Fresh As Canteen

Sandwiches and Cold Food -

Cold meat, salad, egg & fruit

Sandwiches	\$5.00	Sushi	\$5.50
Ham & Salad, Chicken & Salad, Egg & Lettuce, Curried Egg, Cheese & Salad		Teriyaki Chicken, Katsu Chicken, Tuna, Vegetarian	
Fresh Wraps	Half \$4.00	Rice Paper Rolls	\$6.00
Ham & Salad, Chicken & Salad, Egg & Salad	Whole \$6.00	Teriyaki Chicken, Tuna	
Salad & Egg tray	\$6.00	Fruit Salad	sml \$3.00
With ham or chicken +\$1		Seasonal Fruit Salad	med \$5.00 Ige \$6.50
Large Salad Bento Tray	\$9.00		ige 90.30

		Hot Fo	od —
Cheesies	sml \$1.00	Burgers	\$6.00
	med \$1.50	Beef & Cheese, Chicken & Cheese, Bacon & Egg	
	lge \$2.00	with Salad +\$1	
Party Pie	\$1.50	Nachos	\$6.00
Meat Pie	\$4.00	Nacho chips with salsa and melted cheese	
Giant Sausage Roll	\$4.50	Sour Cream +\$0.50 Avocado +\$1	
Spinach and Cream Cheese Roll	\$4.50		\$5.00
Hot Dog	\$4.00	Loaded Potato	\$5.00
Chicken Tender Sub	\$4.00	Beef Quesadilla	\$4.00
Chicken Tender & Lettuce Wrap	\$4.00	Chicken Enchilada	\$4.00 \$4.00
Spicy Chicken Wings	sml \$2.50	Chicken Enchildad	Ş4.00
	lge \$3.00	Toasted B.L.T	\$7.00
		Toasted Turkish Pizza Sub	sml \$2.00
Air-fried Hot Chips	\$4.00	Various toppings including: Ham & Pineapple,	lge \$4.00
Air-fried Hot Chips & Gravy	\$5.00	Onion & Capsicum	•
6 Chicken Nuggets	\$4.00	Toasted Turkish Bread	\$8.00
10 Chicken Nuggets	\$6.00		-
Nuggets & Chips Snack Pack	\$5.00	Chicken, Cheese & Avocado, Ham, Cheese & Toma	ito
3 chicken nuggets, air-fried chips and sauce		Toasted Sandwiches	from
Hot Noodles	from	Vegemite & Cheese, Ham & Cheese, Chicken &	\$3.00-\$5
	\$3.50-\$5	Cheese, Peri-Peri Chicken and Cheese	
chicken, beef, spicy	\$3.30-\$3	Toasted Peri-Peri Chicken Wrap	half \$5.00
Hash Brown	\$1.50		whole \$9.00
Bacon & Egg Muffin	\$5.00		Wildie \$7.00
Ham & Cheese Croissant	\$4.00	Hot Meals	sml \$4.00
Breakfast Wrap	half \$5.00	Bolognese, Lasagne, Mac & Cheese, Fried Rice,	lge \$6.00
	whole \$9.00	Vegetarian Peri-Peri Pasta,	

DRINKS

WATER	\$2.00
JUICE BOX	\$2.50
UP & GO	\$3.00
FLAVOURED MILK 300ML	\$3.00
FLAVOURED MILK 600ML	\$4.50
CHOC MILK 750ML	\$5.00
ORANGE C 300ML	\$2.50
ORANGE C 600ML	\$4.00
WATERFORDS VARIETIES	\$4.00
LIPTON ICED TEA	\$4.00
DELLOS ALOE VARIETIES	\$4.00

SNACKS

PIECE FRESH FRUIT	\$1.50
MUFFINS - ASSORTED FLAVOURS	\$4.00
VEGE CHIPS	\$1.50
SNAPS (BBQ OR TANGY)	\$2.50
YOGHURT	\$2.50
YOGO	\$2.50
ICYPOLE	\$1.00
COOKIE	\$1.50
CHEESE & CRACKERS	\$3.00
TUNA	\$2.00
SALMON	\$3.00

Please note: not all menu items are available everyday. Dietary requirements can be catered for if pre-ordered.

freshascanteen@gmail.com Phone: 6296 1069