## Welcome to the Tamborine State High School Canteen.

("V" = Vegetarian GF = Gluten Free \* not always available)

We endeavour serving students, teachers and staff with a high-quality high school menu.

The tuckshop menu offers food and drinks for any budget including a great and large variety. We take pride with products made on the premises and many of them are very healthy and recommended.

We open our doors from 08:00 am with a great breakfast menu and then later on the big and small lunch breaks. The Canteen closes after the 2nd break at 2:05 pm.

We highly recommend PRE-ORDERS before 08:30 am to insure your preferred item is available to you. Pre orders are available via Flexischools.

For teachers, staff and guests there is a range of products available, please come and check.

For "Frequent Flyers" we can work out a discounted rate for meal deals. Please come and enquire.

Thank you for your visit.

Your dedicated Canteen Staff, Volunteers and Trainees

## **TMSHS CANTEEN MENU**

THIOTIC CANTELINIE	110	
BREAKFAST Ham, Cheese Croissant Ham, Cheese and Tomato Toasty Chicken, Cheese Toasty Bacon and Egg Muffin Hash Brown (V, GF) Potato Scallop (V, GF) Cinnamon Toast (V)	\$4.50 \$5.00 \$5.00 \$5.00 \$1.00 \$1.00 \$3.50	
LUNCH Garlic Bread (V) Scrolls (cinnamon, Margherita) (V) Potato Wedges (V, GF) Potato Gems (V, GF) Mac & Cheese (V) Assorted Pies Cream Cheese & Spinach Roll (V) Spinach & Ricotta Roll (V) Sausage Roll Hot Dog w/ sauce Hot Dog w/ sheese Hot Chicken Tender Wrap w/ Lettuce & Cheese, Mayo Hot Chicken Tender Wrap w/ Lettuce, Cheese, Mayo & Sweet Chilli Sauce Nachos Large (vegetarian also available) (V, GF) Nachos Small (vegetarian also available) (V, GF) Fish & Potato Scallop (only on Fridays) (unless pre-ordered) (V) Burgers Budget Beef & Bacon Burgers Budget Chicken Schnitzel & Bacon Burgers Budget Grilled Chicken & Bacon Deluxe Burger Beef & Salad	\$2.50 \$2.50 \$4.00 \$4.00 \$5.00 \$5.00 \$5.50 \$5.50 \$5.50 \$5.50 \$6.00 \$6.00 \$6.00 \$6.00 \$6.50	CHIPNOIR
Deluxe Burger Chicken Schnitzel & Salad Deluxe Burger Grilled Chicken & Salad 'Pizzas ONLY available Thursday & Friday Pizza B.B.Q Chicken Pizza Meat Lovers Pizza 3 Cheeses (V)	\$6.50 \$6.50 \$6.00 \$6.00 \$6.00	demoto approximation

MEAL DEALS Hamper Pack	\$7.50	
(Drink, packet Chips, Cookie, Sandwich or Scroll & small chocolate)		80
Mac & Cheese, Garlic Bread & Drink (V)	\$7.50	
Traveller Pie, packet Chips & Small Flavoured milk	\$10.00	
SANDWICHES	<b>#</b> 4.50	
Sandwiches w/ assorted filling w/ Chicken	\$4.50 \$5.00	
Turkish Roll Chicken & Avocado	\$5.50 \$5.50	
	<b>46.66</b>	
WRAPS	<i>ΦE E O</i>	
Falafel & Salad (V) Chicken Tender & salad	\$5.50 \$5.50	
Chicken Tender & Salad	φ3.30	
SALADS		
Chicken Salad	\$6.50	
Caesar Salad w/ Chicken & Bacon	\$6.50	
SUSHI	<b>" 0 = 0 0</b>	4 22 72
Assorted (Thursday & Friday) (Some V, GF)	small \$5.00	large \$8.50
<u>SNACKS</u>		
Arnott's Biscuit Pack (V)	\$0.50	
Cut Watermelon (V, GF)	\$1.00	
Cookies (V)	\$1.50 \$1.50	
Cupcakes (V) Banana Bread (V)	\$1.50 \$2.00	
Brownies (V)	\$2.00	
Packets of Chips (V)	small \$2.00	large \$3.00
Selection of Ice Blocks (V, GF)	\$1.00 - \$3.50	
Frozen Yoghurt (V)	\$3.50	
Bulla Ice Cream (V)	\$1.50	
<u>DRINKS</u>		
CANS		
Lemonade	\$3.00	
Solo Fanta	\$3.00 \$3.00	
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BOTTLE Waterford Assorted Flavours	\$3.00	
Glee & Juice Bombs Assorted Flavours	\$3.00 \$2.50	
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Emma & Toms Assorted Flavours	\$4.50	<del>/                                    </del>
Paul's Assorted Flavours	\$3.50	
Iced Teas Assorted Flavours	\$4.50	Juice
Aloe Drinks Assorted Flavours	\$3.50	
MILK		
Breaka Assorted Flavours in 300ml & 500ml	\$4.50	
Oak Assorted Flavours 600ml	\$5.00	
Zymill Coffee & Chocolate	\$4.50	
WATER		
250ml & 600ml	small \$1.00	large \$1.50