilla Meringue</b> (GF, DF, V) ..... 50c
	<b>100% Natural Fruit Straps</b> (GF, DF, V, VG) ..... \$1.50
	<b>Organic Brown Rice Crackers</b> (GF, DF, V, VG) .... \$1.50 Salt & Vinegar
	<b>Garlic &amp; Herb Pita Slice</b> (V) ..... 50c
	<b>Nut-Free Trail Mix</b> (V) ..... \$3.00 A blend of seeds, dried fruit and dark choc chips

## DRINKS & FROZENS

<b>100% Fruit Juice</b> (GF, DF, V, VG) ..... \$2.00 • Apple • Orange • Tropical	<b>Hot Chocolate</b> (GF, V) ..... \$3.00 <b>with Soy Milk</b> (DF, V, VG) ..... + 50c
<b>Flavoured Milk</b> (GF, V) ..... \$2.00 • Chocolate • Strawberry	<b>Frozen Watermelon</b> (GF, DF, V) ..... \$2.00
<b>Banana &amp; Strawberry Smoothie</b> (GF, V) ..... \$3.50	<b>Tasman Bay Juicy Tubes</b> (GF, DF, V, VG) ..... \$2.00 Assorted natural flavours available to select upon collection
	<b>Mango Frozen Yoghurt Cup</b> (GF, V) ..... \$2.50 Greek yoghurt & mango blended with nothing artificial

## LUNCH BOX (ideal for excursions, available for 8.45am collection)

<b>Lunch Box</b> (GF, V) ..... \$10.00 • Sandwich or Wrap (select one option) - Salad Wrap (DF, V) - Cheese Sandwich (V) - Cheese & Tomato Sandwich (V) - Ham & Cheese Sandwich - Ham, Cheese & Tomato Sandwich	• Homemade Oat Choc Chip Cookie (V) • Seasonal Fruit Salad Cup (GF, DF, V) • Organic Popcorn Cup (GF, DF, V)
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## TOASTIES

\*Gluten-Free Options + \$1.00

<b>Cheese Toastie*</b> (V) .....	<b>\$4.00</b>	<b>Spinach, Cheese &amp; Tomato Panini*</b> (V) .....	<b>\$6.00</b>
<b>Cheese &amp; Tomato Toastie*</b> (V) .....	<b>\$4.50</b>	<b>Cheese, Spinach &amp; Ham Panini*</b> .....	<b>\$6.00</b>
<b>Ham &amp; Cheese Toastie*</b> .....	<b>\$4.50</b>	<b>Chicken, Cheese &amp; Tomato Panini*</b> .....	<b>\$6.00</b>
<b>Ham, Cheese &amp; Tomato Toastie*</b> .....	<b>\$5.00</b>		

We only use naturally wood smoked ham free of nitrites

## SALADS & WRAPS

<b>Salad Wrap</b> (DF, V) .....	<b>\$5.00</b>	<b>Greek Salad</b> (GF, V) .....	<b>\$4.50</b>
Grated carrot, cucumber, lettuce, tomato & cheese wrapped in pita bread		Cucumber, tomato, feta & kalamata olives in an extra virgin olive oil & lemon dressing	
<b>add Free Range Poached Chicken</b> .....	<b>+ \$2.00</b>	<b>Rice Noodle Salad</b> (GF, DF, V, VG) .....	<b>\$6.00</b>
<b>add Naturally Wood Smoked Ham</b> .....	<b>+ \$2.00</b>	Vermicelli rice noodles with cucumber, carrot, spring onion, coriander and an Asian dressing	
<b>add Tuna</b> .....	<b>+ \$2.00</b>	<b>add Free Range Poached Chicken</b> .....	<b>+ \$2.00</b>
We only use naturally wood smoked ham free of nitrites		<b>add Tuna</b> .....	<b>+ \$2.00</b>

## HOT FOOD

\*Gluten-Free Options + \$1.00

<b>Homemade Pizzas*</b> .....	<b>\$4.50</b>	<b>Organic Chicken Nuggets</b> .....	<b>\$6.00</b>
• Margherita (V) • Vegetarian (V) • Tropical		<b>Napoli Pasta Tub</b> (V) .....	<b>\$5.00</b>
		Penne pasta served with our homemade Napoli pasta sauce topped with cheese	
<b>Homemade Burgers*</b> .....	<b>\$5.00</b>	<b>Chicken Pesto Pasta Tub</b> .....	<b>\$6.00</b>
• Vegetarian (DF, V) • Grilled Free Range Chicken (DF) • Grass Fed Beef (DF)		Penne pasta served with our homemade pesto & free range chicken topped with cheese	
<b>Organic Beef Hot Dog*</b> (DF).....	<b>\$5.00</b>	<b>Butter Chicken</b> (GF) .....	<b>\$6.00</b>
Naturally wood smoked organic beef hot dog served on a fresh roll		Free range chicken & greens in a mild aromatic curry sauce served with organic brown rice	
<b>Homemade Mini Sausage Roll</b> .....	<b>\$3.00</b>	<b>Gyoza</b> (DF) .....	<b>\$6.00</b>
Grass fed beef & veggies wrapped in a natural golden pastry		Japanese pork dumplings served with soy dipping sauce	
<b>Egg &amp; Bacon Roll*</b> (DF).....	<b>\$5.00</b>	<b>Vegetarian Gyoza</b> (DF, V) .....	<b>\$6.00</b>
Free range egg & naturally wood smoked bacon served on a fresh bread roll		Japanese dumplings served with soy dipping sauce	
<b>Nacho Bowl</b> (GF, V) .....	<b>\$6.00</b>	<b>Teriyaki Chicken Tenders</b> (GF, DF) .....	<b>\$6.00</b>
Organic corn chips, topped with mild salsa, tasty cheese, guacamole & sour cream		Marinated free range chicken & greens served with organic brown rice	