

Foundies Café

MENU

OPEN Monday – 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
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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	\$0.50
Chicken / tuna	\$1.50
Tomato sauce	\$0.30
Mustard pickles / chilli sauce / Caesar dressing	\$0.50

Salad

Garden salad bowl	\$4.00
Garden salad tub	\$3.00
Watermelon tub (available Term 1 & 4 only)	\$4.00
Fruit salad tub (available Term 1 & 4 only)	\$5.00

Hot Food

Fried rice (gluten-free) +	\$4.00
Spaghetti Bolognese	\$4.00
Lasagna+	\$4.00
Macaroni cheese+	\$4.00
Ravioli+	\$4.00
Hawaiian pizza+	\$3.00
Meatlovers pizza+	\$3.00
Vegetarian pizza+	\$3.00
Nacho dippers (gluten free)	\$4.00
Spinach and ricotta roll	\$2.70
Hot chicken and mayo roll	\$4.00
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 (gluten free)	\$1.00
Grain Waves	\$1.00
Popcorn (gluten free)	\$1.00
Assorted Ice creams from	\$1.00
Ice-cream bucket*	\$1.00
Jelly cup	\$1.00
Icy**	\$0.50
Moosies*	\$1.70
Choc, strawberry, banana, lime	
Banana bread (gluten free)	\$1.00

*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, spearmint	
Up & Go	\$2.00
Chocolate, banana, vanilla, strawberry, caramel	
Hot Chocolate (Term 3 only)	\$2.00

Meal Deals

Lasagna & sm flavoured milk+	\$6.00
Spaghetti Bolognese & sm flavoured milk+	\$6.00
Mac & cheese & sm 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

Order online for Foundies Café by going to the QuickCliQ website and register. www.quickcliq.com.au

