

Drinks

Mt Franklin water (600ml)	\$2.50
Fleurieu plain milk (300ml)	\$1.50
Fleurieu flavoured milk (300ml)	\$2.50
<i>Chocolate, strawberry</i>	
Fleurieu iced coffee (300ml)	\$2.50
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>	
Up and Go 350ml	\$3.50
<i>Chocolate, vanilla</i>	
Frappe	\$3.50
<i>Chocolate, banana-caramel</i>	
Slushie	\$1.50
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>	

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 MENU

SUMMER 2018-2019

Cold Food

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

Hot Food

Tandoori Chicken Bowl (GF) Tandoori chicken served with rice, kachumber salad and minted yoghurt	\$6.50
Vegetarian Quesadilla Tortilla bread filled with red kidney bean and vegetable salsa, corn, cheese and coriander, served with sour cream and guacamole	\$5.50
Hunan Chicken Stir Fry (DF) Free range chicken, vegetables and hunan sauce served with rice	\$6.50
Roasted Pumpkin Ravioli (VEG) Creamy sundried tomato sauce and grated veg	\$6.50
Chana Masala (DF/VEG) Chick pea and vegetable curry with rice and roasted garlic naan	\$6.00
Baked Potato (GF/DF) Topped with beef bolognaise sauce and coleslaw	\$6.00
Daily Special	<i>Prices change daily</i>
Pizza Slices - flavours changing daily	
Meat	\$3.00
Vegetarian	\$3.00

Make Your Own Sandwich

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

Pastries

From Skala Bakery

Fridays Only	
Sausage Roll	\$3.50
Beef Pie	\$4.00
Vegetarian Pasty	\$4.00
Tomato Sauce	\$0.20

Salads

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

Biscuits and Slices

Chocolate chip biscuit	\$1.00
Anzac biscuit	\$1.00
Wilderness muesli slice	\$1.00
Muffin	\$1.50

Snacks

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