

## Drinks

Mt Franklin water (600ml)	\$2.50
Fleurieu plain milk (300ml)	\$1.50
Fleurieu flavoured milk (300ml)	\$2.50
<i>Chocolate, strawberry</i>	
Fleurieu iced coffee (300ml)	\$2.50
Besa South Australian fruit juices (350ml)	\$3.00
<i>Apple, orange, apple-strawberry</i>	
Appletiser sparkling apple juice (250ml)	\$2.50
Mount Franklin Sparkling (450ml)	\$2.50
<i>plain, lemon, lime or berry</i>	
Zico coconut water (330ml)	\$3.50
<i>Plain or chocolate (DF)</i>	
Up and Go 350ml	\$3.50
<i>Chocolate, vanilla</i>	
Frappe	\$3.50
<i>Chocolate, banana-caramel</i>	
Slushie	\$1.50
Nudie Juice Box	\$2.00
<i>Tropical, Apple, Orange</i>	

## From the Freezer

Juicie Ice block	\$0.70
<i>Tropical or blackcurrant</i>	
Golden North lemonade Wedgee	\$1.50
Golden North vanilla ice cream cup	\$1.50
Golden North Swing	\$2.00
<i>Chocolate or strawberry</i>	
Gelista Gelati Cup 125ml	\$2.70
<i>Chocolate, vanilla bean, mango(DF), lemon (DF)</i>	
Gelista Gelati Jar 150ml	\$3.00
<i>Blood orange-dark chocolate, coconut-raspberry(DF), ricotta-fig</i>	

All produce is made on site daily from fresh ingredients

Wilderness School does not use nuts in the preparation of meals. However we do use products that may contain traces of nuts, or other allergens.

# WILDERNESS SCHOOL CAFE MENU

SUMMER 2017-2018

## Cold Food

<b>Chicken Banh Mi (DF)</b> Free range lemongrass chicken, pickled carrot and radish, coriander, cucumber, sriracha mayo	\$6.00
<b>Smoked Barossa Ham Roll</b> Crusty multigrain roll with cheese, tomato, beetroot relish and mixed lettuce	\$5.50
<b>Falafel Pita (V)</b> Hommus, tabouli, iceberg lettuce, cheese and garlic yoghurt	\$5.50
<b>Ploughman's Pack</b> Smoked Barossa ham, free range boiled egg, portion of cheese, spring onion cream cheese dip, cherry tomatoes and a dinner roll	\$5.50

## Hot Food

<b>Mediterranean Piodina (V)</b> Toasted piadina filled with basil pesto, Mediterranean vegetables and mozzarella	\$4.50
<b>Beef Burrito</b> Beef con carne, salsa, low GI rice, and cheese, served with sour cream	\$6.50
<b>Vegetarian Fried Rice (V)</b> Free range eggs, carrots, spring onion, capsicum and corn (GF, DF)	\$6.00
<b>Honey Sriracha Chicken</b> Free range chicken with red cabbage slaw and low GI rice (GF, DF)	\$6.50
<b>Mongolian Chicken Stir Fry</b> Free range chicken, capsicum, carrot, spring onion and low GI rice (GF, DF)	\$6.50
<b>Casarecce Pasta (V)</b> Creamy casarecce pasta with sundried tomato pesto, zucchini, roasted pumpkin and baby spinach	\$5.50
<b>Daily Special</b> <i>Prices change daily</i>	
<b>Pizza Slices - flavours changing daily</b> Meat	\$3.00
Vegetarian	\$3.00

## Make Your Own Sandwich

<b>Bread Options</b>	
White bread	\$2.00
Rye Bread	\$2.20
Multigrain Bread	\$2.20
White Roll	\$2.50
Multigrain Roll	\$2.70
Wrap	\$2.70
<b>Spreads</b>	
Margarine (optional)	No Charge
Free range egg mayonnaise	\$0.20
Dijon mustard	\$0.20
Vegemite	\$0.20
Tomato sauce	\$0.20
<b>Meat Options</b>	
Barossa smoked ham	\$1.50
Free range chicken	\$1.50
Salami	\$1.50
Tuna	\$1.50
<b>Premium Toppings</b>	
Avocado	\$1.00
Free range boiled egg	\$1.00
Curried free range egg	\$1.00
<b>Additional Toppings</b>	
Cheese	\$0.30
Tomato	\$0.30
Cucumber	\$0.30
Lettuce	\$0.30
Beetroot	\$0.30
Baby spinach	\$0.30
Carrot	\$0.30
Spanish onion	\$0.30
Gherkin	\$0.30
Toasted	

## Pastries

From Skala Bakery

<b>Fridays Only</b>	
Sausage Roll	\$3.50
Beef Pie	\$4.00
Vegetarian Pasty	\$4.00
Tomato Sauce	\$0.20

## Salads

<b>Bowl/1 Variety of salad</b>	\$5.50
<b>Tray/1 or 2 Varieties of salad</b>	\$7.50
<b>Israeli Salad (GF/V)</b> Israeli chopped salad of tomatoes, cucumber, radish and feta with herbs and lemon dressing	
<b>Chickpea Salad (GF/V)</b> Chickpea salad with mint, cucumber, cherry tomatoes, lemon and zaatar labneh	
<b>Chicken and Brown Rice (GF/DF)</b> Chicken and brown rice salad with spring onions, sesame, Chinese cabbage and coriander	

## Biscuits and Slices

Chocolate chip biscuit	\$1.00
Anzac biscuit	\$1.00
Wilderness muesli slice	\$1.00
Muffin	\$1.50

## Snacks

<b>Fruit Salad</b>	\$5.00
<b>Chips small</b> <i>honey soy chicken, sea salt (V, GF, DF), sour cream and chives Grainwaves</i>	\$1.00
<b>Chips large</b> <i>Balsamic vinegar and sea salt (DF), sweet chilli and sour cream</i>	\$2.00
<b>Popcorn</b> <i>Air popped and lightly salted</i>	\$1.50
<b>Nacho snack pack</b> <i>Unsalted corn chips, guacamole and salsa</i>	\$4.00
<b>Banana bread with honey (GF)</b>	\$3.90
<b>Moo rice pudding (GF)</b>	\$3.00
<b>Moo yoghurt with your selection of topping</b> <i>Mixed berry (GF), strawberry puree (GF), mango puree (GF), stewed apple (GF) toasted muesli</i>	\$3.50
<b>Mini Moo vanilla yoghurt (GF)</b>	\$2.00
<b>Ruby and Roy's chocolate mousse (GF)</b>	\$4.00
<b>Fresh whole fruit</b> <i>Apple, banana, pear</i>	\$1.00
<b>Fruit face lollies (2 per serve)</b>	\$0.30