



COLD FOOD

Sandwiches & Rolls	Egg & Lettuce		4.00	#	
	Chicken, Lettuce & Mayo		4.50	#	
	Untoasted or Toasted	Vegemite & Cheese		3.50	#
		Cheese & Tomato		3.50	#
		Ham & Cheese		3.50	#
# GF available					
Wraps	Salad	mixed leaves, tomato, cucumber, carrot & cheese	Half 4.00	Whole 7.00	#
		Super Salad with beetroot & onion	4.50	8.00	#
	Chicken Caesar with egg		4.50	8.00	#
	Gourmet Falafel	With salad, avocado & hommus	5.00	9.00	V, #
	Ham Salad & Mayo		4.50	8.00	#
	Chicken Salad & Mayo		5.00	8.00	#
	Salad Tubs	Super Salad Salad, Beetroot & Onion		5.50	GF
Chicken Salad		6.50	GF		
Egg Salad		6.50	GF		
Chicken Caesar Salad		6.50	GF		
Crunchy Rolls White, wholemeal or multigrain	Salad Lettuce, Tomato, Carrot, Cucumber & Cheese		5.00		
	Super Salad Salad, Beetroot & Onion		5.50		
	Ham Salad		6.00		
	Chicken Salad Chicken with mayo		6.50		
Wellness Bowls	Options: Vegan with Capsicum or Falafel, Vegetarian with Grated Cheese or Egg, Chicken and Tuna & Mayo		10.00	GF	

SNACKS

Apple Slinky Green or Red	2.00	V, GF		
Carrot Sticks / Whole Fresh Fruit Seasonal	1.50	V, GF		
Cheese Snack Slices	1.00	GF		
Crackers Water Crackers or GF Rice Crackers	1.00			
Dip tub Hommus, Salsa, Sour Cream, Garlic Aioli	1.00	GF		
Chocolate Mousse including spoon	1.50	GF		
Muffin Apple & Cinnamon or Chocolate	3.00			
Popcorn / Vanilla Custard including spoon	1.20	V, GF		
Chips Deli Style / Grain Waves Sour cream & chives	1.80	V, GF		
Oreo Mini Cookies	1.00			
Vegemite & Cheese Scroll	3.00			
Vanilla Yoghurt	inc. spoon	with Muesli or Blueberries	2.20	#

DRINKS

Flavoured Milk (Large) # 500ml	Chocolate, Caramel Latte, Coffee, Strawberry	4.80	
Flavoured Milk (Small) 300ml	Chocolate, Strawberry	3.00	
Mount Franklin Lightly Sparking Fruit Water		3.50	V, GF
Juice Bomb	Grape, Vanilla Lime, Apple Raspberry, Watermelon, Orange Passio, Lemonade, Apple & Blackcurrant	3.00	V, GF
Juice Poppers	Apple, Orange, Tropical, Apple & Blackcurrant	1.50	V, GF
Kombucha #	Mango, Wild Berry, Lemon & Lime, Blueberry	3.50	V, GF
Chill Aloe 500ml	Watermelon, Grape, Peach, Lychee, Original, Pomegranate	4.00	V, GF
Pineapple Juice Can		2.00	V, GF
Plain Milk	300ml 1.80 500ml	2.80	GF
Sipahh Straw	Mango, Cookies & Cream, Vanilla, Coconut, Honeycomb, Caramel, Marshmallow, Chocolate, Strawberry, White Choc, Chai, Raspberry, Choc Mint	1.00	V, GF
Almond Milk / Soy Milk		3.00	V, GF
Sparkling Water		2.50	V, GF
Spring Water	600ml 2.00 Pop Top / 1 litre	2.50	V, GF
Up & Go	Banana, Chocolate, Vanilla, Strawberry, Protein Energize Chocolate or Iced Coffee	3.00	

