

## Sprout Term 3 2017

### Sandwiches

(wholemeal 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 and Toasties  
\*Lebanese flat bread Toastie  
Option (Mondays only) extra \$1

#### Tuesday

Sausage Rolls \$3.50  
(beef mince, onion, zucchini, carrot, breadcrumbs,  
herbs, puff pastry)  
Cheese & Spinach  
Roll \$3.50  
(ricotta, feta, spinach, onion, nutmeg, puff pastry)

#### Wednesday

Vegetarian Fried Rice \$5  
(contains egg)

**A container 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
Hot Chocolate	\$2

***We are nut free and all meat  
and cheese are halal. Options  
available for gluten free and vegan  
sandwiches. 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)	

