








DRINKS

MT FRANKLIN WATER (600ML)	\$2.00
MINI PUMP WATER (400ML)	\$1.80
FLEURIEU PLAIN MILK (300ML)	\$1.30
FLEURIEU FLAVOURED MILK (300ML) Chocolate or strawberry	\$2.50
FLEURIEU ICED COFFEE (500ML)	\$3.50
ZICO COCONUT WATER (Plain or Chocolate)	\$2.50
APPLETISER SPARKLING APPLE JUICE	\$2.40
MOUNT FRANKLIN LIGHTLY SPARKLING (450ML)	\$2.00
NUDIE JUICE BOXES(250ML) (Tropical, apple or orange)	\$3.00
BESA JUICE (100% SA FRESH FRUIT) (Apple, orange or apple-strawberry)	\$3.00

ICE BLOCKS

JUICE ICE BLOCK   (Tropical or apple-blackcurrant)	\$0.70
GOLDEN NORTH WEDGE   (lemonade)	\$1.50
ICE CREAM CUPS 	\$1.50
GOLDEN NORTH SWING  (Chocolate or strawberry)	\$1.50
GELISTA GELATI  (Chocolate, vanilla bean, mango or lemon)	\$2.50

**Wilderness School does not use nuts in the preparation of meals. However we do use products that may contain traces of nuts, or other allergens.*

ALL PRODUCE IS
MADE ON SITE
DAILY FROM FRESH
INGREDIENTS

WILDERNESS
SCHOOL 

MENU

WINTER 2017

healthy

FRUIT

VEGGIES

CAFÉ

FRUIT

WRAP	ROLL	HOT FOOD
PERI PERI FREE RANGE CHICKEN (DF) \$5.50	\$6.00	BEEF RENDANG CURRY (GF, DF) \$6.00
Smoked paprika and lime aioli, iceberg lettuce, tomato and snow pea sprouts		Beef slow cooked in coconut milk and thai spices. Served with rice
TURKEY WRAP \$5.50	\$6.00	SWEET POTATO AND CHICKPEA CASSOULET (V, GF, DF) \$5.50
Camembert cheese, cranberry sauce, avocado, pepitas and mixed lettuce		Slow cooked in mild spiced tomato broth. Served with rice
MEXICAN VEG (V) \$5.00	\$5.50	RICOTTA RAVIOLI (V) \$5.50
Red beans, rice, corn, roast capsicum, iceberg lettuce and guacamole dressing		With roasted tomato and spinach sauce
BAROSSA SMOKED HAM \$5.00	\$5.50	LAMB YIROS \$5.50
Parmesan and herb omelette, baby spinach and tomato chutney		Fresh pita bread filled with hommus, cheese, lean marinated lamb pieces and tabouli salad

INDIAN SPINACH AND POTATO CURRY (V) \$5.50	\$6.00
With mini garlic & cheese naan	
SOUP OF THE DAY \$5.00	\$5.50
Homemade soup, made from scratch	
With a roll \$5.50	
FREE RANGE CHINESE HONEY-SESAME CHICKEN STIR FRY (GF, DF) \$6.00	
Served with Asian greens and rice	

SALADS	
SPICED CARROT AND FREEKEH SALAD (V, GF, DF) \$5.50	
with rocket, pepitas and orange-maple dressing salad	
ROASTED EGGPLANT AND CHICK PEA SALAD (V, GF, DF) \$6.00	
with parsley, sunflower seeds and soffrito	
CHICKEN CAESAR SALAD \$6.00	
Free range chicken, boiled free range egg, Barossa smoked bacon, shaved parmesan, cos lettuce and Caesar dressing	
PLOUGHMAN'S PACK \$5.00	
Smoked Barossa ham, boiled free range egg, portion of cheese, spring onion-cream cheese dip, cherry tomatoes and a dinner roll	
FRUIT SALAD (V, GF, DF) \$5.00	
Made from fresh seasonal fruit	

SANDWICHES	ROLL
Buttered \$1.70	\$2.20
Cheese \$2.20	\$2.70
Vegemite \$2.00	\$2.50
Salad (Lettuce, Tomato, Cucumber) \$2.80	\$3.20
Barossa Ham (100% Australian) \$3.00	\$3.50
Free Range Chicken \$3.80	\$4.30
Tuna \$3.30	\$3.80
Egg \$3.30	\$3.80
+ \$0.30 for toasting	

PIZZA (ALTERNATING DAILY SELECTION)	
WILDERBEAST \$2.50	
Ham, bacon & salami with BBQ sauce	
HAWAIIAN \$2.50	
Ham & pineapple with fresh tomato sauce	
VEGETARIAN \$2.50	
Roast pumpkin, eggplant, mushroom & spinach with fresh tomato sauce	
POTATO \$2.50	
Sliced potato, rosemary & mozzarella cheese	
CHICKEN \$2.50	
Roast chicken, roast capsicum & corn with BBQ sauce	

ASSORTED BISCUITS AND CAKES	
CHOC CHIP BISCUIT \$1.00	
ANZAC BISCUIT \$1.00	
WILDERNESS MUESLI SLICE \$1.50	
MUFFINS \$1.50	

- ALL EXTRA \$0.30 PER TOPPING**
- > Tomato
 - > Lettuce
 - > Gherkin
 - > Cheese
 - > Cucumber
 - > Beetroot
 - > Baby Spinach
 - > Carrot
 - > Spanish Onion
 - > Avocado \$0.60

- ALL SPREADS \$0.20 PER OPTION**
- > Mayonnaise
 - > Mustard
 - > Tzatziki
 - > Hommus
 - > Vegemite
 - > Tomato Sauce

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SNACKS	
POPCORN (V, GF, DF) \$1.50	
CHIPS (SML) \$1.00	
CHIPS (LRG) \$2.00	
GRAINWAVES \$1.00	
NACHO SNACK PACK (V, GF, DF) \$3.50	
(Unsalted corn chips, guacamole and salsa)	
MOO RICE PUDDING (GF) \$2.50	
MOO YOGHURT WITH SELECTION OF OUR TOPPINGS \$3.50	
MINI MOO VANILLA YOGHURT (GF) \$2.00	
FRUIT FACES (X2) \$0.30	
FRESH SEASONAL WHOLE FRUIT \$0.70	
RUBY & ROY'S CHOCOLATE MOUSSE (GF) \$3.50	
GLUTEN FREE BANANA BREAD WITH HONEY \$3.50	

PASTRY MOMENTS (FRIDAYS ONLY)	
Pie \$3.80	
Sausage Roll \$3.00	
Vegetarian Pasty \$3.80	
Sauce \$0.20	