Fresh as Cafe

SPECIAL DIETARY REQUIREMENTS MENU

All items are made fresh upon order.

GLUTEN FREE

Ham and Salad, Chicken and Salad, Egg and Lettuce, Curried Egg. Special sandwiches can also be made to order Cheese Sandwich Sushi Tuna (can) Vege Chips Fresh Fruit \$1.00 Fruit Salad Pasta (Bolognese) Fried Rice Turkish Bread Pizza Sub Ham and Cheese Toastie Egg and Bacon Toastie Cheesies - Small - Large \$2.00 \$2.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00
Cheese Sandwich \$2.00 Sushi \$5.00 Tuna (can) \$2.00 Vege Chips \$1.50 Fresh Fruit \$1.00 Fruit Salad \$4.00 Pasta (Bolognese) \$4.00 Fried Rice \$4.00 Turkish Bread Pizza Sub \$4.00 Ham and Cheese Toastie \$2.50 Egg and Bacon Toastie \$4.00 Cheesies - Small \$1.00 - Large \$2.00
Sushi \$5.00 Tuna (can) \$2.00 Vege Chips \$1.50 Fresh Fruit \$1.00 Fruit Salad \$4.00 Pasta (Bolognese) \$4.00 Fried Rice \$4.00 Turkish Bread Pizza Sub \$4.00 Ham and Cheese Toastie \$2.50 Egg and Bacon Toastie \$4.00 Cheesies - Small \$1.00 - Large \$2.00
Tuna (can) \$2.00 Vege Chips \$1.50 Fresh Fruit \$1.00 Fruit Salad \$4.00 Pasta (Bolognese) \$4.00 Fried Rice \$4.00 Turkish Bread Pizza Sub \$4.00 Ham and Cheese Toastie \$2.50 Egg and Bacon Toastie \$4.00 Cheesies - Small \$1.00 - Large \$2.00
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Fruit Salad \$4.00 Pasta (Bolognese) \$4.00 Fried Rice \$4.00 Turkish Bread Pizza Sub \$4.00 Ham and Cheese Toastie \$2.50 Egg and Bacon Toastie \$4.00 Cheesies - Small \$1.00 - Large \$2.00
Pasta (Bolognese) \$4.00 Fried Rice \$4.00 Turkish Bread Pizza Sub \$4.00 Ham and Cheese Toastie \$2.50 Egg and Bacon Toastie \$4.00 Cheesies - Small \$1.00 - Large \$2.00
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Turkish Bread Pizza Sub Ham and Cheese Toastie \$2.50 Egg and Bacon Toastie \$4.00 Cheesies - Small - Large \$2.00
Ham and Cheese Toastie \$2.50 Egg and Bacon Toastie \$4.00 Cheesies - Small \$1.00 - Large \$2.00
Egg and Bacon Toastie \$4.00 Cheesies - Small \$1.00 - Large \$2.00
Cheesies - Small \$1.00 - Large \$2.00
- Large \$2.00
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Hot Chips and Gravy \$4.00
Sausage Rolls \$4.00
Nachos \$5.00
Baked potato with capsicum, onion and cheese \$5.00
Hummus and crackers \$4.00

VEGETARIAN VEGAN

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Sandwiches and wraps	\$4.50	Sandwiches and wraps	\$4.50
Salad sandwiches, Egg and Lettuce, Curried Egg,		Salad sandwiches can be made with an olive	
Vegemite and Cheese Sandwich	\$2.00	oil spread instead of butter or margarine	
Sushi	\$5.00	Cheese sandwich	\$2.00
Vege Chips	\$1.50	Hummus and crackers	\$4.00
Fresh Fruit	\$1.00	Vege Chips	\$1.50
Fruit Salad	\$4.00	Fresh Fruit	\$1.00
Hummus and crackers	\$4.00	Fruit Salad	\$4.00
Spinach and Ricotta Rolls	\$4.00	Veggie Burger	\$5.00
Pasta (Mac and Cheese)	\$4.00	Chips	\$4.00
Cheesies - Small	\$1.00	Hash Brown	\$1.50
- Large	\$2.00		
Veggie Burger	\$5.00		
Hot Chips and Gravy	\$4.00		
Nachos	\$5.00		
Hash Brown	\$1.50		

Most menu items can be adjusted for any dietary needs.

Please place orders in a named envelope with correct money in the box in the front office before school.

freshascanteen@gmail.com 0402 245 221