




# CANTEEN MENU

## Summer - Autumn 2022


 **GO FOR IT!** - Healthy Choice. Healthy Star Rating 3,4 & 5  
 **GO EASY!** - Occasional Choice  **WHOA!** - Rarely


(V) Vegetarian (VG) Vegan  
(GF) Gluten Free


### SANDWICHES/ROLLS/WRAPPS

#### BUILD YOUR OWN DELI ITEM

Starting @ \$2.00:


 **Bread:** Sourdough/Multigrain/GF

 **Rolls:** Sourdough/Multigrain

 **Wraps:** Sourdough/GF

 **Fillings @ \$0.50 each:**

lettuce/carrot/ tomato / pineapple/ cucumber/  
beetroot

 **Fillings @ \$1.00 each:**

ham/ chicken/ falafel/ tuna/ egg/ spinach/ cheese

















**Complimentary condiments or serving options:**

dairy spread/ mayonnaise/ salt & pepper  
toastie/ jaffle

Please indicate your preference in NOTES.

-  Warm/Cold Cheese & Vegemite Scroll \$2.50
-  Warm/Cold Cheese & Bacon Roll \$2.50

### HOT FOOD

-  Steamed Beef Dim Sims (3) w Soy Sauce \$3.00
-  Oven Baked Sweet Chilli Tender \$2.00
-  Oven Baked Chicken Nuggets (6) \$5.00
-  Hawaiian Pizza Pocket \$5.00
-  Meat Pie \$5.00
-  Small Meat Pie \$2.00
-  Sausage Roll \$6.00
-  Small Sausage Roll \$2.00
-  GF Meat Pie \$5.00
-  GF Small Meat Pie \$2.50
-  GF Sausage Roll \$6.00
-  GF Small Sausage Roll \$2.50
-  GF Vegetarian Spring Roll \$3.00
-  Noodle Cup Chicken or Beef \$3.00
-  Sweet Chilli Chicken Wrap or Roll \$6.50  
(Chicken Tender, Lettuce, Cheese, Chilli Sauce)
-  Chicken Schnitzel Wrap or Roll \$6.50  
(Chicken Schnitzel, Lettuce, Cheese, Mayo)

### SPECIALS

Daily, Weekly and Seasonal menu options are conveniently located to view & order 24/7 online at <https://canteen.mercy.vic.edu.au/>




Over the counter ordering & cash sales remain available:

Monday - Friday — 8.30am -1.30pm








### CHILLED ITEMS

-  Cheese & Artisan Crackers (V) \$3.50
-  Hummus & Sakata Crackers (V) \$4.00
-  Tzatziki & Sakata Crackers (V) \$4.00
-  Salsa & Corn Chips (V) \$4.00
-  Fruit Salad Cup (GF, V, VG) \$1.00
-  Pineapple Cup (GF, V, VG) \$1.00
-  Watermelon Cup (GF, V, VG) \$1.50
-  Fresh Fruit Salad Pod (GF, V, VG) \$5.00
-  Chia Coconut Power Pod (GF, V, VG) \$5.00
-  Salad Pod (GF, V, VG) \$6.00
-  Juicy Jelly Cup \$1.00

### FROZEN ITEMS

-  Quelch Icy Fruit Tube - Berry \$0.50
-  Creamy Yoghurt or Sour Zing Fruit Tube \$1.00
-  GF Twisted Probiotic Yoghurt Cup \$2.50

### SNACKS

-  Seasonal Fresh Fruit \$0.50
-  Yoghurt Frogs (4) \$0.50
-  Popcorn \$0.50
-  Savoury Crisps \$2.00
-  GF Banana Bread \$3.00
-  Hedgehog Slice \$2.50
-  Iced Doughnut \$2.50

### COLD DRINKS

-  Natural Spring Water 600ml \$2.00
-  Sparkling Spring Water 500ml \$2.50
-  Dash Infused Sparkling Water 300ml \$2.50  
*raspberry/peach/lemon*
-  Nippy's 250ml Iced Milk \$3.00  
*strawberry/chocolate*
-  Nippy's 375ml Iced Milk \$4.00  
*strawberry/coffee/chocolate/honeycomb*
-  Just Juice 200ml \$2.50  
*apple & blackcurrant/apple/orange/tropical*
-  Emma & Toms 350ml Smoothie \$4.00  
*Kick Starter/Green Power/KarmaRama*