

# KINFOLK

*student cafes*

## WINTER MENU

*term 3, 2017*

### *Breaks*

- + Fresh Fruit Salad \$3.0\*
- + Roasted granola with vanilla bean yoghurt + berries \$4.0\*
- + Taco cup - House guacamole, salsa, sour cream, and cheese with tortilla dippers \$3.5
- + French onion dip with veggie sticks \$3.5
- + House Made Pies \$5.0
- + Travellers Beef Pie \$4.0
- + Sausage Roll \$4.0
- + Yummy Drummies \$1.5
- + House baked muffins + slices from \$2.0
- + Seasonal Fruit\*
- + Assorted Chip + Popcorn Packets from \$1.5

### *Lunch*

#### SALAD SHAKERS

- + **Greek Salad \$4.5 (Add shredded roast chicken \$5.5).**  
Mixed leaves, cucumber, tomato, red capsicum, red onion, feta, olives with oil and vinegar dressing.
- + **Roast Sweet Potato + Chickpea Salad \$5.0**  
Baby spinach, roasted sweet potatoes, chickpeas + feta with a grainy mustard dressing.
- + **Chicken Caesar \$6.0**  
Grilled chicken breast, baby spinach, crispy bacon, parmesan, red onion, croutons over cos lettuce with caesar dressing.
- + **Roast Vege and Brown Rice Grazing Tub \$5.0**  
Roast capsicum, carrots, broccoli, red cabbage + sugar snap peas w/ Baby brown and soy +ginger dressing.

#### SUBS

- + **Roast chicken salad** w/ house herb mayo on Turkish sub \$5.5
- + **Leg ham salad** w/ house herb mayo on Turkish sub \$5.5
- + **Vegetarian** w/ house mayo on Turkish sub \$5.5

#### SANDWICHES

- + Roast chicken salad w/ house herb mayo on smooth wholemeal \$5.5
  - + Leg ham salad w/ house herb mayo on smooth wholemeal \$5.5
  - + Ham, tomato + cheese on smooth wholemeal \$3.5
  - + Ham + cheese on smooth wholemeal \$3.0
  - + Chicken + cheese + avocado on smooth wholemeal \$4.0
- # GF options available at no extra cost.

#### TURKISH TOASTIES

- + Ham, tomato + cheese on Turkish Bread \$4.5
- + Ham + cheese on Turkish Bread \$4.0
- + Chicken + cheese + avocado on Turkish Bread \$5.0
- + Chicken + baby spinach + red onion + cheese on Turkish Bread \$4.0

#### EVERYDAY HOT OPTIONS

- + **Chicken Burger \$6.0**  
House crumbed chicken breast + lettuce w/ herb mayo.
- + **Honey Soy Chicken Kebabs \$5.0**  
Served w/ fried rice.
- + **Quiche of the Day \$5.0**  
Served w/ side salad.
- + **Sweet Chili Chicken Wrap \$4.5**  
Grilled chicken breast, lettuce + cheese w/ sweet chili sauce.
- + **House Made Pies \$5.0**  
Assorted pie fillings available each day.
- + **Travellers Beef Pie \$4.0**
- + **Sausage Roll \$4.0**

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## LUNCH OF THE DAY

### *Monday*

- + Beef Burritos w/ mexican rice \$6.5
- + Creamy Corn, Bacon + Potato Soup w/ crusty roll \$4.0

### *Tuesday*

- + Lamb koftas w/ flat bread, Lebanese salad + yummy mint sauce \$6.5
- + Chicken + Vege Noodle Soup \$4.0

### *Wednesday*

- + Beef Lasagna w/ side salad + garlic bread \$6.5
- + Chicken Curry Laksa \$4.0

### *Thursday*

- + Creamy Chicken and Bacon Pasta w/ steamed greens \$6.5
- + Roast Pumpkin Soup w/ crusty roll \$4.0

### *Friday*

- + Beef Nachos w/ red kidney beans, salsa, guac + tasty cheese \$6.5
- + Thai Green Chicken Curry w/ rice \$6.5

### FROM THE FRIDGE

+ Bottled water		\$2.5
+ Flavoured sparkling water Sml		\$2.0
+ Flavoured sparkling water Lrg		\$3.0
+ Flavoured milk	Sml	\$3.0
+ Flavoured milk	Lrg	\$4.0
+ Up and Go		\$2.5
+ Assorted Juices		\$3.0

### RED STAR COFFEE BAR

+ Regular \$4.5

Hot Chocolate, Milo, Cappuccino\*, Latte\*, Flat White\*, Long Black\*, Mocha\*.

Choose from Full Cream, Skim, Soy, or Almond Milk.

\*Coffee options available to staff + senior students.

Your school canteen is proudly managed and operated by the Kinfolk Student Café Team.

*kinfolkstudentcafes.com.au*