



# TUCKSHOP MENU 2017

**PLEASE PRE-ORDER BY 10:00 AM TO AVOID DISAPPOINTMENT**

**HOT FOOD**

Spicy Chicken Burger w/salad	\$4.50
Bacon & Egg Muffin	\$3.00
Tempura Batter Chicken Wedges (bag of 4)	\$3.00
Chilli Chicken Wrap with Lettuce & Mayo	\$3.80
Chicken Burger with Lettuce & Mayo	\$4.00
Chicken, Cheese & Bacon Burger	\$4.50
Pork Riblet Roll	\$3.50
Hamburger with salad	\$4.50
Cheeseburger	\$3.50
Hot Dog (Halal)	\$2.80
Parmi Burger & Salad (99% fat free)	\$4.50

**TOASTED SANDWICHES (Made to order)**

Chicken & Cheese (Halal)	\$4.50
Chicken, Cheese & Mayo (Halal)	\$4.60
Ham, Cheese & Tomato	\$4.50
Cheese & Tomato	\$3.50

**SANDWICHES, ROLLS & WRAPS**

Meat & Salad	\$4.50
Chicken, Lettuce & Mayo (Halal)	\$4.20
Ham, Cheese & Tomato	\$4.20
Salad	\$3.50
Egg & Lettuce	\$3.50
Rolls & Wraps	Extra .50

*Note: can add individual salad items to Sandwiches from \$0.60 each*

**SALAD PLATES**

Large	\$5.00
Small	\$4.00
Meat & Salad – Large	\$6.00
Meat & Salad – Small	\$5.00
Chicken Caesar Salad–Small (Halal)	\$4.00

*Note: Salad consists of Tomato, Cucumber, Cheese, Lettuce, Beetroot*

**HOT FOOD**

Fantastic Noodles (Chicken or Beef)	\$3.00
Potato Pie (Reduced fat)	\$4.20
Beef Pie (Reduced fat & salt)	\$4.00
Sausage Roll (Reduced fat & salt)	\$2.80
Garlic bread	\$1.50
Lasagne	\$4.20
Variety of Homemade meals (per serve)	\$5.00
(Low sodium, fat & sugars)	

**CAKES & BISCUITS**

Assorted Muffins - Homemade	
Low fat	\$1.00
Go Cookies	\$1.20

**DRINKS**

Grove Juice (250ml)	\$2.00
99% fruit juice	
Fruit Juice Poppers	\$1.50
Slushie Iced 99% Juice – Small	\$2.50
Breaka Flavoured Milk (300ml)	\$2.50
Breaka Flavoured Milk (500ml)	\$4.50
Plain Milk (300ml)	\$1.60
Pump Bottled Water (750ml)	\$3.50
Nu Spring Water (600ml)	\$2.00

**MISCELLANEOUS**

Ice Blocks	\$1-\$2.50
Fruit (Seasonal)	Various
Fruit bowl	\$3.00
Sauce Portion	.30c

Home Ice Cream, various

**We use low fat & low salt products**

**Our fresh Chicken products are Halal**

