

# KINFOLK STUDENT CAFÉ MENU

TERM 3, WINTER SPRING MENU

## BREAKS

- + Fresh Fruit Skewer \$2.0
- + Fresh Fruit Salad \$3.5
- + Granola w/ vanilla bean yoghurt and berries \$4.0
- + Mini Ham and Cheese Pizza Bread \$2.0
- + House baked muffin \$2.0
- + Warm Banana Bread \$2.0
- + Honey Soy Red Rock Deli Chip Packet (28g) \$2.5
- + Sea Salt Red Rock Deli Chip Packet (28g) \$2.5

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## LUNCH

### SOUP

- + Soup of the day w/ warm wholemeal dinner roll \$4.0

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### SALAD TUBS

#### + Caesar Salad

Grilled chicken breast, baby spinach, crispy baked ham, parmesan, red onion, croutons over cos lettuce with 99% fat free Caesar dressing. \$4.8

#### + Sweet Potato, Feta and Chickpea

Roast sweet potato, feta and roasted chickpeas w/ grainy mustard dressing. \$4.8

#### +Roast Vege + chicken w/ steamed rice

Herb roasted seasonal vegies w/ roast chicken + steamed brown rice. \$4.8

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### SANDWICH TOASTIES

- + Cheese on wholemeal bread \$2.5
- + Ham + cheese on wholemeal bread \$3.0
- + Ham, tomato + cheese on wholemeal bread \$3.5
- + Chicken + cheese + avocado on wholemeal bread \$4.0

## WRAPS

- + Roast chicken salad w/ house herb mayo on wholemeal wrap \$4.5
- + Grilled chicken breast, baby spinach, crispy cooked ham, parmesan, red onion, croutons over cos lettuce with 99% Fat Free Caesar dressing. \$4.8
- + Roast chicken and vegie wrap w/ sweet chilli sauce on wholemeal wrap. \$4.8
- + Leg ham salad w/ house herb mayo on wholemeal wrap \$4.5
- + Chicken + cheese + avocado on wholemeal wrap \$4.0

*# GF options available at no extra cost.*

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## 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 \$5.0
- + Roast chicken, veg and cheese w/ sweet chilli sauce on Turkish Bread \$5.0

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## EVERYDAY OPTIONS

### + Chicken Burger \$5.0

Grilled chicken breast + lettuce w/ herb mayo.

### + Quiche of the Day \$4.0 or Served w/ side salad \$5.0

### + Sweet Chilli Chicken Wrap \$4.5

Grilled chicken breast, lettuce + cheese w/ sweet chili sauce.

### + House Made Pies \$5.0

Assorted pie fillings available each day.

### + Sausage Roll \$4.0

### + House made Lean Beef Lasagna \$5.0

### + Teriyaki Chicken Vietnamese Rolls \$6.5

Teriyaki chicken strips, cucumber, carrot, red capsicum w/ sweet chili soy dipping sauce.

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#### FROM THE FRIDGE

+ Bottled water	600ml	\$2.5
+ Small Flavoured milk (chocolate, vanilla malt, strawberry)	300ml	\$3.5
+ Large Flavoured milk (chocolate, vanilla malt, strawberry)	500ml	\$4.5
+ Up and Go (chocolate)	250ml	\$3.0
+ Smoothie (mixed berry, mango)		\$4.0
+ Juice (orange, orange and passionfruit)	200ml	\$3.5

#### THURSDAY SPECIAL

Chicken Curry with steamed rice \$6.5

#### FRIDAY SPECIAL

+ Beef Nachos w/ red kidney beans, salsa, guac + cheese \$6.5

**KINFOLK**  
*student cafes*



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AND AT

Kinfolk Café, 242 Conadilly Street Gunnedah.