



# CANTEEN MENU



## YBK Cafe'

- Café Style Raisin toast \$ 2.00
- Honey, jam or vegemite toast \$ 1.50
- Pikelets with jam or honey \$ 1.00
- Cheese toastie \$ 4.00
- Fresh fruit salad \$ 6.00
- Fruit salad and Greek yoghurt \$ 6.50
- Up&Go \$ 3.70
- Fresh Juices \$ 4.00
- Chia Seed pudding \$ 5.50
- Variety of homemade muffins \$ 4.00

### Coffee for Staff and senior students

Regular \$3.50, Large \$4.00

## Drinks

- Water \$ 3.00
- Sparling Mineral water \$ 3.50
- Pump water \$ 5.00
- Sugar free sports water \$ 4.70
- Glee \$ 3.50
- Aloe Vera \$ 4.70
- Chill iced tea \$ 4.70
- Plain Milk popper \$ 3.00
- OAK Flavoured milk 300ml \$ 3.70
- OAK Flavoured milk 500ml \$ 4.70
- Soy milk popper \$ 3.50
- Up&Go \$ 3.70

### OCCASIONAL

- Juice poppers 99% fruit juice 250ml \$ 3.00

## YBK Snacks

### Everyday

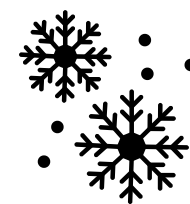
- Seasonal fresh fruit \$ 1.50
- Fresh fruit salad \$ 6.00
- Fruit salad and Greek yoghurt \$ 6.50
- Health pack (carrot, celery, cucumber, ham, cheese and crackers) \$ 4.50
- Cucumber, celery and carrot cups with Hummus \$ 3.50
- Variety of homemade fruit muffins \$ 4.00
- Cheese toastie \$ 4.00
- Pizza bread \$ 3.00
- Greek Yoghurt cups \$ 3.50
- Greek Yoghurt cups with berries \$ 4.50

### OCCASIONAL

- Oven baked hash browns \$ 2.00
- Garlic Bread \$ 2.00
- Popcorn Plain \$ 2.50

### Everyday **FROZEN**

- Juicies \$ 2.00
- Juicie Tubes \$ 2.50
- Juice cup \$ 2.50



### OCCASIONAL

- Paddlepop \$ 2.50
- Moosies, frozen milk \$ 2.50
- Twisted Yoghurt cups \$ 3.50

## Special Diets

### GLUTEN FREE

- Homemade Muffins \$ 4.00
- Banana bread \$ 6.00
- Vegie chips (Gluten free) \$ 3.00
- Pasta Bolognaise \$ 7.00
- Homemade fried rice with gluten free soy sauce \$ 6.80 (350g)
- Health pack with gluten free crackers and gluten free Hummus \$ 4.50
- Gluten free burgers \$ 8.50
- Gluten free pie \$ 7.50
- Gluten free sausage roll \$ 6.50

### Halal

- Pasta Bolognese (pasta with Homemade Bolognaise sauce) \$ 7.00
- Halal Pies \$ 6.00
- Halal Sausage rolls \$ 5.50
- Halal Beef burger (beef Patty, tomato and lettuce) \$ 8.00
- Falafel wrap (Falafel, hummus, lettuce, tomato and cucumber) \$ 8.50
- Chicken burger (chicken, lettuce and mayo) \$ 8.00
- Chicken kebab stick \$ 4.00
- Chicken kebab in a wraps \$ 7.00

### DAIRY FREE

- Soy milk \$ 3.50
- Chia pudding with coconut milk \$ 5.50
- Homemade muffins \$ 4.00

dairy free breads and spreads available





# YBK Weekly Meals

## WRAPS / FOCACCIA

- Char grilled chicken breast, lettuce, tomato, cucumber and mayo \$ 8.00
- Tuna, lettuce, tomato and mayo \$ 8.00
- Pulled beef wrap (tomato, cucumber, lettuce and yoghurt) \$ 8.50
- Falafel with mixed salad, tomato, hummus and tzatziki \$ 8.50
- Salad wrap with mixed salad, tomatoes, carrots, cucumber, beetroot and avocado \$ 7.50
- Homemade Chicken schnitzel, avocado, lettuce and mayo \$ 8.50

### OCCASIONAL

- Chilli chicken tender with lettuce, tomato mayo and sweet chilli \$ 8.50

## EVERYDAY SANDWICHES

white, wholemeal, multigrain, Helgas low carb and gluten free bread available

- Vegemite or honey \$ 2.50
- Vegemite and light tasty cheese \$ 4.50
- Light Tasty Cheese \$ 4.00
- Chicken, lettuce and mayo \$ 6.00
- Chicken and salad \$ 6.50
- Egg and Lettuce \$ 5.50
- Salad \$ 5.00
- Tuna and mayo \$ 5.50
- Tuna and salad \$ 6.50
- Light Tasty Cheese and tomato \$ 4.50
- Ham \$ 4.50
- Ham and tasty cheese \$ 5.50
- Ham and salad \$ 6.50
- Cheese and salad \$ 6.50
- Ham, tasty Cheese and Tomato \$ 6.50 (extra fillings \$ 0.50, toasted \$ 1.00, roll \$ 1.00 Turkish bread \$1.00, GF \$1.00)

## Fresh Salads in a bowl

- Garden Salad and dressing \$ 6.70
- Grilled chicken and salad \$ 8.50
- Tuna and salad \$ 8.50
- Greek salad small \$ 6.50 / large \$ 8.50
- Pulled beef salad \$ 8.50
- Pasta salad \$ 7.20

### OCCASIONAL

- Caesar salad (lettuce, bacon, parmesan and croutons) \$ 7.70 (with chicken \$1.00 extra)



## Hot Food

- Pasta Bolognese (pasta with Homemade Bolognese sauce) \$ 7.00
- Penne with napoletano sauce (with or without parmesan) Vegetarian \$ 6.50
- Chicken kebab stick \$ 4.00
- Chicken Kebab on wrap with lettuce and mayo \$ 7.00
- Chicken Burger (chargrilled chicken breast, lettuce, mayo) \$ 8.00
- Beef burger (Beef patty, lettuce, tomato and sauce) \$ 8.00
- Gourmet Beef Burger (with the lot) \$ 8.50
- Vegetarian Burger (potato patty+ lettuce, tomato and mayo) \$ 8.00 *Vegan Option Available*
- Soup of the day \$ 6.00 (winter only)

### OCCASIONAL

- Ricotta and Spinach Rolls \$ 5.50
- Timbertown meat pie \$ 6.00
- Timbertown Beef potato pie \$ 6.50
- Timbertown sausage roll \$ 5.50

sauce 50 cents



## MONDAY

- Pizza Margherita \$ 5.50 (Margherita is with tomato and mozzarella cheese)
- Pizza Vegetarian \$ 6.00
- Pizza Ham and Pineapple \$ 6.50
- Pizza Meatlovers \$ 7.50

## TUESDAY

- Nachos with beef, beans, avo, light sour cream, cheese \$ 7.50 (Vegetarian option available)

## WEDNESDAY

- Portuguese chicken burger (Peri Peri chicken, lettuce, mayo, sweet chili sauce) \$ 8.00

## THURSDAY

- Sushi (Teriyaki, Tuna or Vegetarian) \$ 4.80

## FRIDAY

- Butter chicken with rice \$ 8.00

