

## Tuckshop Menu 2020

### Breakfast

(Available Over the Counter from 8.00-8.15 Daily)

#### **Plain Croissant**

Baked Fresh Daily \$3.00

#### **Bacon & Egg Muffin**

English Muffin, Egg, Bacon, Cheese & BBQ Sauce \$3.50

#### **Ham & Cheese Croissant** \$4.50

#### **Brekky Wrap**

Scrambled Egg, Bacon, Cheese, Tomato & Spinach on a  
Toasted Wrap \$5.00

#### **Granola Cup**

Vanilla Yogurt with Granola & Fruit Coulis \$3.00

#### **Fruit Salad Tub**

Chopped Seasonal Fresh Fruit \$4.00

#### **Banana Bread** \$3.00

#### **Freshly Baked Muffins**

Various Flavours, baked Fresh Daily \$2.50

### Daily specials

(Available Online & Over the Counter at Lunch)

#### **Monday**

Special Fried Rice \$4.50

#### **Tuesday**

Ham & Cheese or Margherita Pizza \$4.50

#### **Wednesday**

Pasta of the Day \$4.50

#### **Thursday**

Homemade Burrito \$5.00

#### **Friday**

Pulled Pork Rolls \$5.00

### Snacks

(Available Online & Over the Counter All Day)

#### **Fresh Fruit Piece**

Fresh seasonal fruit piece \$1.00

#### **Fruit Salad Tub**

Chopped Seasonal Fresh Fruit \$4.00

#### **Rice Crackers, Dip & Veggie Sticks**

Healthy Snacking Pack with Hummus \$3.50

#### **Savoury Snacks**

Choose from Vege Chips, Popcorn, Rice Crackers or Pretzels  
\$2.00

#### **Banana Bread** \$3.00

#### **Granola Cup**

Vanilla Yoghurt with Granola & Fruit Coulis \$3.00

#### **Freshly Baked Muffins**

Various Flavours Baked Fresh Daily \$2.50

#### **Homemade Cookie**

Anzac or Choc Chip \$1.50

#### **Muesli Bars** \$2.00

#### **Chocolate Brownie** \$2.00

### “Feed me!” weekly special

#### **Pay \$35 and Get Fed for a Week!**

Price includes:

**Daily Special + Savoury Snack + Fresh Fruit Piece ...**  
every day of the week for 1 week from Monday to Friday.

**PLEASE NOTE:** This special ***MUST*** be ordered in  
advance online or over the Counter by 8.30am each  
Monday.

Create an account and Order online at  
[www.quikcliq.com.au](http://www.quikcliq.com.au)



## Hot Food

(Must be ordered in advance online or over the counter by 8.30am each day)

### Beef Burrito

Freshly made Burrito with Beef, Rice, Black Beans, Fresh Tomato Salsa & Cheese \$5.00

### Lasagne

Homemade traditional beef lasagne \$5.00

### Vegetable Lasagne

Homemade vegetable lasagne with zucchini, sweet potato & pumpkin \$5.00

### Special Fried Rice

Homemade Special Fried with Bacon & Vegetables \$4.50.

### Beef Burger

Beef Pattie topped with Tomato, Lettuce & Cheese on a Brioche Burger Bun with Tomato Sauce \$5.00  
(Add \$1.50 for Gluten Free)

### Chicken Burger

Crumbed Chicken Breast topped with Lettuce, Cheese & Mayo on a Brioche Burger Bun \$5.00

### Pizza

Choose from Margherita or Ham & Cheese \$4.50  
(Add \$2.00 for Gluten free).

### Sausage Roll

Traditional Sausage Roll with Flakey Pastry \$4.00

### Meat Pie

Traditional Plain Beef Pie \$4.00

## Cold Food

(Must be ordered in advance online or over the counter by 8.30am each day)

### Freshly Made Wraps

Choose from Chicken | Ham | or Cheese, with Salad \$5.50

### Salad Bowls

Choose from Japanese Noodle Salad | Garden Salad | or Spinach & Sweet Potato Salad \$5.50

## Drinks

(Available Online & Over the Counter All Day)

### Emma & Tom's Range

Choice of 100% Fresh Fruit Juices from the 'Look After Yourself' Range. \$3.00

### Up & Go

Vanilla | Chocolate \$2.50

### Milks

Emma & Tom's No Added Sugar Milks. Chocolate | or Strawberry \$2.50

### Water

Sparkling |or Still Bottled Water 600ml \$2.00

## Coffee & Tea

(Available From 8.00-8.15 am & after 12.00pm)

**Small 8oz** \$3.50 **Large 12oz** \$4.00

Flat White | Cappuccino | Latte | Mocha | Long Black | Short Black | Hot Chocolate | Selection of Teas  
(Add 50c for extra shot + Add 50c for soy or rice milk)

## Frozen Treats

(Available Over the Counter All Day)

Lemon Sorbet \$1.50 | Vanilla Ice-Cream Cup \$1.50 | Frozen Juice Cup \$1.00

Visit us at the Tuckshop for more Icy Treats

Create an Account and Order online at  
[www.quickliq.com.au](http://www.quickliq.com.au)

