

CANTEEN MENU 2026

Salads:

- Chicken Salad \$10 with vinaigrette, crispy noodles or Gf/Df croutons.
- Keto Chicken Salad \$12 - with bacon, boiled egg, cheese, salad, pumpkin seeds & aioli (Gf).
- Falafel Salad \$9 - with dipping aioli and vinaigrette (Gf, vegan)
- Vietnamese Beef Salad \$11 - with mint, sprouts, glass noodles, and sesame & lemongrass dressing (Gf/Df).

Freshly made sandwiches:

- Sweet Chilli Chicken Wrap \$5.50
- BLT \$5.50
- Focaccia Sandwich \$5.50: Chicken or Bacon Salad with camembert & sweet relish.
- Pretzel Sandwich \$5.50: Ham, swiss & capsicum jam; or Beef, swiss & tamarind chutney.
- Sandwiches made to order - price varies
- Gluten and/or dairy free available.

Toasted Sandwiches:

- \$1.50 base charge for toasting
- \$1.80 for ham, chicken, or beef
- 50c each for cheese, onion, pineapple, tomato, chutney, aioli
- Gluten and/or dairy free avail.

Canteen Menu:

- Pies; Mince & Cheese \$5, Steak & Jalapeno Cheese \$5.50, Butter Chicken \$5.50, Sausage Rolls \$3
- Macaroni & Cheese \$4.50
- Garlic Bread \$2
- Bacon & Egg Muffin Split \$4.50
- Pizza; Pepperoni \$4
- Ramen noodles, Gf noodles \$3.50

Daily Specials:

- Monday: Hotdogs \$4.50
- Tuesday: Katsu Chicken on Rice \$6
- Wednesday: Bulgogi Noodles (Gf/Df)\$6
- Thursday: Nachos \$7 (Gf)
- Friday: Cinnamon Rolls \$3.50

Contact Annette on 027-244-6687 or lunchwisenz@gmail.com

If you would like to receive the “Canteen Specials” group email, please write your email address below and you will be added to the group.

Please note: On Mon 2 Feb I will send a Canteen Group email with the 2026 menu, and then will only send out groups emails when I have made a batch of scones or have something new/on special.

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