

Sprout Term 1 2018

Sandwiches

(wholemeal only)

| | |
|------------------|--------|
| Honey | \$2.50 |
| Vegemite | \$2.00 |
| Cheese | \$3.00 |
| Cheese/vegemite | \$3.20 |
| Tomato | \$3.50 |
| Cheese/Tomato | \$4.00 |
| Ham | \$4.00 |
| Cheese/Ham | \$4.50 |
| Cheese/Ham/Tom | \$5.00 |
| Salad | \$3.50 |
| Tuna | \$4.00 |
| Tuna/Salad | \$4.50 |
| Cheese/Salad | \$4.50 |
| Ham/Salad | \$5.00 |
| Ham/Cheese/Salad | \$5.50 |

**PLEASE ADD 50c FOR
TOASTED.**

Sandwiches available
every day

Daily Specials

Monday

Sandwiches and Toasties Only

Tuesday

Bahn Mi – Vietnamese crusty bread roll

Chicken and salad \$4.50
(sliced chicken thigh, kecap manis, pickled carrot, cucumber, hoisin, coriander, lettuce)

Egg and salad \$4.50
(sliced boiled egg, cucumber, pickled carrot, hoisin, coriander, lettuce)

Wednesday

Chicken Wrap – Full \$5/ half \$3
(marinated chicken breast, sumac, lettuce, cucumber, yoghurt and garlic sauce on Lebanese bread)

Falafel Wrap – Full \$5/ half \$3
(falafel, tomato, lettuce, yoghurt and garlic sauce, on Lebanese bread)

Thursday

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

Friday

Vietnamese Rice Paper Roll \$2.50
Vegetarian only (rice vermicelli, pickled carrot, cucumber, mint, hoisin, lettuce, marinated tofu, fried shallots)

Snacks

(House-made)

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

Also available

| | |
|----------|---------------|
| Fruit | \$1 |
| Licorice | 20c per piece |
| Icy pole | \$2 |
| Pretzels | \$1 per bag |

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 |
| Large | \$4.50 |
| Kid's hot choc | \$2 |
| Babycino | 50c |

