

Mentone Girls' Secondary College Café Menu

April 2017

From The Deli Bar Fridge	\$	From The Salad Bar (Daily Special)	\$
Seasonal Fresh Fruit FROM	1.00	Moroccan Cous Cous Salad	5.30
Fruit Salad (Made Fresh Daily) FROM	4.20	Quinoa Salad	5.30
Yoghurt with Muesli	3.70	Thai Noodle Salad	5.30
Croissant (Filled extra 50 cents)	3.70	Caesar Salad	5.30
Toast with Choice of Spreads (Vegemite, Nutella, Jams)	1.00	Greek Salad	5.30
Dip and Zatar Bread	2.50	With Chicken, Tuna or Beef (H)	6.00
Frittata (Vegetarian)	4.20	Gourmet Panini	
Sushi Pack (Californian, Vegetarian, Chicken & Tuna)	5.20	Ham, cheese and Tomato	4.80
Freshly-Made sandwiches		Mediterranean Vegetable (Veg)	5.80
\$0.20 Extra For toasted, \$1.00 Extra For Roll	\$	Tandoori or BBQ Chicken (H)	5.80
Cheese & Tomato	3.50	Chicken Schnitzel (H)	5.80
Ham & Cheese	3.50	Drinks	\$
Ham, Cheese & Tomato	4.00	Apple / Orange (350ml)	3.50
Salad (Lettuce Mix, Tomato, Carrot, Cucumber, & Light Mayo)	4.30	Up and Go	3.20
Egg & Lettuce	4.00	Oak- 300ml	2.60
Cheese & Salad	4.70	Oak- 600ml	3.60
Roast Chicken & Salad (H)	4.70	Ice Break - 500ml	3.60
Ham & Salad	4.70	Bottled Water (500ml)	2.50
Gourmet Wraps From	5.50	Bottled Water (750ml)	3.50
From The Hot Food Bar (\$0.20 Extra For Sauces)	\$	Soft Drink Can	2.20
Egg Bacon Muffin	3.20	Mineral Water (Lemon & Lime, Orange & Mango)	3.00
Bacon Egg & Cheese Muffin	3.70	Soft Drink 450ml Bottle	3.70
Breakky Wrap (bacon, egg and hashbrown with BBQ sauce)	4.70	Iced Tea 500ml Bottle	3.70
Hash Browns (Oven Baked) (H)	1.20	From the Café Bar	\$
Steamed Dim Sim	1.10	Hot Chocolate	3.00
Homemade Sausage Roll	4.00	Café Latte (Lite / Full Cream Milk)	3.00
Pies	3.70	Cappuccino (Lite / Full Cream Milk)	3.00
Zinger Pocket or Burger	5.50	Flat White (Lite / Full Cream Milk)	3.00
Chicken/ Beef Burger (H) (with lettuce) FROM	4.50	Chai Latte	3.50
Oven Baked Wedges (H)	3.30	Espresso / Short Macchiato	2.50
Sweet Chili Chicken Tender (each)	2.30	Long Macchiato	3.00
Sweet Chili Chicken Tender, Lettuce and Mayo Wrap	4.50	EXTRAS	\$
Chicken Souvlaki (H)	5.50	Soy Milk/ Strong / Extra Shot	0.50
Chicken Parma Wrap (H)	5.50	Medium Cup	3.50
Variety Pasta Daily (Spiral, Lasagne, Tortellini & Ravioli) FROM	4.50	Extra Large Cup	4.50
Roast Beef Roll (H)	5.50	Ice Cream	\$
Homemade Soup of the day (Seasonal) (H)	4.50	Calippo	1.10
Homemade Pizza Slice	4.00	Icy Twist	1.10
Spinach and Cheese Spanakopita (H)	5.00	Paddle Pop	1.70
Pide (Spinach or Lamb) (H)	5.50	Paddle Pop Thick Shake	2.80
Snacks	\$	Frozen Yoghurt Cup	1.50
Muffins (chocolate, blueberry, apple & cinnamon etc)	3.50		
Cake Slices	2.50		
Slices	2.00		
Rock Deli Chips	2.50		

LUNCH ORDERS

HOW TO ORDER

1. Place order at café with staff prior to 9am
2. Pay staff at time of order
3. Collect order from Café at lunch break

Note:

1. Items may not be available due to supplier stock - similar product will be provided.

