



**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 VG 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

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# 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 (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 GF*	Vegetarian with tempura pumpkin, cucumber and Kewpie mayonnaise	\$3.50	\$6.20	\$8.30
CHICKEN COLD ROLLS	G	DF 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 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

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CHICKEN NOODLES

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

# Home Cooked

BUTTER CHICKEN	G	GF	Chicken marinated in yoghurt and spices, combined in a creamy tomato and herb sauce served with basmati rice	\$5.30
YELLOW CHICKEN CURRY	G	DF GF	Fragrant South Eastern chicken curry with basmati rice	\$5.30
BEEF LASAGNE	A		Bolognaise and béchamel sauce baked between fresh pasta sheets	\$5.30
RAVIOLI MILANESE	G		Beef filled pasta topped with a bolognaise sauce with a dash of cream and mozzarella cheese	\$5.30
CHICKPEA CURRY	G	VG DF V GF	Chickpeas and baby spinach leaves combined in a mild Indian sauce served with basmati rice	\$5.30
MUSHROOM CACCIATORE	G	VG DF V	Button mushrooms, capsicums, olives, onion, carrots and fresh Italian herbs braised in a tomato reduction with shell pasta	\$5.30
THAI CHICKEN NOODLES	G	DF	Hokkien noodles in our sweet chili and soy sauce with chicken breast, fresh coriander, spring onions, carrots, capsicum and broccoli	\$5.50

# 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 V GF	Mexican black bean patty with vegan cheese, lettuce, tomato, smashed avocado and sweet chilli sauce on a gluten free bun	\$6.90



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

MEXICAN BURGER





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 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 GF VG DF	Pizza sauce, roasted sweet potato, eggplant, zucchini and capsicum, red onion, fresh basil and vegan cheese	\$6.90



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

# Four N Twenty

A	BEEF TRAVELLER PIE	\$4.50
A	PIE, PASTIE, SAUSAGE ROLL	\$4.50
SAUCE		\$0.20



# Hot Dogs

A	PUPPY DOG WITH SAUCE	\$2.90
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



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# 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