



**SUPER SPECIAL**  
FOR ACCESS TO SPECIALS, COMBOS & PROMOTIONS, ORDER VIA THE QKR APP

# Traditional Salads

|                     |   |         |  | LARGE  | SMALL  |
|---------------------|---|---------|--|--------|--------|
| GREEK               | G | V GF    | Lettuce, marinated fetta, Kalamata olives, roasted capsicum, red onion, tomato, cucumber with a balsamic vinaigrette | \$6.90 | \$5.30 |
| CHICKEN CAESAR      | A |         | Seared chicken, egg, bacon, lettuce, tomato, cucumber, parmesan cheese and Caesar dressing                           | \$6.90 | \$5.30 |
| TANDOORI CHICKEN    | G |         | Tandoori chicken breast, lettuce, cucumber, red onion, roasted capsicum, cheese and mint mayonnaise                  | \$6.90 | \$5.30 |
| CHICKEN PESTO PASTA | A |         | Shell pasta lightly coated in sundried tomato pesto, roasted capsicum, chicken breast and parmesan cheese            | \$6.90 | N/A    |
| FRUIT SALAD         | G | VG V DF | Chopped seasonal fruit   | \$4.50 | N/A    |

# Super Salads

|   |   |              |  | LARGE  | SMALL  |
|---|---|--------------|--|--------|--------|
| DUKKAH CRUSTED PUMPKIN SALAD            | G | VG* DF* V GF | Dukkah crusted pumpkin, broccoli, house dried tomatoes, toasted pepitas, baby spinach leaves, marinated fetta and sticky balsamic dressing. * Fetta is packaged separate for a vegan / dairy free option | \$7.30 | \$5.50 |
| CAULIFLOWER WITH SPICY HARISSA DRESSING | G | VG DF V GF   | Cumin roasted cauliflower florettes and chickpeas, parsley, baby spinach, Spanish onion, coriander, raisins and pumpkin seeds with a spicy harissa dressing  | \$7.30 | \$5.50 |
| ASIAN CHICKEN                           | G | DF GF        | Vermicelli noodles lightly coated in sesame oil, julienne carrots, capsicum and spring onions, Chinese cabbage, coriander and mint with a honey lime dressing and Asian chicken breast                   | \$7.30 | \$5.50 |
| ASIAN TOFU                              | G | VG DF V GF   | Vermicelli noodles lightly coated in sesame oil, julienne carrots, capsicum and spring onions, Chinese cabbage, coriander and mint with a honey lime dressing and grilled tofu                           | \$7.30 | \$5.50 |
| ROASTED BEETROOT AND SWEET POTATO       | G | VG DF V GF   | Roasted beetroot and sweet potato, Spanish onion, chickpeas, raisins, pepitas and baby spinach and a maple dijon dressing  | \$7.30 | \$5.50 |

