

## Drinks

Mt Franklin water (600ml)	\$2.50
Fleurieu plain milk (300ml)	\$1.50
Fleurieu flavoured milk (300ml)	\$2.50
<i>Chocolate, strawberry</i>	
Besa South Australian fruit juices (350ml)	\$3.00
<i>Apple, orange, apple-strawberry</i>	
Appletiser sparkling apple juice (250ml)	\$2.50
Mount Franklin Sparkling (450ml)	\$2.50
<i>plain, lemon, lime or berry</i>	
Zico coconut water (330ml)	\$3.50
<i>Plain or chocolate (DF)</i>	
Nudie Juice Box	\$2.00
<i>Tropical, Apple, Orange</i>	

## From the Freezer

Juicie Ice block	\$0.70
<i>Tropical or blackcurrant</i>	
Golden North lemonade Wedgee	\$1.50
Golden North vanilla ice cream cup	\$1.50
Golden North Swing	\$2.00
<i>Chocolate or strawberry</i>	
Gelista Gelati	\$3.30
<i>Chocolate, vanilla bean, coconut-raspberry (DF), blood orange-dark chocolate</i>	

Please clearly state any food allergies with lunch order so extra care can be taken.

All produce is made on site daily from fresh ingredients

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.

# WILDERNESS SCHOOL CAFE Tuckshop MENU

SUMMER 2018-2019

## Cold Food

<b>Chicken Caesar Wrap</b>	<b>\$6.00</b>
Free range chicken, bacon, boiled egg, parmesan, cos lettuce and Caesar dressing	
<b>Smoked Barossa Ham Roll</b>	<b>\$5.50</b>
Crusty multigrain roll with cheese, tomato, beetroot relish and mixed lettuce	
<b>Vegetarian Continental Roll (V)</b>	<b>\$5.50</b>
Smashed eggplant, beetroot hommus, cannellini bean, spinach, and toasted pepita seeds	
<b>Ploughman's Pack</b>	<b>\$5.50</b>
Smoked Barossa ham, Free range egg, Spring onion dip, portion of cheese, cherry tomatoes and a dinner roll	

## Hot Food

<b>Tandoori Chicken Bowl (GF)</b>	<b>\$6.50</b>
Tandoori chicken served with rice, kachumber salad and minted yoghurt	
<b>Vegetarian Quesadilla</b>	<b>\$5.50</b>
Tortilla bread filled with red kidney bean and vegetable salsa, corn, cheese and coriander, served with sour cream and guacamole	
<b>Hunan Chicken Stir Fry (DF)</b>	<b>\$6.50</b>
Free range chicken, vegetables and hunan sauce served with rice	
<b>Roasted Pumpkin Ravioli (VEG)</b>	<b>\$6.50</b>
Creamy sundried tomato sauce and grated veg	
<b>Chana Masala (DF/VEG)</b>	<b>\$6.00</b>
Chick pea and vegetable curry with rice and roasted garlic naan	
<b>Baked Potato (GF/DF)</b>	<b>\$6.00</b>
Topped with beef bolognese sauce and coleslaw	
<b>Barossa Vienna Hotdog</b>	<b>\$3.50</b>
Add tomato sauce	<b>\$0.20</b>
Add American style mustard	<b>\$0.20</b>
Add cheese	<b>\$0.30</b>
<b>Toasted foccacia - Ham and cheese</b>	<b>\$4.50</b>
<b>Toasted foccacia - Cheese and tomato</b>	<b>\$4.30</b>

## Make Your Own Sandwich

<b>Bread Options</b>	
White bread	<b>\$2.00</b>
Rye Bread	<b>\$2.20</b>
Multigrain Bread	<b>\$2.20</b>
White Roll	<b>\$2.50</b>
Multigrain Roll	<b>\$2.70</b>
Wrap	<b>\$2.70</b>
<b>Spreads</b>	
Margarine (optional)	<b>No Charge</b>
Free range egg mayonnaise	<b>\$0.20</b>
Dijon mustard	<b>\$0.20</b>
Vegetemite	<b>\$0.20</b>
Tomato sauce	<b>\$0.20</b>
<b>Meat Options</b>	
Barossa smoked ham	<b>\$1.50</b>
Free range chicken	<b>\$1.50</b>
Salami	<b>\$1.50</b>
Tuna	<b>\$1.50</b>
<b>Premium Toppings</b>	
Avocado	<b>\$1.00</b>
Free range boiled egg	<b>\$1.00</b>
Curried free range egg	<b>\$1.00</b>
<b>Additional Toppings</b>	
Cheese	<b>\$0.30</b>
Tomato	<b>\$0.30</b>
Cucumber	<b>\$0.30</b>
Lettuce	<b>\$0.30</b>
Beetroot	<b>\$0.30</b>
Baby spinach	<b>\$0.30</b>
Carrot	<b>\$0.30</b>
Spanish onion	<b>\$0.30</b>
Gherkin	<b>\$0.30</b>
Toasted	<b>\$0.30</b>

## Pastries

From Skala Bakery

<b>Fridays Only</b>	
Sausage Roll	<b>\$3.50</b>
Beef Pie	<b>\$4.00</b>
Vegetarian Pasty	<b>\$4.00</b>
Tomato Sauce	<b>\$0.20</b>

## Salads

<b>Bowl/1 Variety of salad</b>	<b>\$5.50</b>
<b>Tray/1 or 2 Varieties of salad</b>	<b>\$7.50</b>
<b>Greek Salad (GF)</b>	
Marinated lamb, tomatoes, cucumbers, red onions, feta, olives and balsamic dressing	
<b>Vietnamese salad (GF/DF)</b>	
Lemongrass chicken, shredded vegetables, coriander, lime and nuoc cham dressing	
<b>Pasta Salad (DF/VEG)</b>	
Risoni pasta, sun dried tomato pesto, corn, grated zucchini, red onion and dill	

## Biscuits and Slices

Chocolate chip biscuit	<b>\$1.00</b>
Anzac biscuit	<b>\$1.00</b>
Wilderness muesli slice	<b>\$1.00</b>
Muffin	<b>\$1.50</b>

## Snacks

Fruit Salad	<b>\$5.00</b>
Chips small	<b>\$1.00</b>
<i>honey soy chicken, sea salt (V, GF, DF), sour cream and chives Grainwaves</i>	
Chips large	<b>\$2.00</b>
<i>Balsamic vinegar and sea salt (DF), sweet chilli and sour cream</i>	
Popcorn	<b>\$1.50</b>
<i>Air popped and lightly salted</i>	
Nacho snack pack (DF/VEG/GF)	<b>\$4.00</b>
<i>Unsalted corn chips, guacamole and salsa</i>	
Banana bread with honey (GF)	<b>\$3.90</b>
Moo yoghurt with your selection of topping	<b>\$3.50</b>
<i>Mixed berry (GF), strawberry puree (GF), mango puree (GF), stewed apple (GF) toasted muesli</i>	
Mini Moo vanilla yoghurt (GF)	<b>\$2.00</b>
Ruby and Roy's chocolate mousse (GF)	<b>\$4.00</b>
Fresh whole fruit	<b>\$1.00</b>
<i>Apple, banana, pear</i>	
Fruit face lollies (2 per serve)	<b>\$0.30</b>