

# Freshwater

## COLLEGE CAFE



### FRESH SANDWICHES (ON MULTIGRAIN BREAD)

Salad Sandwich (with cheese and choice of protein: ham/chicken/beef)	\$5.50
Protein & Cheese (ham/chicken/beef with cheese)	\$4.50
Egg and Lettuce	\$5.50
Simple Sandwich (vegemite/jam/honey/ham/cheese)	\$4.00
+ Gluten Free	+ \$1.50

### FRESH WRAPS

Salad Wrap (with cheese and choice of protein: ham/chicken/beef)	\$6.50
Half Wrap	\$4.00

### TOASTED SANDWICHES & WRAPS

Ham and Cheese Toastie	\$4.50
Chicken and Cheese Toastie	\$5.00
Beef Melt (roast beef with onion relish in a toasted Turkish roll)	\$6.50
Pizza Pocket (ham and cheese with tomato relish in a toasted wrap)	\$6.50
Chicken and Cheese Toasted Wrap	\$6.50
+ Add tomato or spinach	+ 50c each

### SALADS

Boxed Salad (with egg, cheese, dressing and protein: ham/chicken/beef)	\$8.00
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### HOT FOOD

Beef Traveller Pie	\$5.00
Sausage Roll	\$4.00
Gluten Free Beef Pie	\$6.00
Gluten Free Sausage Roll	\$5.00
Lasagna	\$5.00

### SNACKS

Fruit (apple/orange/seasonal fruit)	\$2.00
Popcorn	\$2.50
Seaweed	\$2.50
Vege chips	\$2.50
Cheese and crackers	\$2.50
Vanilla yoghurt (tub or pouch)	\$2.50
Mini muffin	\$2.00
Cookie	\$2.00
Bliss Ball (chocolate or apricot; dairy and nut free)	\$2.00
Granola Slice (with choc chips; dairy and nut free)	\$2.00

### BENTO BOX

Bento Box:	\$6.00
Includes: 1/2 wrap (ham/vegemite/cheese), egg, carrot, cucumber, cherry tomato, dip and bliss ball.	

### FROZEN SNACKS

Frozen Apple Juice Cups	\$2.00
Quelch Icy Poles	\$1.50

### DRINKS

Water (600ml)	\$2.00
Plain Sparkling Water (500ml)	\$3.00
Bubly Flavoured Sparkling Water (raspberry/lime, 375ml)	\$3.50
Plain Milk (200ml)	\$2.00