VG=Vegan

V=Vegetarian

GF=Gluten friendly

DF=Diary free

**DID YOU KNOW?**  
OUR SALADS PROVIDE 3 SERVES OF YOUR DAILY VEGETABLE REQUIREMENT





\*GLUTEN FRIENDLY ROLLS WILL AUTOMATICALLY BE SERVED WITH GLUTEN FRIENDLY DRESSINGS

# Baguettes, Wraps, Sandwiches

|                                    |   |               |  | SAND   | BAG    | WRAP   | GLUTEN FRIENDLY ROLL* |
|------------------------------------|---|---------------|--|--------|--------|--------|-----------------------|
| CHICKEN SCHNITZEL                  | A |               | Crumbed chicken schnitzel, lettuce, cheese and mayonnaise                                  | \$5.80 | \$5.80 | \$5.80 | N/A                   |
| TANDOORI CHICKEN                   | G |               | Tandoori chicken, lettuce, cheese, cucumber, roast capsicum, red onion and mint mayonnaise | \$5.80 | \$5.80 | \$5.80 | \$7.30                |
| BEEF                               | G |               | House roast beef, tomato, cheddar cheese, relish, chefs pickled cucumbers and baby spinach | \$5.80 | \$5.80 | \$5.80 | \$7.30                |
| CREAMY CHICKEN                     | A |               | Seared chicken breast, cheese, lettuce, bacon, tomato and dijonaise                        | \$5.80 | \$5.80 | \$5.80 | \$7.30                |
| MEDITERRANEAN                      | A |               | Salami, lettuce, roasted sweet potato, roast capsicum, olive tapenade and relish           | \$5.80 | \$5.80 | \$5.80 | \$7.30                |
| TURKEY & CRANBERRY                 | G |               | Turkey breast, Swiss cheese, lettuce, tomato, cranberry, cucumber and dill cream cheese    | \$5.80 | \$5.80 | \$5.80 | N/A                   |
| ROASTED VEGETABLE                  | G | V             | Roasted eggplant, zucchini, sweet potato and capsicum, lettuce, olive tapenade and relish  | \$5.80 | \$5.80 | \$5.80 | \$7.30                |
| VEGAN FALAFEL                      | G | V<br>VG<br>DF | Falafel, vegan cheese, tomato, lettuce, cucumber, red onion and vegan aioli                | \$5.80 | \$5.80 | \$5.80 | N/A                   |
| TUNA & PARSLEY                     | G |               | Tuna mixed with red onion and parsley, lettuce, cucumber and Kewpie mayonnaise             | \$5.80 | \$5.80 | \$5.80 | \$7.30                |
| HAM                                | A |               | Ham, lettuce, Swiss cheese, cucumber, tomato and dijonaise                                 | \$5.80 | \$5.80 | \$5.80 | \$7.30                |
| TOASTED SANDWICH                   | G | V             | Cheese and vegemite / Cheese and tomato  | \$3.40 | N/A    | N/A    | N/A                   |
| TOASTED SANDWICH                   | G |               | Ham and cheese / Ham, cheese and tomato  | \$4.00 | N/A    | N/A    | N/A                   |
| TOASTED GARLIC SUB                 | G | V             |  | N/A    | \$2.20 | N/A    | N/A                   |
| HOT CHEESE & BACON STUFFED SUB (A) | A |               | Freshly baked sub stuffed with bacon pieces and melted cheese                              | N/A    | \$3.70 | N/A    | N/A                   |

VG=Vegan V=Vegetarian GF=Gluten friendly DF=Diary free



# Build Your Own



|                 |  |        |        |        |
|-----------------|--|--------|--------|--------|
| MEAT FILLINGS   | Crumbed chicken, seared chicken, Tandoori chicken, ham, bacon, tuna with parsley mix, falafel, egg, turkey breast, house roast beef and salami |        |        |        |
| SALADS          | Lettuce, tomato, cucumber, roasted capsicum, onion, cheddar cheese, fetta cheese, Swiss cheese, Kalamata olives, house cured pickles           |        |        |        |
| ROLL DRESSINGS  | Mayonnaise (GF available), mint mayonnasie, dijonnaise, tomato sauce, BBQ sauce, house made tomato relish                                      |        |        |        |
| SALAD DRESSINGS | Sticky balsamic (GF), creamy balsamic, mayonnaise (GF available), mint mayonnasie, dijonnaise  |        |        |        |
|                 |  | x2     | x3     | 4+     |
| SANDWICH        | Fillings = meat & salads   | \$4.60 | \$5.20 | \$6.20 |
| ROLL            | Fillings = meat & salads   | \$4.60 | \$5.20 | \$6.20 |
| WRAP            | Fillings = meat & salads   | \$4.60 | \$5.20 | \$6.20 |
| SALAD           | Your choice of 1 x meat, salad fillings and 1 x salad dressing   |        |        | \$7.20 |

