



Metropolitan Canteens

Prices effective from January 2017



Sandwiches Rolls & Wraps

White/wholemeal/Multigrain

Ingredients

Choose from Ham, Poached Chicken, Smoked Salmon, Turkey, Egg, Roast beef, Lettuce, Tomato, Carrot, Cucumber, Alfalfa, Beetroot, Onion, Avocado with Cranberry, Mustard, Mayo & Roast Vegetables.

Sandwiches		\$4.50
Rolls		\$5.50
Wraps	Half	\$3.90
Wraps	Whole	\$6.50
Focaccia	Grilled	\$6.50

<u>Salads</u>	<u>Small</u>	<u>Large</u>
Pasta & Rice Salad	\$5.00	\$6.50
Chicken Caesar	\$5.00	\$6.50
Greek Salad	\$5.00	\$6.50
Thai Salad	\$5.00	\$6.50
Tuna Salad	\$5.00	\$6.50
Beef Salad	\$5.00	\$6.50

Fresh Fruit (whole)	\$1.20
Fruit Salad small	\$4.20
Fruit Salad large	\$5.00
Yoghurt	\$3.00
Jelly	\$2.00



THE BAKERY

Continued

All made on site (low fat)

Sausage Rolls		\$3.90
Spinach & Ricotta Rolls		\$4.40
Quiche		\$4.00
Pasties	from	\$4.00
Pies	from	\$4.00
Pies	Commercial	from \$4.50

Croissant		\$3.30
Croissant	Ham & Cheese	\$4.40
Croissant	Cheese & Tomato	\$3.90

Burgers & Buns

Chicken Schnitzel	\$5.50
Grilled Chicken	\$5.50
Cheeseburger	\$4.50
Beef	\$5.50
Hot Roast Beef & Gravy	\$5.50
Vegetarian Burger	\$5.50
Fish Fillet Burger	\$5.50
Hot Dogs Plain with sauce	\$4.00
Hot Dogs with Cheese & Sauce	\$4.50

From our Resident Nutritionist Stephanie Wearne

From BodygoodFood

Web: www.bodygoodfood.com.au

Berry & Oat Muffins	\$3.30
Banana & Coconut Bread (Homemade)	\$3.90
Corn & Bacon Fritters	\$3.30
Quinoa Salad	\$5.50
Vietnamese Chicken Salad	\$6.00
Roast Beef Wrap with spinach, Relish Red Onion & Mustard	\$6.50
Mexican Bean Pots with guacamole, Sour Cream & Cheese	\$5.50
Muesli Slice (Homemade)	\$3.90
Energy Balls (Homemade)	\$2.20
Rice Paper Rolls (2 medium)	\$5.50
Sushi variety	\$3.30ea

THE BAKERY

All made on site (low fat)

Cookies	from	\$1.20
Muffins	Medium	\$2.80
Muffins	Mega	\$4.40
Slices	Commercial	\$4.40
Slices	Homemade	\$4.40