

TUCKSHOP TERM 1 2024

menu

OPEN
7:00am - 1:50pm
BREAKFAST
7:00am - 8:30am
MORNING TEA
Mon - Thur: 10:25am - 10:50am
Friday: 10:05am - 10:30am

LUNCH Mon - Thur: 1:05pm - 1:50pm Friday: 12:45pm - 1:30pm

* Items have been freshly baked or prepared onsite - Gluten Free (GF) Vegetarian (v)

Breakfast

A selection of the following available daily hot breakfast

\$5.50

Bacon and egg brioche bun*

Field mushroom and halloumi croissant*(v)

Corn and feta fritters with tomato relish and poached egg* (v)

Sourdough toasty with either ham or salami*

Shakshuka style egg on bridor roll*

Omelette of the day with toasted sourdough*

Breakfast boat with hash brown, grilled tomato, poached egg and pork chipolata*(GF)

Breakfast burrito with scrambled eggs, spinach, feta and ham in a toasted flour tortilla*

Belgian waffles with maple syrup (v)

Pancakes with maple syrup

Banana crepes with brown sugar butter $(v)^*$

Fruit smoothie (changes daily) (GF) (v)*

\$5.00

Coconut and mango

Strawberry and banana

Acai and coconut

Blueberry banana

Snacks

Watermelon cup (v)	\$3.50
Muffins (multiple flavours available) (v)	\$5.00
Assorted Danish $(\nu)^*$	\$4.50
Berry cashew protein balls $(GF)(v)$	\$4.50
Apple crumble bircher muesli with cranberries, sultanas and creamy yoghurt (v)*	\$4.50
Coconut chia pudding topped with fresh fruit $(GF)(v)^*$	\$4.50
Fresh seasonal fruit salad $(GF)(v)^*$	\$4.50
Hello Panda	\$2.20
Grain Waves – Sour Cream and Chive	\$2.00
Red Rock Deli – Honey Soy Chicken or Sea Salt	\$2.50
Tiny Teddys	\$2.20
Raspberry jelly cup*	\$2.50
Banana bread (GF) (nut free)	\$4.50
Chocolate mousse cup*	\$4.50
Vanilla bean panna cotta with fresh berries (GF)*	\$4.50
Hummus with crudité of capsicum, celery, carrot and havarti cheese bites*	\$4.50

Morning tea

A selection of the following available daily

\$4.50

Hoisin pork boa buns with pickle and fresh coriander*

Rice paper rolls (pork or chicken) with fresh vegetables in a sweet chilli dressing (GF)

Sushi – crispy chicken with cucumber, tuna (GF) or avocado and mayonnaise

Charcutier box containing salami, prosciutto, mortadella along with cheese and crackers

Steamed pork buns/vegetarian option

Grilled gyoza – pork and chive, vegetarian or chicken (selection will change)

Beef sausage roll

Empanadas with butter chicken or roast sweet potato

Roast vegetable filo roll (v)

Mac and cheese croquette



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Gluten Free (GF) Dairy Free (df)

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Nudie Juice – orange, tropical or apple	\$3.00
Water 250ml	\$2.00
Water 600ml	\$2.50
Sparkling Nu Water 500ml	\$3.00
Lipton Iced Tea – lemon, peach or raspberry	\$4.00
Gatorade	\$4.50
Groove	\$3.00
Waterfords	\$3.50
Krazy Lemon 200ml	\$3.00
Krazy Lemon 500ml	\$4.00
Up & Go – chocolate, vanilla or strawberry	\$3.50
Pauls Milk 200ml	\$2.00
Breaka – chocolate or strawberry	\$2.50

Ice-creams

Gaytime	\$5.00
Bulla Frozen Yoghurt	\$4.00
Twisted Frozen Yoghurt (GF)	\$3.50
Quelch Fruit Juice Icy Tube (df)	\$2.00
Cyclone	\$4.00
Callipo Mini	\$2.50
Chocolate Dixie Cup (GF)	\$2.00
Vanilla Dixie Cup	\$2.00
Mango Delish Licks	\$2.50
Rainbow Paddle Pops	\$3.50

