

# Sprout Term 1, 2017

## Sandwiches

(wholemeal bread only)

|                  |        |
|------------------|--------|
| Honey            | \$2    |
| Vegemite         | \$2    |
| Cheese           | \$3    |
| Cheese/Vegemite  | \$3.20 |
| Tomato           | \$3    |
| Cheese/Tomato    | \$3.50 |
| Ham              | \$3.50 |
| Cheese/Ham       | \$4    |
| Cheese/Ham/Tom   | \$4.50 |
| Tuna             | \$3.50 |
| Salad            | \$3.50 |
| Tuna/Salad       | \$4.50 |
| Cheese/Salad     | \$4    |
| Ham/Salad        | \$4.50 |
| Ham/Cheese/Salad | \$5    |

**PLEASE ADD 50c FOR  
TOASTED.**

**Sandwiches available  
every day**

## Daily Specials

### Monday

Sandwiches only

### Tuesday

Chicken Wrap \$5 full  
\$3 half

Marinated chicken breast, lettuce,  
cucumber, yoghurt sauce in Lebanese bread.

Falafel Wrap \$5 full  
\$3 half

Falafel, yoghurt sauce, tomato, lettuce in  
Lebanese bread.

### Wednesday

Vegetarian Fried Rice \$4  
(contains egg) **A container & eating  
utensil must be provided**

### Thursday

Pizza  
Margarita only \$3.50  
(dough and pizza sauce made in house)

### Friday

Bean Burritos \$4  
Flour tortilla, Mexican bean mix, lettuce,  
cheese and sour cream

## Snacks

(House-made – price variation  
according to size)

|          |           |
|----------|-----------|
| Biscuits | \$1 - \$2 |
| Muffins  | \$1 - \$2 |
| Popcorn  | \$1       |

### *Also available*

|          |        |
|----------|--------|
| Fruit    | \$1    |
| Licorice | 20c    |
| Icypoles | \$1.50 |

*We are nut free and all meat  
and cheese are halal. If you have any  
special requirements or questions  
regarding our ingredients, please come  
and speak with us.*

### Morning Cafe

|                                 |        |
|---------------------------------|--------|
| Coffee                          | \$3.50 |
| Large                           | \$4.50 |
| Tea                             | \$2.50 |
| Herbal                          | \$2.50 |
| Hot Chocolate                   | \$3.50 |
| Kid's hot choc                  | \$2    |
| BabyCino (silver coin donation) |        |