

The Gardens Cafe

WINTER MENU – TERM 2 and 3 2015

Café is open Mon, Wed, Fri weeks 1-9 and Mon, Wed week 10

Most items fall under the SA Right Bite healthy eating programme.

HOT FOOD

Baked Potato (pick three toppings; ham, cheese, pineapple, baked beans, beetroot) (add sour cream and/or sweet chilli sauce 60c each) _____	\$4.50
Butter Chicken (w/rice) 220g _____	\$4.00
Chicken Burger _____	\$4.00
Lettuce/Tomato/Low Fat Mayo	
Chicken Nuggets (price per nugget MAX 8) _____	\$0.50
Fish Fingers (price per finger MAX 6) _____	\$0.60
Hot Dog _____	\$3.00
Hot Dog with cheese _____	\$3.20
Jaffles _____	\$3.60
Toasted bread with choice of fillings (max 3 fillings) chicken/cheese/ham/pineapple/baked beans/tomato	
Fountain Cup Noodles chicken/beef _____	\$2.50
Meat Balls (price per meatball MAX 8) _____	\$0.60
Meat Pie 180g _____	\$3.10
Meat Ravioli 220g _____	\$4.00
Pizza Slabs _____	\$3.60
Margarita = Cheese & Tomato	
Hawaiian = Ham & Pineapple	
Potato Pie 180g _____	\$3.60
Potato Wedges Healthy Choice 150g _____	\$3.20
Sausage Roll 120g _____	\$3.00
Soup (Homemade) with bread roll 250mL	
Pumpkin _____	\$3.00
Toasted Sandwich _____	\$3.60
Toasted bread with a choice of fillings (max 3 fillings) cheese/ham/chicken/tomato/pineapple/baked beans	
Vegetarian Fried Rice (no EGG, no BACON) _____	\$4.00

The Allenby Café now provides an
EGG, DAIRY and NUT FREE zone.

If your child has allergies please
CLEARLY LABEL their lunch order bag.

SAUCES

Sour Cream _____	\$0.60
Sweet Chilli Sauce _____	\$0.60
Tomato Sauce _____	\$0.30

**Frozen Products can only be purchased
from the Cafe.**

They are not available for pre-order.

DRINKS

Bottled Water 350ml _____	\$1.50
Nippys Fruit Juice 250ml _____	\$2.00
Orange/orange & mango/apple/apple & blackcurrant	
Nippys Flavoured Milk 250ml _____	\$2.00
Iced chocolate/iced strawberry	
Slushies _____	\$2.00
LOL (100% fruit drink) _____	\$2.00

SANDWICHES / ROLLS / SALADS

Sandwich 2 slices bread _____	\$3.50
cheese/tuna/egg/ham/chicken	
Roll with choice of fillings _____	\$4.00
cheese/tuna/egg/ham/chicken	
Salad Sandwich 2 slices of bread _____	\$4.40
with lettuce/tomato/cucumber/carrot/ low fat mayo and either cheese/tuna/egg/ham/chicken	
Salad Roll _____	\$4.90
with lettuce/tomato/cucumber/carrot/ low fat mayo and either cheese/tuna/egg/ham/chicken	

ALL bread/rolls supplied by Baker's Delight and are
wholemeal without seeds.
Allenby Café now stocks Nuttalex for an allergy
friendly alternative.

SNACKS

Cereal Munch mix of cereals _____	\$0.50
Garlic Bread per slice (MAX 3) _____	\$0.50
Jelly Cups _____	\$1.00
Jelly Cups with Fruit _____	\$1.20
Muffin chocolate/banana	
Large _____	\$0.50
Small _____	\$0.20
Popcorn bag _____	\$0.50
Red Rock Chips honey Soy/Sea Salt _____	\$1.30
Rice Sticks Cheese _____	\$1.00
JJs salt & vinegar/chicken/pizza _____	\$1.20

FROZEN PRODUCTS

Gelati vanilla/lemon/mango/chocolate _____	\$2.00
Juicies wildberry/tropical _____	\$1.00
Mony Freeze Pops strawberry/chocolate _____	\$1.00
Nippys Fruit Cups _____	\$1.00
orange/apple/apple & blackcurrant	

ANY QUESTIONS please ask Rebecca.