

# heart + soul

## CAFE

### café

espresso coffee or hot chocolate	small 3.5
<i>(coffee available for senior students only)</i>	large 4.0
t2, assorted tea varieties	2.5
selection of cookies	from 2.0
muffins, cakes and slices	from 2.0

### cool choices

fresh fruit salad	4.2
yoghurt with granola topping	4.0
bircher muesli	3.5
coconut chia pot	4.0
watermelon pot	2.0
seasonal fresh fruit piece	1.5
fresh salads	from 4.0
fresh salads with protein	from 5.5
sushi rolls	3.0
sushi pack	5.6
jelly cup	3.0
mousse cup	3.5

### so hot

breakfast wrap	5.0
bacon & egg muffin	4.5
lunch box option	from 5.0
gourmet burger/hot sandwich	from 5.0
pasta/noodle option	from 5.0
ham & cheese croissant	4.0
assorted gourmet pies	from 4.0
gourmet sausage roll	3.5

### bakery

homemade muffins / cup cake	3.0
our own slices	2.6
choc chip cookie	2.5
homemade scones, with jam	3.0
banana bread	3.0

### salty snacks

red rock deli chips	2.5
pretzels or trail mix pot	2.0
apricot delight pot	2.0
grain waves	2.5
sakata rice crackers (gf)	4.0

### thirst quenchers

water 600ml	3.3
pump water flavours 700ml (sf)	4.0
sparkling water 250ml	3.3
flavoured milk 300ml	3.0
juice box 250ml	2.5
juice & co 250ml	2.6
up n' go 250ml	3.0
powerade zero 600ml	4.5
fuze ice tea 500ml	4.5
emma & toms kamarama 350ml	4.5
emma & toms quencher 450ml	3.6
remedy kombucha 330ml	3.5

### icy treats

frozen juice cup	1.5
bravo mango gelato	3.0
frozen fruit stick	2.0
icy pole	1.7
frosty fruit tropical	2.7
dixie cup	2.7
proud & punch	3.0
milo cup	3.2
frozen yoghurt (strawberry, mango)	2.7

### sandwiches, wraps & rolls

basic sandwich (vegemite, cheese)	2.0
sandwich	from 4.0
gourmet sandwich or roll	4.8
deluxe sandwich or roll	5.5
deli style baguette	5.0
wrap	5.0
focaccia	5.0

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