



Foundies Café

Menu

Open Wednesday, Thursday & Friday



Volunteer at the café and receive a lunch voucher.

Sandwiches / Wraps / Rolls

	Sandwich	Wrap / Roll
Chicken and salad ⁺	\$3.50	\$4.00
Ham and salad ⁺	\$3.00	\$3.50
Tuna and salad ⁺	\$3.50	\$4.00
Egg and salad ⁺	\$3.50	\$4.00
Roast beef and salad ⁺	\$3.50	\$4.00
Cheese and salad ⁺	\$3.00	\$3.50
Salad only ⁺	\$2.80	\$3.30
Vegemite ⁺	\$2.00	\$2.50
FRIDAYS ONLY SPECIAL		
Sweet Chilli chicken wrap	\$5.00	

Toasted Sandwiches

Cheese ⁺	\$2.70
Ham ⁺	\$2.70
Ham and cheese ⁺	\$3.00
Ham, cheese and tomato ⁺	\$3.30
Chicken and cheese ⁺	\$3.50
Vegemite and cheese ⁺	\$2.50
Chicken, cheese and tomato focaccia	\$4.50

Sandwiches made with wholemeal bread. Salad: lettuce, tomato, carrot, cucumber.

Extras	
Egg / cheese / beetroot / onion / tomato	50c
Chicken / tuna	\$1.50
Tomato sauce	30c
Mustard pickles / chilli sauce / Caesar dressing	50c

Salad

Garden salad bowl	\$4.00
Garden salad tub	\$3.00
Watermelon tub (Available Terms 1 + 4 only)	\$4.00
Fruit salad tub (Available Terms 1+ 4 only)	\$5.00

Hot Food

Fried rice (gluten-free) ⁺	\$4.00
Spaghetti Bolognese	\$4.00
Lasagna ⁺	\$4.00
Macaroni cheese ⁺	\$4.00
Vegetarian pizza ⁺	\$3.00
Hawaiian pizza ⁺	\$3.00
Meatlovers pizza ⁺	\$3.00
Hot chicken and mayo roll	\$4.00
Nacho dippers	\$4.00
Spinach and ricotta roll	\$2.70
Beef & Vege roll (gluten free)	\$2.70
Sausage roll	\$2.50
Mini quiche	\$1.20
Party pie	\$1.20
Cruizer beef pie	\$3.50

Snacks

Piece of fruit ⁺	\$1.00
Two fruits in juice ⁺	\$1.50
Choc Yogo ⁺	\$1.50
Vege chips	\$1.00
Grain Waves	\$1.00
Popcorn	\$1.00
Paddle Pop	\$1.70
Ice-cream bucket*	\$1.20
Jelly cup	\$1.00
Icy* ⁺	50c
Moosies*	\$1.70

Choc, strawberry, banana, lime

*Moosies, ice creams and icys only available at lunch, not to be ordered with lunch bag.

Drinks

Water ⁺	\$1.00
100% Popper juice	\$1.70
Orange, tropical, apple, blackcurrant & apple	
100% Classic juice	\$2.50
Blackcurrant & apple, orange, apple	
Flavoured milk	S \$2.20 L \$3.20
Choc, strawberry, banana, neopolitan	
Up & Go	\$2.00
Chocolate, banana, vanilla, strawberry	
Hot Chocolate (Term 3 only)	\$2.00

Meal Deals

Lasagna or Spaghetti Bolognese or Mac and cheese with a small flavoured milk ⁺	\$6.00
Chicken, salad wrap, sm flavoured milk	\$6.00
Pizza & classic juice ⁺	\$5.30
Three party pie & popper juice	\$5.00

⁺ Healthier Choice Options

To set up online ordering for the Café please go to the website.

www.quickcliq.com.au



Effective from Term 2 2018