

St John's Tuckshop Weekly Menu

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BREAKFAST SMART START

Bacon & Egg Muffin	\$4.00
Croissant	\$4.00
Fresh Fruit Salad	\$5.00
Gourmet Yoghurt	\$4.00
Cereal Bowl	\$2.50
Muesli Yoghurt	\$4.50

SUPER SNACKS

Cheese & Crackers	\$3.00
Muffins	\$2.00
Cakes	\$3.00

ICE BLOCKS

Assorted Ice Blocks From	\$0.50
Sorbet Mango	\$1.00
Real Fruit Slushie	\$2.00

SANDWICH & SALAD BAR

Assorted Sandwiches From	\$4.50
WRAPS	\$5.00
ROLLS	\$5.00

ADD \$1.00 FOR GLUTEN FREE

Salad
(Lettuce, Tomato, Carrot,
Cheese & Cucumber
Egg & Lettuce
Chicken & Salad
Ham & Salad
Ham, Cheese & Tomato

SALAD TUB

Caesar Salad with Chicken	\$5.50
Garden Salad GF	\$5.00
Add Ham or Chicken	\$0.50

SALAD ON THE GO

(New Salad Every Week) \$4.50

BAGETTE

Chicken & Avo	\$6.00
Ham, Cheese and Tomato	\$5.50

HOT FOOD

Sausage Roll	\$4.50
Pizza	\$4.50
Pepperoni / Ham & Pineapple/	
Vegetarian	+\$5.50
Gluten Free Pizza	\$5.50

DRINKS

Sipaah Straw with Milk	\$2.50
Hot Chocolate (Winter Only)	\$2.00
Banana Smoothie	\$4.00
100% Juices 250ml Popper	\$2.00
Water	\$1.50



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St John's Tuckshop Daily Specials

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MONDAY

Penne Bolognese	Small	\$4.50
	Large	\$5.50
GF Option Available		+\$5.50

TUESDAY

Sushi (Full Roll)	\$6.50
(Chicken/Avo	
Terriyaki Chicken	
Tuna/Mayo	
Avocado	
All Sushi is GF	
Hamburger	\$5.50
GF option available	+\$5.50
Vege Burger	\$5.50

WEDNESDAY

Butter Chicken GF	Small	\$4.50
	Large	\$5.50

THURSDAY

Nacho Beef/ Vege GF	\$5.50
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FRIDAY

Carbonara	Small	\$4.50
	Large	\$5.50
GF Option Available		+\$5.50
Lasagne		\$5.50
GF Option Available		+\$5.50
Focaccia		\$5.50
(Aioli, Baby Spinach, Roast Pumpkin, Tomato, feta)		