HOT FOOD

Cheeseburger	with Cheese, Tomato Sauce & choose Beef or Veggie Pattie	5.50		
Cheesy Grilled Sub	Garlic butter or BBQ sauce	1.80		
Chicken & Gravy Roll		5.50		
Chicken Chippies 4 pack / Potato Wedges		2.50		
Chicken Tender		1.80		
Chicken Tender (Gluten Free)		2.20	GF	
Chicken Tender Wrap	with Lettuce & Mayo	6.00	#	
Chilli Chicken Wrap or Roll	with Lettuce & Mayo	6.00		
Deluxe Meatball Sub	with Napoli Sauce, Baby Spinach & Cheese	6.00		
Falafel Sub	Lettuce, Tomato, Beetroot & Hommus	5.50	V	
Flame grilled Chicken Sub	with Lettuce & Mayo	6.00		
Garlic Loaf 5 slices		2.00		
Hamburger	with Salad & Tomato or BBQ sauce	6.50		
Hot Cheese Roll / Cheese & Garlic Roll		2.00		
Baked Loaded Potato	Mexican, Bolognese, Hawaiian, Veggie Mex or Vegan including fork	6.70	GF, V	
Meatball Pasta & Cheese	including fork	5.70		
Meatball Sub	with Cheese & BBQ or Tomato Sauce	5.50		
Mexican	Fajita #	Mex Chicken, Capsicum, Corn, Onion, Lettuce, Aioli on a Tortilla	6.50	
	Bowl (GF) Chicken or Veggie (Vegan option)	Bean & Brown rice, Quinoa, Salsa, Sour cream & Avocado including fork	7.70	Tues only
	Nachos (GF) Beans with Beef or Veggie	Corn chips, Cheese, Salsa, Sour cream & Guacamole inc. fork	6.70	
	Beef & Bean Burrito	Salsa, Lean mince, Cheese, Lettuce, Tomato on a Tortilla	6.50	#
Mini Garlic Roll		1.00	V	
Pizza Bread	Hawaiian or Margherita (Vegetarian)	3.00		
Pumpkin Soup	Regular 3.00 Large 4.00 Add Bread Roll 1.00	GF, V		
Sausage Roll		3.50		
Spinach & Ricotta Roll / Meat Pie		4.50		
Toasted Wraps # GF available	Ham & Cheese, Tomato & Cheese	3.50	#	
	Hawaiian, Chicken BBQ sauce & Cheese	4.00	#	
	Tomato or Ham with Pizza Sauce & Cheese	4.00	#	
Triple C Wrap	Toasted Wrap with Sweet Chilli Chicken & Cheese	5.50		
Turkish Melts # GF available	Ham	With Cheese & Baby Spinach	4.00	#
	Tomato	With Cheese & Baby Spinach	4.00	#
	Chicken	With Sweet Chilli Sauce, Cheese, & Baby Spinach	4.00	#
Veggie Pasta	with Cheese or Vegan (no cheese) including fork	4.00	V	
Veggie Salad Burger	Veggie Pattie, Sauce, Cheese & Salad	6.50	V	

FROZEN TREATS

Frozen Fruit Tub	Mango, Pineapple, Grapes, Orange, Watermelon	3.00	V, GF
Frozen Juice Cups	Orange, Apple & Blackcurrant including spoon	1.50	V, GF
Frozen Yoghurt	Mango & Watermelon, Caramel & Vanilla Chocolate & Vanilla, including spoon	3.00	GF
Frozen Chocolate Mousse	including spoon	1.50	GF
Quelch Juice Stick / Frozen custard		1.00	GF
Juicies Tube	Tropical, Wild Berry, Lemonade	2.00	V, GF
Paddle Pop	Rainbow, Chocolate, Banana	3.00	
Vanilla Ice cream / Lemon Sorbet (Vegan) Cup		2.20	GF
	including spoon		

EXTRAS

Wooden Cutlery Fork or Teaspoon		0.20
Squeeze-on Sauce	Tomato, BBQ or Sweet Chilli	0.50
Add Avocado / Vegan Cheese / Gluten Free		1.50
Additional Salad Item / Sauce	Mayo or Sriracha Chill	0.50
Additional Meat, Egg, Chicken each		1.00

GF= Gluten Free, #=GF Option, V= Vegan option, H= High School only

Visit spriggyschools.com.au to order all menu options.