# Specialties

|  |   |               |  | 1 ROLL | 2 ROLLS | 3 ROLLS |
|--|---|---------------|--|--------|---------|---------|
| SUSHI<br>(no variations allowed) <i>*Gluten free without soy sauce sachets</i> | G |               | Crumbed chicken breast schnitzel, cucumber and Kewpie mayonnaise   | \$3.50 | \$6.20  | \$8.30  |
|  | G | GF*           | Teriyaki chicken, cucumber, capsicum and Kewpie mayonnaise   | \$3.50 | \$6.20  | \$8.30  |
|  | G | GF*           | Tuna mixed with parsley and Spanish onion, cucumber and Kewpie mayonnaise  | \$3.50 | \$6.20  | \$8.30  |
|  | G | V<br>GF*      | Vegetarian with tempura pumpkin, cucumber and Kewpie mayonnaise  | \$3.50 | \$6.20  | \$8.30  |
| CHICKEN COLD ROLLS   | G | DF<br>GF      | Two large rice paper wraps filled with vermicelli noodles, julienne vegetable, fresh herbs and marinated chicken breast with a soy lime dressing |        |         | \$6.20  |
| TOFU COLD ROLLS  | G | VG DF<br>V GF | Two large rice paper wraps filled with vermicelli noodles, julienne vegetable, fresh herbs and marinated a soy lime dressing                     |        |         | \$6.20  |
| VIETNAMESE MEAT ROLL (BANH MI)   | G |               | Vietnamese roll filled with Saigon chicken, cucumber, carrot, coriander, lettuce and siracha aioli (mild)  |        |         | \$6.20  |

*Our baguettes, wraps and sandwiches are made fresh when you order them.  
Gluten free rolls available \$1.50*

**VG**=Vegan **V**=Vegetarian **GF**=Gluten friendly **DF**=Diary free





CHICKEN NOODLES

**DID YOU KNOW?**  
OUR NAPOLITANA SAUCE IS PACKED FULL OF HIDDEN VEGGIES!!

# Burgers

|                                     |   |               |  |        |
|-------------------------------------|---|---------------|--|--------|
| BEEF AND CHEESE BURGER              | A |               | Premium beef pattie, cheese and tomato sauce on a sesame bun   | \$4.70 |
| CRUMBED CHICKEN BURGER              | A |               | Crumbed chicken breast pattie, lettuce and mayonnaise on a sesame bun  | \$4.70 |
| GRILLED CHICKEN BURGER              | G |               | Grilled chicken breast pattie, cheese, lettuce, tomato and mayonnaise on a sesame bun                                    | \$5.20 |
| MEXICAN BURGER WITH SMASHED AVOCADO | G | VG DF<br>V GF | Mexican black bean patty with vegan cheese, lettuce, tomato, smashed avocado and sweet chilli sauce on a gluten free bun | \$6.90 |

VG=Vegan V=Vegetarian GF=Gluten friendly DF=Diary free



MEXICAN BURGER

We only use breast chicken and 95% fat free beef mince.



POTATO WEDGES

ALL OF OUR PIZZAS ARE MADE FRESH IN HOUSE AS IS OUR DELICIOUS FRENCH ONION DIP!

Oven baked

|                             |   |      |   |        |
|-----------------------------|---|------|---|--------|
| POTATO WEDGES               | A | V    | All include one choice of sweet chili aioli, tomato sauce, bbq sauce, sweet chili sauce | \$4.70 |
| NACHOS                      | A | V    | Toasted corn chips served with tomato salsa and grilled cheese                          | \$5.10 |
| POTATO GEMS                 | A | V VG | With tomato sauce   | \$3.80 |
| 4 X CHICKEN BREAST NUGGETS  | A |      | All include one choice of sweet chili aioli, tomato sauce, bbq sauce, sweet chili sauce | \$3.80 |
| 6 X CHICKEN BREAST NUGGETS  | A |      | All include one choice of sweet chili aioli, tomato sauce, bbq sauce, sweet chili sauce | \$5.10 |
| 3 X CRUMBED CHICKEN TENDERS | A |      | All include one choice of sweet chili aioli, tomato sauce, bbq sauce, sweet chili sauce | \$5.20 |

