

# THE CANTEEN

Toormina High Menu 2020

Think Healthy.....eat Healthy.....be Healthy

Open from 8am

PLEASE PRE ORDER ....LUNCH ORDERS IN BY 11.30AM

## Early starters

Hash Browns .....	\$1.50
Bacon and egg Muffins.....	\$3.90
Raisin toast(2 slices).....	\$2.90
Fruit,yoghurt and muesli bowl.....	\$3.90
Fresh fruit Salad Bowl.....	\$3.90

## Selection of freshly made sangas .... \$4.90

Chicken lettuce mayo \*Ham Cheese Tomato  
Curried Egg and Lettuce \*Chicken Salad  
\* Cheese \*Salad

## Selection of 1/2 Wraps.....\$3.90

Chicken Salad \*Ham Cheese Salad  
\* Beef Salad \*Felafel Salad

## BURGERS

BLT Burger...Bacon lettuce Tomato.....	\$3.90
Grilled Chicken Burger w/ Salad.....	\$4.90
Crumbed Chicken Burger w/ Salad.....	\$4.90
Felafel Burger w/ Salad.....	\$4.90
Crumbed fish burger w/salad.....	\$4.90
Beef Burger w/ Salad.....	\$4.90

**TOASTIES.....\$4.90**

- Ham& Cheese \* Ham Cheese & Tomato
- \* Ham Cheese & Pineapple \* Cheese & Tomato
- \* Chicken Cheese & Pineapple
- \*Chicken Cheese Avo

**HOT BOX**

- Sausage Rolls.....\$3.00
- Meat Pies..... \$4.00
- Nacho Pies.....\$4.50
- Cottage Pies.....\$4.50

**SALAD BOWLS**

- Salad crunch bowl.....Lettuce, Tomato,Carrot,Beetroot,Cucumber,corn.....\$4.50

**Add...**Grilled Chicken\*Crumbed Chicken

- \* Tuna \*Felafel \* Ham& Cheese.....\$5.50

**DRINKS**

- Up & Go Breakfast drink.....\$2.50
- Emma & Toms 5 Star Juices.....\$3.80
- Emma & Toms 5 star flavoured milks.....\$3.80
- Poppers.....\$2.00
- Still water.....\$2.00
- Sparkling Mineral Water.....\$2.50
- Milkshakes.....\$4.00
- Slushies.....\$3.00

**Barista Coffee**

**Hot Choc /Chai..... sml \$3.50**

Med \$4.00

Lrg \$4.50

Fruit Juice Icy Tubes.....\$1.50

Treat!.....choc brownie.....\$2.50



**“WATCH OUT FOR SPECIALS”**