

HARTWELL CANTEEN TERM 2 2022 MENU

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

SNACKS

Seasonal Fruit Salad Cup (GF, DF, V, VG)	\$2.50	Berry Yoghurt Balls (GF, V)	\$1.50
Add Yoghurt and Granola.....	+\$1.50	Homemade Oat Choc Chip Cookie (V)	\$1.00
Peach and Mango Jelly (GF, DF, V)	\$2.50	Vanilla Meringue (GF, DF, V)	50c
Seasonal berries served in natural strawberry jelly		100% Natural Fruit Straps (GF, DF, V, VG)	\$1.50
Crazy Apple (GF, DF, V, VG)	\$2.00	A blend of seeds, dried fruit and dark choc chips	
Spiral cut seasonal apple		Organic Brown Rice Crackers (GF, DF, V, VG)	\$1.50
Organic Popcorn Cup (GF, DF, V, VG)	\$2.00	Salt & Vinegar	
Freshly popped in organic coconut oil and Himalayan pink salt		Garlic & Herb Pita Slice (V)	50c
Cheese & Crackers (GF, V)	\$2.50	Nut-Free Trail Mix (V)	\$3.00
Freshly sliced tasty cheese with organic brown rice crackers		A blend of seeds, dried fruit and dark choc chips	
Raspberry & White Chocolate Muffin (V)	\$2.50	Snack Box (V)	\$4.50
Chocolate Mousse Pot (GF, V)	\$2.50	Popcorn, carrot sticks, cherry tomatoes, cheese & crackers	
Mini Dark Choc Rice Cakes (GF, DF, V, VG)	\$1.50	Wholemeal Fruit Toast (V)	\$1.00
Roasted Seaweed Sheets (GF, DF, V, VG)	\$2.50	Apple & Strawberry Twisters (V)	\$1.00

DRINKS & FROZENS

100% Fruit Juice (GF, GF, V, VG)	\$2.00	Frozen Watermelon (GF, DF, V)	\$2.00
Apple / Orange / Tropical		Fruity Juicy Tubes (GF, DF, V, VG)	\$1.00
Flavoured Milk (GF, V)	\$2.00	Assorted natural flavours available to select upon collection	
Chocolate / Strawberry		Mango Frozen Yoghurt Cup (GF, V)	\$2.50
Banana Smoothie (GF, V)	\$3.50	Greek yoghurt & mango blended with nothing artificial	
Hot Chocolate (GF, V)	\$3.00	Homemade Chocolate Ice Cream Tub (V).....	\$2.50
Add soy milk (DF, V, VG)	+50c		

SALADS

Caesar Salad (V)	\$6.00
Add crumbed chicken or tuna	+\$2.00
Available gluten free	
Greek Salad (GF, V)	\$4.50
Cucumber, tomato, feta & Kalamata olives in an extra virgin olive oil & lemon dressing	
Add crumbed chicken breast	+\$2.00
Add tuna	+\$2.00
Side Garden Salad (GF, V)	\$2.50

TOASTIES

Cheese Toastie (V)	\$4.00
Cheese & Tomato Toastie (V)	\$4.50
Ham & Cheese Toastie	\$4.50
Ham, Cheese & Tomato Toastie	\$5.00
We only use naturally wood smoked ham free of nitrates	

SANDWICHES

Cheese Sandwich (V)	\$2.00
Vegemite Sandwich (DF, V)	\$2.00
Salad Sandwich (DF, V)	\$4.50
Grated Carrot, cucumber, lettuce, tomato & cheese in wholemeal sliced bread	
Add crumbed chicken breast	+\$2.00
Add naturally wood smoked ham	+\$2.00
Add tuna	+\$2.00
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WRAPS

Fresh or Toasted Wrap	\$6.00
• Spinach Cheese Tomato (V)	
• Ham Spinach Cheese	
• Chicken Schnitzel, Cheese Tomato	

HOT FOOD

Homemade Pizzas	\$4.50
• Margherita (V)	
• Vegetarian (V)	
• Tropical	
Homemade Burgers	\$5.00
• Vegetarian (GF, V)	
• Crumbed Free Range Chicken (DF)	
• Grass Fed Beef (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	
Organic Chicken Nuggets (5)	\$6.00
Napoli Pasta Tub (V)	\$5.00
Penna pasta served with our homemade Napoli pasta sauce topped with cheese	
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	\$6.00
Nacho Bowl	\$6.00
Butter Chicken & Brown rice	\$6.00
Chicken & Vegetable soup	\$5.00
Add Corn Cob side	+\$2.00

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THE
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