Snacks



|                  |   |               |  |        |
|------------------|---|---------------|--|--------|
| WATERMELON CUP   | G | VG V<br>GF DF | Watermelon chunks                            | \$2.10 |
| JELLY CUP        | A | V DF          |  | \$2.10 |
| CHOCOLATE MOUSSE | A | V             |  | \$2.10 |
| DIPS N STICKS    | G | V GF          | French onion dip with carrot & celery sticks | \$2.10 |
| CHIPS            | A |               | Sea Salt, Honey Soy                          | \$2.10 |
| HASH BROWN OVAL  | A | VG VGF        |  | \$2.10 |

Pizza

|                |   |                     |   |        |
|----------------|---|---------------------|---|--------|
| MARGHERITA     | G | V                   | Pizza sauce and mozzarella cheese   | \$4.70 |
| AUSTRALIAN     | A |                     | Pizza sauce, diced ham and mozzarella cheese  | \$5.30 |
| HAWAIIAN       | A |                     | Pizza sauce, diced ham, pineapple and mozzarella cheese   | \$5.30 |
| BBQ CHICKEN    | A |                     | Pizza sauce, chicken breast, bacon, pineapple, BBQ sauce and mozzarella cheese                              | \$5.30 |
| VEGAN VEGORAMA | G | V<br>GF<br>VG<br>DF | Pizza sauce, roasted sweet potato, eggplant, zucchini and capsicum, red onion, fresh basil and vegan cheese | \$6.90 |



VG=Vegan V=Vegetarian GF=Gluten friendly DF=Diary free



WE SELL THE FOUR N TWENTY SCHOOL APPROVED RANGE WHICH ARE REDUCED SODIUM AND FAT.

# Four N Twenty

|       |                                   |        |
|-------|-----------------------------------|--------|
| A     | PLEASE SEE CANTEEN FOR FULL RANGE | \$4.50 |
| SAUCE |                                   | \$0.20 |

# Hot Dogs



|   |                             |        |
|---|-----------------------------|--------|
| A | HOT DOG WITH SAUCE          | \$4.40 |
| A | HOT DOG WITH CHEESE & SAUCE | \$4.90 |

# Iceblocks

A further range of iceblocks and drinks may be available, please enquire at the canteen.

|   |                           |                        |        |
|---|---------------------------|------------------------|--------|
| G | ZING YOGHURT ICE BAR      | ASSORTED FLAVOURS      | \$1.40 |
| A | ICY POLE                  | Lemonade               | \$1.70 |
| A | FROSTY FRUITS             | Natural Tropical       | \$2.70 |
| A | LIFE SAVERS               |                        | \$2.70 |
| G | NIPPY'S FROZEN FRUIT CUPS | Apple and Blackcurrant | \$1.90 |
| A | MILO SCOOP                |                        | \$3.60 |
| A | BILLABONG                 | Rainbow Chocolate      | \$2.10 |



VG=Vegan V=Vegetarian GF=Gluten friendly DF=Diary free

# Drinks



|   |                                  |       |  |        |
|---|----------------------------------|-------|--|--------|
| G | NATURAL SPRING WATER             | 500ml |  | \$2.70 |
| A | FOCUS WATER                      | 300ml | Lemonade, Blackcurrant, Raspberry                    | \$3.40 |
| G | UP AND GO                        | 250ml | Chocolate, Strawberry, Banana                        | \$3.20 |
| G | 100% JUICE POPPERS               | 250ml | Apple, Apple-Blackcurrant, Orange, Tropical          | \$2.80 |
| A | NIPPY'S FLAVOURED MILK           | 250ml | Chocolate, Strawberry, Honeycomb                     | \$3.40 |
| G | NIPPY'S 100% JUICE FRUITYLICIOUS | 350ml | Orange, Apple Guava, Apple Blackcurrant, Multi Fruit | \$3.70 |