



### COLD FOOD

<b>Sandwiches &amp; Rolls</b> Untoasted or Toasted	Egg & Lettuce		4.00	GFO	
	Chicken, Lettuce & Mayo		4.50	GFO	
	Vegemite & Cheese		3.50	GFO	
	Tomato & Cheese		3.50	GFO	
	Ham & Cheese		3.50	GFO	
<b>Wraps</b>	Salad	Mixed Leaves, Tomato, Cucumber, Carrot & Cheese	Half 4.00	Whole 7.00	GFO
		Super Salad with Beetroot & Red Onion	4.50	8.00	GFO
	Chicken Caesar with Egg		5.00	9.00	GFO
	Gourmet Falafel Salad, avocado & hommus		5.00	9.00	V, GFO
	Ham Salad & Mayo		4.50	8.00	GFO
	Chicken Salad & Mayo		5.00	9.00	GFO
<b>Salad Tubs</b>	Super Salad	Tomato, Carrot, Cucumber, Lettuce, Cheese with Beetroot & Red Onion <i>inc. fork</i>	6.00	GF	
	Chicken Caesar Salad	<i>including fork</i>	7.20	GF	
	Greek Salad	Mixed Leaves, Cucumber, Tomato, Fetta, Olives & Balsamic Dressing <i>inc. fork</i>	7.70	GF	
<b>Crunchy Rolls</b> White, wholemeal or multigrain	Salad	Lettuce, Tomato, Carrot, Cucumber & Cheese	5.00		
	Super Salad	Salad, Beetroot & Red Onion	5.50		
	Ham Salad		6.00		
	Chicken Salad	with Mayo	6.50		
<b>Wellness Bowls</b>	Options: <b>Falafel</b> (Vegan), <b>Vegetarian</b> with Grated Cheese or Egg, <b>Chicken</b> and <b>Tuna &amp; Mayo</b> <i>including fork</i>		10.20	GF	

### SNACKS

Apple Slinky	Green or Red	2.00	V, GF
Carrot Sticks / Whole Fresh Fruit	Seasonal	1.50	V, GF
Crackers	Water Crackers or GF Rice Crackers (Plain or Mixed)	1.00	V, GFO
Dip tub	Hommus, Salsa, Sour Cream, Garlic Aioli / Cheese Snack Slices	1.00	GF
Chocolate Mousse / Chocolate Custard	<i>inc. spoon</i>	1.50	
Muffin	Apple & Cinnamon or Chocolate / Finger Bun	3.00	
Pizza Bread	Cheese 3.00 Hawaiian 3.50		
Popcorn / Jumpy's / Vanilla Custard	<i>including spoon</i>	1.20	V, GF
Rainbow Rings		0.50	V
Chips Deli Style / Grain Waves	Sour cream & chives	1.80	V, GF
Oreo Mini Cookies		1.00	
Vegemite & Cheese Scroll		3.00	
Vanilla Bean Yoghurt	<i>inc. spoon</i> 2.00 with Muesli or Blueberries 2.20		GFO

### DRINKS

Flavoured Milk (Large)	500ml	Chocolate, Caramel Latte, Coffee, Strawberry	4.80	H
Flavoured Milk (Small)	300ml	Chocolate, Strawberry	3.00	
Juice Bomb		Grape, Vanilla Lime, Apple Raspberry, Watermelon, Orange Passio, Lemonade	3.00	V, GF
Juice Poppers		Apple, Orange, Tropical, Apple & Blackcurrant	1.50	V, GF
Kombucha		Mango, Wild Berry, Lemon & Lime, Blueberry Hibiscus, Pomegranate & Apple	3.50	H, V, GF
Chill Aloe	500ml	Watermelon, Grape, Peach, Lychee, Pomegranate	4.00	V, GF
Mt Franklin Lightly Sparking Fruit Water		Mango, Raspberry, Passionfruit, Watermelon, Lime	3.50	V, GF
Pineapple Juice Can			2.00	V, GF
Hot Chocolate			3.00	GF
Plain Milk	300ml 2.00 500ml 3.00			GF
Sipahh Straw		Mango, Vanilla, Coconut, Marshmallow, Chocolate, Strawberry, White Choc, Chai, Raspberry, Choc Mint	1.00	V, GF
Almond Milk / Soy Milk / Oat 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		Chocolate, Vanilla, Strawberry, Protein Energize Chocolate or Iced Coffee, Banana	3.00	

### HOT FOOD

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

### FROZEN TREATS

Frozen Fruit Tub	Mango, Pineapple, Seasonal Fruit	3.00	V, GF
Frozen Juice Cups	Orange, Apple & Blackcurrant <i>including spoon</i>	1.50	V, GF
Frozen Yoghurt	Mango & Watermelon, Chocolate & Vanilla <i>including spoon</i>	3.00	GF
Frozen Chocolate Mousse	<i>including spoon</i>	1.50	GF
Quelch Juice Stick/Frozen Vanilla Custard		1.00	GF
Juicies Tube	Tropical, Wild Berry, Lemonade	2.00	V, GF
Lemon Sorbet / Vanilla Ice cream Tub	<i>inc. spoon</i>	2.20	V, GF
Paddle Pop	Rainbow, Chocolate	3.00	

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

Visit [spriggyschools.com.au](http://spriggyschools.com.au) for the full menu.