

HARTWELL CANTEEN TERM 3 2022 MENU

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

SNACKS

| | | | |
|---|---------|---|--------|
| Seasonal Fruit Salad Cup (GF, DF, V, VG) | \$3.00 | Berry Yoghurt Balls (GF, V) | \$1.50 |
| Add Yoghurt and Granola..... | +\$1.50 | Homemade Oat Choc Chip Cookie (V) | \$1.00 |
| Blackcurrant and Blueberry (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 | | Brown Rice Mini Bites (GF, DF, V, VG) | \$1.50 |
| Popcorn (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 | Trail Mix (V) | \$3.00 |
| Freshly sliced tasty cheese with organic brown rice crackers | | A blend of seeds, dried fruit and dark choc chips | |
| Apple Crumble Muffin (V) | \$2.50 | Wholemeal Fruit Toast (V) | \$1.00 |
| Chocolate Mousse Pot (GF, V) | \$2.50 | Apple & Strawberry Twisters (V) | \$1.00 |
| Mini Dark Choc Rice Cakes (GF, DF, V, VG) | \$1.50 | Banana Bread | \$1.00 |
| Roasted Seaweed Sheets (GF, DF, V, VG) | \$2.50 | | |

DRINKS & FROZENS

| | | | |
|--|--------|---|--------|
| 100% Fruit Juice (GF, GF, V, VG) | \$2.00 | Fruity Juicy Tubes (GF, DF, V, VG) | \$1.00 |
| Apple / Orange / Tropical | | Assorted natural flavours available to select upon collection | |
| Flavoured Milk (GF, V) | \$2.00 | Passion fruit Frozen Yoghurt Cup (GF, V) | \$2.50 |
| Chocolate / Strawberry | | Greek yoghurt & passionfruit blended with nothing artificial | |
| Hot Chocolate (GF, V) | \$3.00 | | |
| Add soy milk (DF, V, VG) | +50c | | |

SALADS

| | |
|-----------------------------------|---------|
| Caesar Salad (V) | \$6.00 |
| Add crumbed chicken or tuna | +\$2.00 |
| Available gluten free | |

TOASTIES

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|------------------------------------|--------|
| Cheese Toastie (V) | \$4.00 |
| Cheese & Tomato Toastie (V) | \$4.50 |
| Ham & Cheese Toastie | \$4.50 |
| Ham, Cheese & Tomato Toastie | \$5.00 |

WRAPS

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

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THE
GREEN
CANTEEN

HOT FOOD

| | |
|---|---------|
| Homemade Pizzas | \$5.00 |
| • Margherita (V) | |
| • Vegetarian (V) | |
| • Tropical | |
| Homemade Burgers | \$6.00 |
| • Vegetarian (GF, V) | |
| • Crumbed Free Range Chicken (DF) | |
| • Beef Cheeseburger | |
| 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 |
| Homemade Chicken & Noodle soup w/ roll | \$6.00 |
| Corn Fritters (4) | \$6.00 |
| Honey Soy Chicken Wings (GF) | \$6.00 |
| Hot Cheese Roll | \$4.00 |