HARTWELL CANTEEN SUMMER 2023 MENU

OPEN TUESDAY, THURSDAY & FRIDAY

SNACKS

Seasonal Fruit Salad Cup (GF, DF, V, VG) $3.00
Add Yogurt and Granola ..... +$2.00

Very Berry Jelly Cup (GF, DF, V) $3.00

Crazy Apple (GF, DF, V, VG) $2.00
Spiral cut seasonal apple

Popcorn (GF, DF, V, VG) $2.00
Freshly popped in organic coconut oil and Himalayan pink salt

Cheese & Crackers (GF, V) $2.50
Freshly sliced tasty cheese with organic brown rice crackers

Muffin of the Day (V) $2.50

Chocolate Mousse Pot (GF, V) $3.00

Mini Dark Choc Rice Cakes (GF, DF, V, VG) $1.50

Roasted Seaweed Sheets (GF, DF, V, VG) $2.50

Homemade Cookie (V) $1.00

Vanilla Meringue (GF, DF, V) 50c

100% Natural Fruit Straps (GF, DF, V, VG) $1.50
A blend of seeds, dried fruit and dark choc chips

Brown Rice Mini Bites (GF, DF, V, VG) $1.50
Salt & Vinegar

Garlic & Herb Pita Slice (V) 50c

Banana Bread $1.00

Cinnamon Donut $2.00

DRINKS & FROZENS

100% Fruit Juice (GF, GF, V, VG) $2.00
Apple / Orange / Tropical

Flavoured Milk (GF, V) $2.00
Chocolate / Strawberry

Hot Chocolate (GF, V) $3.00
Add soy milk (DF, V, VG) ..... +50c

Fruity Juicy Tubes (GF, DF, V, VG) $1.00
Assorted natural flavours available to select upon collection

Mango Frozen Yoghurt Cup (GF, V) $3.00
Greek yoghurt & passionfruit blended with nothing artificial

Smooze Coconut Ice Treat (Mango or Guava) (V) $2.00

SALADS

Super Grain Salad (V) $6.00
Brown Rice, Quinoa, Spinach and zesty herb dressing with a cumin yoghurt dressing
Add crumbed chicken ..... +$3.00

Garden Salad (V) $5.00
Add crumbed chicken ..... +$3.00

TOASTIES

Cheese Toastie (V) $4.00

Cheese & Tomato Toastie (V) $4.50

Ham & Cheese Toastie $4.50

Ham, Cheese & Tomato Toastie $5.00

HOT FOOD

Homemade Pizzas $5.00
- Margherita (V)
- Vegetarian (V)
- Tropical
- BBQ Chicken

Homemade Burgers $6.00
- Vegetarian (GF, V)
- Beef Cheeseburger
- Crumbed Free Range Chicken (DF)

Organic Beef Hot Dog (DF) $5.00
Naturally wood smoked organic beef hot dog served on a fresh roll

Homemade Mini Sausage Roll $3.00
Grass fed beef & veggies wrapped in a natural golden pastry

Egg & Bacon Roll (DF) $5.00
Free range egg & naturally wood smoked bacon served on a fresh bread roll

Chicken Nuggets (5) $6.00

Napoli Pasta Tub (V) $5.00
Penna pasta served with our homemade Napoli pasta sauce topped with cheese
Add meatballs ..... +$2.50

Gyoza (DF) $6.00
Japanese pork dumpling served with soy dipping sauce

Vegetarian Gyoza (GF, V) $6.00
Japanese dumplings served with soy dipping Sauce

Chicken Parma & Salad $7.00

Hot Cheese Roll $4.00

(V) VEGETARIAN (DF) DAIRY-FREE
(VG) VEGAN (GF) GLUTEN-FREE