

## **TUCKSHOP** TERM 2 2025

**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) Dairy Free (df) Nut Free (nf) options available

### **Breakfast**

A selection of the following available daily hot breakfast

\$6.90

\$4.00

Bacon and egg burger with cheese and burger sauce (nf)\*

Mushroom halloumi burger with burger sauce (v) (nf)\*

Sourdough toastie with ham and cheese or salami and cheese (nf)\*

Breakfast burrito with salami, scramble egg and cheese (nf)\*

Chilli scramble on sourdough (v) (nf)\*

Pancakes with maple syrup (v)

Waffles and maple syrup (v)\*

Zaatar eggs on English muffin

Porridge with spiced apple compote

Sausage and halloumi roll with tomato relish

Hash brown (GF)(df)(nf)

\$4.50

Thursday breakfast buffet plate

Small Plate \$6.00 Large Plate \$9.50 Includes a selection of hash browns, toast, scrambled eggs, roast tomatoes, pork chipolata sausage and pancakes and roast mushrooms

### **Snacks**

Watermelon cup $(v)(nf)^*$ \$4.70Piece of fruit – banana, apple or orange\$2.60Chocolate chip cookies $(v)$ \$2.60Gingerbread man\$4.10Red Rock Deli chips – honey soy chicken sea salt $(GF)(nf)(df)$ \$3.60Grain Waves – sour cream and chive\$3.60Raspberry jelly cup $(GF)(nf)(df)(v)^*$ \$2.80Banana bread $(GF)(nf)(df)(v)^*$ \$4.90Chocolate mousse cup* $(GF)(nf)(df)(v)$ \$3.40Cheese and crackers $(v)(nf)$ \$4.20Crudité and hummus $(GF)(nf)(df)(v)$ \$5.20Yoghurt cup – plain, passion fruit or berry coulis $(GF)(nf)(v)$ \$4.60Hello Panda\$2.70Tiny Teddies\$2.70Sumo cookies\$2.70Sandwich of the following snacks are available all day\$6.20Salad Bagel*\$6.20Karaage chicken bao buns with pickles and fresh coriander $(df)^*$ \$6.20Hummus with crudité – diced Havarti, celery and carrot $(v)$ \$5.20Boiled egg, hummus and crudite\$4.20Sushi – crispy chicken with avocado, tuna $(GF)$ or avocado $(GF)(v)^*$ \$4.50	Fresh seasonal fruit salad $(GF)(v)(nf)^*$	\$4.90
Chocolate chip cookies ( $v$ )\$2.60Gingerbread man\$4.10Red Rock Deli chips – honey soy chicken sea salt ( $GF$ ) ( $nf$ ) ( $df$ )\$3.60Grain Waves – sour cream and chive\$3.60Raspberry jelly cup ( $GF$ ) ( $nf$ ) ( $df$ ) ( $v$ )*\$2.80Banana bread ( $GF$ ) ( $nf$ ) ( $v$ )\$4.90Chocolate mousse cup* ( $GF$ ) ( $nf$ ) ( $v$ )\$3.40Cheese and crackers ( $v$ ) ( $nf$ )\$4.20Crudité and hummus ( $GF$ ) ( $nf$ ) ( $df$ ) ( $v$ )\$5.20Yoghurt cup – plain, passion fruit or berry coulis ( $GF$ ) ( $nf$ ) ( $v$ )\$4.60Hello Panda\$2.70Tiny Teddies\$2.70Sumo cookies\$2.70A selection of the following snacks are available all daySandwich of the day*\$6.20Salad Bagel*\$7.20Karaage chicken bao buns with pickles and fresh coriander ( $df$ )*\$6.20Hummus with crudité – diced Havarti, celery and carrot ( $v$ )\$5.20Boiled egg, hummus and crudite\$4.20	Watermelon cup $(v)$ $(nf)^*$	\$4.70
Gingerbread man\$4.10Red Rock Deli chips – honey soy chicken sea salt $(GF)$ $(nf)$ $(df)$ \$3.60Grain Waves – sour cream and chive\$3.60Raspberry jelly cup $(GF)$ $(nf)$ $(df)$ $(v)^*$ \$2.80Banana bread $(GF)$ $(nf)$ $(v)$ \$4.90Chocolate mousse cup* $(GF)$ $(nf)$ $(v)$ \$3.40Cheese and crackers $(v)$ $(nf)$ \$4.20Crudité and hummus $(GF)$ $(nf)$ $(nf)$ $(nf)$ \$5.20Yoghurt cup – plain, passion fruit or berry coulis $(GF)$ $(nf)$ $(v)$ \$4.60Hello Panda\$2.70Tiny Teddies\$2.70Sumo cookies\$2.70A selection of the following snacks are available all day\$2.70Sandwich of the day*\$6.20Salad Bagel*\$7.20Karaage chicken bao buns with pickles and fresh coriander $(df)^*$ \$6.20Homemade rice paper rolls – chicken or vegetarian $(GF)^*$ \$5.20Hummus with crudité – diced Havarti, celery and carrot $(v)$ \$5.20Boiled egg, hummus and crudite\$4.20	Piece of fruit – banana, apple or orange	\$2.60
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Grain Waves – sour cream and chive\$3.60Raspberry jelly cup $(GF)(nf)(df)(v)$ *\$2.80Banana bread $(GF)(nf)(v)$ \$4.90Chocolate mousse cup* $(GF)(nf)(v)$ \$3.40Cheese and crackers $(v)(nf)$ \$4.20Crudité and hummus $(GF)(nf)(df)(v)$ \$5.20Yoghurt cup – plain, passion fruit or berry coulis $(GF)(nf)(v)$ \$4.60Hello Panda\$2.70Tiny Teddies\$2.70Sumo cookies\$2.70A selection of the following snacks are available all daySandwich of the day*\$6.20Salad Bagel*\$7.20Karaage chicken bao buns with pickles and fresh coriander $(df)$ *\$6.20Homemade rice paper rolls – chicken or vegetarian $(GF)$ *\$5.20Hummus with crudité – diced Havarti, celery and carrot $(v)$ \$5.20Boiled egg, hummus and crudite\$4.20	Red Rock Deli chips – honey soy chicken	\$3.60
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Cheese and crackers $(v)$ ( $nf$ )\$4.20Crudité and hummus $(GF)$ ( $nf$ ) ( $nf$ ) ( $nf$ ) ( $nf$ )\$5.20Yoghurt cup – plain, passion fruit or berry coulis $(GF)$ ( $nf$ ) ( $nf$ )\$4.60Hello Panda\$2.70Tiny Teddies\$2.70Sumo cookies\$2.70A selection of the following snacks are available all daySandwich of the day*\$6.20Salad Bagel*\$7.20Karaage chicken bao buns with pickles and fresh coriander $(df)^*$ \$6.20Homemade rice paper rolls – chicken or vegetarian $(GF)^*$ \$5.20Hummus with crudité – diced Havarti, celery and carrot $(nf)^*$ \$5.20Boiled egg, hummus and crudite\$4.20	Banana bread $(GF)(nf)(v)$	\$4.90
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Yoghurt cup – plain, passion fruit or berry coulis $(GF)$ $(nf)$ $(v)$ \$4.60Hello Panda\$2.70Tiny Teddies\$2.70Sumo cookies\$2.70A selection of the following snacks are available all day\$6.20Sandwich of the day*\$6.20Salad Bagel*\$7.20Karaage chicken bao buns with pickles and fresh coriander $(df)$ *\$6.20Homemade rice paper rolls – chicken or vegetarian $(GF)$ *\$5.20Hummus with crudité – diced Havarti, celery and carrot $(v)$ \$5.20Boiled egg, hummus and crudite\$4.20	Cheese and crackers (v) (nf)	\$4.20
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Sumo cookies \$2.70  A selection of the following snacks are available all day  Sandwich of the day* \$6.20 Salad Bagel* \$7.20  Karaage chicken bao buns with pickles and fresh coriander $(df)^*$ \$6.20  Homemade rice paper rolls – chicken or vegetarian $(GF)^*$ \$5.20  Hummus with crudité – diced Havarti, celery and carrot $(v)$ \$5.20  Boiled egg, hummus and crudite \$4.20	Hello Panda	\$2.70
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Hummus with crudité – diced Havarti, celery and carrot ( $\nu$ ) \$5.20 Boiled egg, hummus and crudite \$4.20	Karaage chicken bao buns with pickles and fresh coriander (df)*	\$6.20
Boiled egg, hummus and crudite \$4.20	Homemade rice paper rolls – chicken or vegetarian $(GF)^*$	\$5.20
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Sushi – crispy chicken with avocado, tuna ( $GF$ ) or avocado ( $GF$ ) ( $\nu$ )* \$4.50		·
	Sushi – crispy chicken with avocado, tuna (GF) or avocado (GF) ( $\nu$ )*	\$4.50

