

🍏 **GO FOR IT!** - Healthy Choice. Healthy Star Rating 3,4 & 5
🍷 **GO EASY!** - Occasional Choice 🍷 **WHOA!** - Rarely

(V) Vegetarian (VG) Vegan
(GF) Gluten Free

SANDWICHES/ROLLS/WRAPPS

BUILD YOUR OWN DELI ITEM

Starting @ \$2.00:

🍏 **Bread:** Sourdough/Multigrain/GF

🍏 **Rolls:** Sourdough/Multigrain

🍏 **Wraps:** Sourdough/GF

🍏 **Fillings @ \$0.50 each:**

lettuce/ carrot/ tomato/ pineapple/ cucumber/
beetroot

🍏 **Fillings @ \$1.00 each:**

ham/ chicken/ falafel/ tuna/ egg/ spinach/ avocado/
cheese

Complimentary condiments or serving options:

dairy spread/ mayonnaise/ salt/ pepper/ toastie/ jaffle

Please indicate your preference in NOTES.

- 🍷 Warm/Cold Cheese & Vegemite Scroll \$2.50
- 🍏 Warm/Cold Cheese & Bacon Roll \$2.50

HOT FOOD

- 🍏 Steamed Beef Dim Sims (3) w Soy Sauce \$3.00
- 🍏 Oven Baked Sweet Chilli Tender \$2.00
- 🍏 Oven Baked Chicken Nuggets (6) \$5.00
- 🍏 Hawaiian Pizza Pocket \$5.00
- 🍷 Meat Pie \$5.00
- 🍷 Small Meat Pie \$2.00
- 🍷 Vegetable Pastie \$5.00
- 🍷 Small Sausage Roll \$2.00
- 🍷 GF Meat Pie \$6.00
- 🍷 GF Small Meat Pie \$2.50
- 🍷 GF Sausage Roll \$6.00
- 🍷 GF Small Sausage Roll \$2.50
- 🍏 Homemade Soup w Warm Dinner Roll \$4.00
- 🍏 Noodle Cup Chicken or Beef \$3.00
- 🍏 Sweet Chilli Chicken Wrap or Roll \$6.50
(Chicken Tender, Lettuce, Cheese, Chilli Sauce)
- 🍏 Chicken Schnitzel Wrap or Roll \$6.50
(Chicken Schnitzel, Lettuce, Cheese, Mayo)

SPECIALS

Daily, Weekly and Seasonal menu options are conveniently located to view & order 24/7 online at <https://canteen.mercy.vic.edu.au/>

Over the counter ordering & cash sales remain available:

Monday - Friday, 8.30am - 1.30pm

CHILLED ITEMS

- 🍏 Cheese & Artisan Crackers (V) \$3.50
- 🍏 Sakata Crackers & Dip (V) \$4.00
- 🍏 Tuna & Crackers Lunch Kit \$4.00
- 🍏 Fresh Fruit Cup (GF, V, VG) \$1.50
- 🍏 Fruit Salad Cup (GF, V, VG) \$1.00
- 🍏 Pineapple Cup (GF, V, VG) \$1.00
- 🍏 Yoghurt Varieties (GF, V, VG) \$4.00
- 🍏 Granola Cup (V, VG) \$4.00
- 🍏 Chia Coconut Power Pod (GF, V, VG) \$6.00
- 🍏 Salad Pod (GF, V, VG) \$6.00
- 🍷 Juicy Jelly Cup \$1.00

FROZEN ITEMS

- 🍏 Quelch Icy Fruit Tube - Berry \$0.50
- 🍷 Creamy Yoghurt or Sour Zing Fruit Tube \$1.00
- 🍏 Probiotic Yoghurt Cup \$2.50
- 🍏 Watermelon Slice - Frosty Fruit \$2.00

SNACKS

- 🍏 Seasonal Fresh Fruit \$0.50
- 🍷 Tropical Fruit Gummies \$0.50
- 🍏 Popcorn \$0.50
- 🍏 Savoury Crisps \$2.00
- 🍏 GF Banana Bread \$3.00
- 🍷 Slice \$2.50
- 🍷 Iced Doughnut \$2.50

COLD DRINKS

- 🍏 Natural Spring Water 600ml \$2.00
- 🍏 Sparkling Spring Water 500ml \$3.00
- 🍏 Infused Sparkling Water 300ml \$3.00
raspberry / watermelon / passionfruit
- 🍏 Nippy's 250ml Iced Milk \$3.00
strawberry / chocolate
- 🍏 Nippy's 375ml Iced Milk \$4.00
strawberry / coffee / chocolate / honeycomb
- 🍏 Just Juice 200ml \$2.50
apple / orange / tropical
- 🍏 Emma & Toms 350ml Smoothie \$4.50
Kick Starter / Green Power / KarmaRama