

CAFÉ MENU: TERM III

OPENING HOURS

7am – 3:30pm (Monday – Friday)
(hot breakfast available from 7:30am)

PRE-ORDERING can be done through Flexi Schools www.flexischools.com.au

Set up an account with Sydney Grammar School

BREAKFAST

Homemade Muffins	3.50
Sourdough toast with vegemite	3
Homemade bread of the day	3.50
Gluten free Banana Bread	4
Gluten free muesli available with yoghurt	4.50
Yoghurt with mixed berry, stewed apples or muesli	4.50
Fresh Fruit Salad	4
Almond Croissant / Cinnamon Snail	4
Plain Freshly Baked Croissant	3.50
Ham Cheese Croissant	4.50
Raisin Toast	3.50
Bacon & Egg Roll	4.50
Weetabix with milk	3
Gluten Free Weetabix with milk	3

DRINKS

Milk -300ml	2.50
-500ml	3
-1LT	3.50
Emma & Tom's made with REAL fruit 450ml (Apple, Orange, Lemon, Raspberry, Karma, Green)	4.50
Bottled Spring Water	2
Emma & Toms Flavoured Milk (chocolate, strawberry or caramel)	4
Organic Kombucha 250ml (ginger & lemon , raspberry & lemonade & apple crisp)	3.50
Mount Franklin Water Lightly Sparkling – mango or lime	3.50

SNACKS

Fresh Fruit (orange, apple & banana)	1.50
Watermelon & grape bowl (gf, v)	4
Veggie Snack Box (carrots, cherry toms & cucumber)(gf, v)	4
Carrots sticks & Hummus (v, gf)	3.50
Bryon Bay Cookies (gluten free option available)	3.50

EVERYDAY

Homemade Pies of the day	5.50
Soup of the Day (v, gf) served with bread (gf available)	5
Homemade Zucchini Frittata served with salad (gf, v)	5.50
Homemade Zucchini & Bacon Frittata with Salad (gf)	5.50
Homemade Pork & Veggie Sausage Rolls	4.50
Steamed Corn Cob	3.50
Beef Nachos with Sour Cream & Avocado Dip	4.50
Boiled eggs (2)	3

SELECTION OF SANDWICHES

5

- Chicken Schnitzel, avocado, lettuce & mayo
- Ham, cheese & tomato
- Chicken mayo
- Cheese & salad (v)
- Bacon, lettuce, avocado
- Salami, cheese, sundried tomato & spinach
- Pulled pork & coleslaw
- Falafel, tabouli & hummus wrap (v)
- Tuna mayo wrap (v)

SELECTION OF GLUTEN FREE SANDWICHES

5

- Ham, cheese & tomato
- Chicken mayo (gf mayo)
- Cheese & Salad (v)
- BLAT (bacon, lettuce, avocado & tomato)

SELECTION OF SALADS

5.50

- Falafel & Hummus (v)
- Chicken Schnitzel & avocado
- Smoked ham & coleslaw (gf)
- Smoked salmon & avocado (v, gf)
- Roasted pumpkin, spinach & feta (v,gf)

MORE SALADS

6

- Greek salad with chicken (gf)
- Chicken & bacon pasta salad
- Chicken or smoked salmon brown rice bowl (gf)
- Honey soy chicken vermicelli noodle bowl (gf)

MONDAY

Recess

- Homemade Pork & Veggie Sausage Rolls 4.50
- Cheesy Pizza Subs 3.50
- Chicken Tenderloins (oven baked) 4.50
- Beef Nachos 4.50

Lunch 6.50

- Beef Bolognese with pasta & parmesan (gf on request)
- Veggie & Lentil stew with Steamed Rice (v, gf)
- Chicken Pesto Pasta
- Tomato & Basil Potato Gnocchi (v)

TUESDAY

Recess

- Homemade Pork & Veggie Sausage Rolls 4.50
- Steamed Chicken Dim-sim 4.50

Lunch (all served with oven baked potato wedges) 6.50

- Beef Burger - tomato relish, lettuce, cheese
(gluten free beef pattie available on request)
- Veggie Patti Burgers – tomato, spinach, guacamole (v)
- Chicken & Chorizo Jambalaya served with Steam Rice (gf)

WEDNESDAY

Recess

- Homemade Pork & Veggie Sausage Rolls 4.50
- Chicken Tenderloins (oven baked) 4.50
- Spinach & Feta Triangles (v) 4

Lunch 6.50

- Italian Meatballs in a tomato sauce with Pasta (gf on request)
- Pumpkin & Ricotta Lasagne (v)
- Pizza – chicken, bacon & BBQ (folded)
- Buttered Chicken & Rice (gf)

THURSDAY

Recess

- Beef Sausage in a roll 4.50
- Homemade Pork & Veggie Sausage Rolls 4.50
- Spring Rolls (v) 4

Lunch 6.50

- Stir-fry Hokkien Noodles with seasonal veggies (option to add chicken)
- Italian Pork Sausage and Pea Risotto (gf)
- Egg Fried Rice with chicken & bacon (gf)
- Teriyaki Chicken & Jasmine Steamed Rice

FRIDAY

Recess

- Chicken Tenderloins (oven baked) 4.50
- Homemade Pork & Veggie Sausage Rolls 4.50
- Crispy Chicken Drum Sticks 4.50
- Mexican flavoured Corn Cob 3

Lunch 6.50

- Jacket Potato with:-
 - baked beans & cheese (v, gf)
 - crispy bacon & cheese (gf)
- Oven Baked Beef Mexican Enchilada
- Fish & Chips or Calamari & Chips