

## WRAPS/PANINIS

|   |       |
|---|-------|
| Creamy Chicken & Herb Mayonnaise, Avocado & Baby Spinach Panini   | 6.50  |
| Cheese & Herb Mayonnaise, Avocado & Baby Spinach Panini   | 6.50  |
| Salad Wrap<br>Choice of Chicken, Ham, Tuna Mayo, Cheese, or Egg Mayo<br>(All served with Tomato, Cucumber, Lettuce, Grated Carrot & Mayo) | 6.50  |
| Chicken Caesar Wrap<br>(Poached Chicken, Bacon, Egg, Parmesan, Lettuce & Caesar Dressing)   | 6.50  |
| Chicken Schnitzel Wrap<br>(Bread crumbed Chicken, Lettuce & Mayonnaise)   | 6.50  |
| BLAT Turkish<br>(Bacon, Lettuce, Avocado & Tomato Toasted Turkish)  | 6.50  |
| All Day Value Pack<br>(Chicken Schnitzel Wrap, Popcorn, Cookie, Apple & Water)  | 14.50 |

## SALADS

|   |      |
|---|------|
| Poke Bowl (Mon, Wed & Fri)<br>(Choice of Chicken Schnitzel, Poached Asian Chicken, or Vegetarian with Sushi Rice, Avocado, Pickled Red Cabbage Cucumber, Carrot & Mayonnaise) | 6.50 |
| Grazing Bowl (Tues & Thurs)<br>(Ham, Cheddar Cheese, Feta, Black Olives, Roasted Capsicum, Carrot, Cucumber & Toasted Turkish Bread)  | 6.50 |
| Chicken Caesar Salad<br>(Poached Chicken, Bacon, Egg, Lettuce, Parmesan Croutons & Caesar Dressing)   | 6.50 |
| Greek Salad<br>(Feta, Tomato, Cucumber, Lettuce, Olives Spanish Onion & Balsamic Dressing)  | 6.50 |

## SNACKS

|                                       |      |
|---------------------------------------|------|
| Fruit Salad Pot                       | 4.00 |
| Chocolate Muffin                      | 4.00 |
| Blueberry Muffin                      | 4.00 |
| Cheese and Bacon Roll                 | 3.50 |
| Cheese and Vegemite Scroll            | 3.50 |
| Red Rock Chips (Sea Salt & Honey Soy) | 2.50 |
| Grain waves                           | 2.50 |
| Popcorn                               | 2.50 |
| Watermelon Slice                      | 2.50 |
| Apple                                 | 2.50 |
| Chocolate Chip Cookie                 | 1.50 |
| Anzac Biscuit                         | 1.00 |

## DRINKS

|  |           |
|--|-----------|
| Oak Flavoured Milk 600ml/300ml<br>(Chocolate, Strawberry, Iced Coffee) | 5.00/3.50 |
| Liptons Iced Tea<br>(Passionfruit, Peach, Mango, Raspberry)            | 5.00      |
| East Coast Juice 400ml<br>(Apple, Orange, Lemonade)                    | 5.00      |
| Waterfords<br>(Orange/Passionfruit, Watermelon, Apple/Raspberry)       | 5.00      |
| Fruit Bombs<br>(Grape, Watermelon, Orange Passio)                      | 4.00      |
| Up & Go<br>(Chocolate /Vanilla/Strawberry)                             | 3.50      |
| Water 600ml/1.5L   | 2.50/4.00 |



CANTEEN CATERING FOR THE CENTRAL COAST