

# Cafe BDC MENU

## Breakfast

### Hot Bar

Fresh Cheese-melt Salsa Breads	\$1.00
Toasted Sandwiches	\$3.50
Ham / Cheese	
Chicken / Cheese	
Bacon & egg nest	\$1.50
Plain Toast Vegemite, Jam or Honey	\$1.50

### Healthy start

Flavored Gourmet Yoghurt	\$2.50
Passionfruit, Mixed Berry, Mango	
Fruit Available Daily (1 Piece)	\$1.00
Fresh Fruit Salad Seasonal Fruit & Yoghurt	\$2.50

## All Day Snacks

Banana Bread (Toasted optional)	\$2.00
Air Popped Popcorn	\$1.00
Fresh Gourmet Muffin Vanilla or Berry	\$0.50
Savory Muffin	\$1.50
Hommus Cups	\$2.00
with carrot, celery sticks & rice crackers	
Fruit Available Daily (1 Piece)	\$1.00

## Lunches

### Hot Bar

Chicken & Roast Vegetable Frittata with Garden Salad	\$4.50
Spinach & Cheese Roll	\$3.50
Seasonal Roast Vegetable Lasagne	\$4.50
Chicken Royale (Lightly Crumbed)	\$2.00
Penne Bolognese	\$4.50
Creamy Chicken Carbonara	\$4.50
Fish piece (large)	\$3.50

### Burgers

Chicken Burger	\$4.50
Lettuce & Mayo / Salad / No Salad	
Fish Burger	\$4.50
Lettuce & Mayo / Salad / No Salad	
2 Pulled Pork or Lean Beef Sliders	\$4.50
Lettuce, tomato & relish	

BLT Torpedo	\$4.50
Bacon, lettuce & tomato	
Veggie Burger	\$4.50
Roast vegetable patty with salad and optional sweet chili sauce	

### Wraps

Gourmet Salad wraps	\$4.50
with your choice of Chicken, Beef, Ham or Roast Vegetables	

	Half	Full
Ham & Cheese Salad Wrap	\$3.50	\$4.50
Chicken & Cheese Salad Wrap	\$3.50	\$4.50
Roast Beef & Salad Wrap	\$3.50	\$4.50
Salad & Cheese Wrap	\$3.50	\$4.50

### Rolls

Ham & Cheese Salad Roll	\$4.00
Chicken & Salad Roll	\$4.00

### Sandwiches

Ham & Cheese Sandwich	\$3.50
Chicken & Cheese Sandwich	\$3.50
Ham / Chicken & Salad Sandwich	\$3.50
Egg & Lettuce Sandwich	\$3.50
Vegemite / Jam Sandwich	\$2.50
Toasted Sandwiches	\$3.50

Build Your Own Sandwich	\$3.50
white bread, wholemeal bread, no butter, toasted	
ham, chicken, beef	
lettuce, tomato, carrot, cheese, cucumber	

### Salads

Mediterranean Salad	\$4.50
Full Garden Salad	\$4.50
Chicken Caesar Salad	\$4.50
Roast Vegetable Salad	\$4.50
Corn Fritter Salad	\$4.50

## Drinks

### Hot

Only available to year 10-12, staff and parents	
Cappuccinos	\$3.50
Latte / Flat White	\$3.50
Available to everyone	
Chai Latte	\$3.50
Hot chocolate	\$3.50

Available milk - Soy, Lite, Fullcream

## Cold

Water	\$1.00
Poppers Apple / Orange	\$1.20
Juice 500ml Apple / Orange	\$3.00
Norco Milk 300ml Chocolate / Strawberry	\$2.00
Norco Real 500ml **	\$3.00
Chocolate / Strawberry / Coffee / Caramel	
ICE Drinks	\$3.00
Strawberry Kiwi Fruit / Orange and Mango / Pink Grapefruit / Black Raspberry	

\*\*Coffee flavoured milk & 500ml drinks only available for secondary students

## Treats

### Sometimes foods

Billabongs Rainbow / Chocolate	\$1.50
Icy Poles Lemonade / Raspberry	\$1.00
Milo Cup	\$3.00
Fruit Tube	\$0.50
Frozen yoghurt Mango / Strawberry	\$2.00

## Daily Specials

### WEDNESDAY ONLY - Pies & Pizza

Plain Pies	\$3.50
Sausage Rolls	\$3.00
Pizza Singles	\$2.50

### THURSDAY ONLY - Sushi

Chicken Avocado	\$3.50
Salmon Avocado	\$3.50
Vegetarian	\$3.50
Teriyaki Chicken	\$3.50
Tuna & Cucumber	\$3.50

### FRIDAY ONLY - Nachos

Lean Beef or Vegetarian Nachos	\$4.50
Lean Beef or vegetarian, lettuce, tomato, cheese, sour cream	

