



PROSPECT CAFÉ & BAKERY 2018

1 PROSPECT ROAD, PROSPECT 5082

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TO ORDER, CLEARLY LABEL THE ENVELOPE/BAG AND ENCLOSE THE CORRECT MONEY

ROLLS or SANDWICHES (WHOLEMEAL BREAD ONLY)

| | | | | | | | |
|----------|-------------------------------------|--------|----------|--------|-------|--------|--|
| VEGEMITE | ROLL | \$3.50 | SANDWICH | \$3.00 | SALAD | | ALL SERVED WITH LETTUCE, TOMATO, CARROT & CUCUMBER |
| CHEESE | ROLL | \$4.50 | SANDWICH | \$4.50 | BOWL | \$6.50 | |
| HAM | ROLL | \$5.00 | SANDWICH | \$4.50 | BOWL | \$6.50 | |
| TUNA | ROLL | \$5.00 | SANDWICH | \$4.50 | BOWL | \$6.50 | |
| SALAD | ROLL | \$4.50 | SANDWICH | \$3.70 | BOWL | \$6.50 | |
| WRAP | WRAP \$5.00 (PORK, CHICKEN OR TUNA) | | | | | | |

- \$3.00 VEGEMITE SCROLL
- \$3.00 CHEESE & BACON SCROLL
- \$3.00 MINI PIZZA
- \$3.50 HAM & CHEESE CROISSANT

- GRILLED CHICKEN ROLL
- BBQ PORK ROLL
- ROAST PORK ROLL
- COMBINATION ROLL
- COLD ROLLS
(CHICKEN or BBQ PORK)

| | | | | |
|-----------|--------|-----------|--------|---|
| LARGE | \$5.50 | SMALL | \$4.50 | INCLUDES: CARROT ONIONS RADISH CUCUMBER CORRIANDER |
| LARGE | \$5.50 | SMALL | \$4.50 | |
| LARGE | \$6.00 | SMALL | \$4.50 | |
| LARGE | \$6.00 | SMALL | \$4.50 | |
| PACK OF 2 | \$4.00 | PACK OF 3 | \$5.00 | |

- \$1.70 FRIED SPRING ROLL (CHICKEN)
- \$6.50 SMALL- RICE NOODLE WITH SALAD (PORK or BBQ or GRILLED CHICKEN) please choose meat
- \$8.50 LARGE- RICE NOODLE WITH SALAD (PORK or BBQ or GRILLED CHICKEN) please choose meat
- \$1.70 DIM SIM (STEAMED)
- \$4.50 SMALL- FRIED RICE
- \$8.00 LARGE- FRIED RICE
- \$5.00 SMALL- NOODLE STIR FRY & VEGETABLES (CHICKEN or PORK or COMBO)
- \$8.50 LARGE- NOODLE STIR FRY & VEGETABLES (CHICKEN or PORK or COMBO)
- \$9.50 STEAMED RICE WITH CUCUMBERS & TOMATOES (CHICKEN or PORK or COMBO)



The GREEN choices – best and healthiest. ✓✓



The AMBER choices – choose carefully- eat in moderation.

ONLY FOOD ON THIS MENU WILL BE SUPPLIED TO PROSPECT PRIMARY STUDENTS.

Wednesdays and Fridays only.

Menu takes effect from 29/01/2018