

Sprout Term 4 2017

Sandwiches

(wholemeal only)

Honey	\$2
Vegemite	\$2
Cheese	\$3
Cheese/vegemite	\$3.20
Tomato	\$3
Cheese/Tomato	\$3.50
Ham	\$3.50
Cheese/Ham	\$4
Cheese/Ham/Tom	\$4.50
Tuna	\$3.50
Salad	\$3.50
Tuna/Salad	\$4.50
Cheese/Salad	\$4
Ham/Salad	\$4.50
Ham/Cheese/Salad	\$5

**PLEASE ADD 50c FOR
TOASTED.**

Sandwiches available
every day

Daily Specials

Monday

Sandwiches and Toasties Only

Tuesday

Sausage Rolls \$4

(beef mince, carrot, zucchini, onion, herbs,
breadcrumbs, pastry)

Cheese & Spinach Roll \$3.50

(ricotta, feta, spinach, onion, nutmeg, pastry)

Wednesday

Chicken Wrap, Full \$5/ half \$3

(chicken breast with sumac, lettuce, cucumber,
yoghurt and garlic sauce on Lebanese bread)

Falafel Wrap, Full \$5/ half \$3

(falafel, tomato, lettuce, yoghurt and garlic sauce,
on Lebanese bread)

*hummus available for a dairy free option.

Thursday

Pizza, Margarita only \$3.50

(dough and pizza sauce made in house)

Friday

Bean Burritos \$4

Flour tortilla, Mexican bean mix, lettuce, cheese
and sour cream

Snacks

(House-made)

Biscuits	\$2
Muffins	\$2
Mini Muffin	\$1
Popcorn	\$1

Also available

Fruit	\$1
Licorice	20c
Icy pole	\$2

*We are nut free and all meat
and cheese are halal. Options
available for gluten free and vegan
sandwiches. If you have any special
requirements or questions regarding
our ingredients, please come and
speak with us.*

Morning cafe

Coffee	\$3.50
Large	\$4.50
Tea	\$2.50
Herbal	\$2.50
Hot Chocolate	\$3.50
Kid's hot choc	\$2
Babycino (silver coin donation)	