### Morning tea

A selection of the following available daily hot morning tea

\$4.80

Steamed pork buns

Gyoza - pork and chive, chicken and mushroom

or vegetarian with wasabi dressing

Chicken wings with ranch sauce (GF)

Karaage chicken with aioli

Calamari with tartare sauce

Party pies

Beer battered onion rings (v) Chicken spring rolls Salt and vinegar potato scallops (v) (GF) Mozzarella sticks with napoli sauce (v) Chicken skewers with kewpie



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\$2.70

\$2.50

\$2.50

\$3.70

\$3.70

Gluten Free (GF) Vegetarian (v) Dairy Free (df) Nut Free (nf) options available

Callipo Mini (nf)

Vanilla Dixie Cup

Rainbow Paddle Pops

Chocolate Paddle Pops

Chocolate Dixie Cup (GF)

Drinks	
Emma and Toms Juice – apple, orange or karma rama (GF) (nf) (v)	\$5.20
Water 600ml	\$2.90
Sparkling Water 500ml	\$3.50
Lipton Iced Tea – lemon, peach or mango (v) (nf)	\$5.00
Gatorade (GF) (nf) (v) Krazy Lemon 200ml (GF) (nf) (v)	\$5.00 \$3.60
Breaka – chocolate or vanilla (GF) (nf) (v)	\$3.60
Bare Sparkling Water (GF) (nf) (df) (v)	\$4.50
Ice-creams	
Gaytime	\$5.20
Bulla Frozen Yoghurt (nf)	\$4.40
Twisted Frozen Yoghurt (GF)	\$3.90
Quelch Fruit Juice Icy Tube (GF) (df) (nf)	\$2.50
Cyclone (nf)	\$4.10