

Drinks

Mt Franklin water (600ml)	\$2.50
Fleurieu plain milk (300ml)	\$1.50
Fleurieu flavoured milk (300ml)	\$2.50
<i>Chocolate, strawberry</i>	
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>	
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>	

Please clearly state any food allergies with lunch order so extra care can be taken.

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 Tuckshop MENU

WINTER 2018

Cold Food

Chicken Banh Mi (DF) Free range lemongrass chicken, pickled carrot and radish, coriander, cucumber, sriracha mayo	\$6.00
Smoked Barossa Ham Roll Crusty multigrain roll with cheese, tomato, beetroot relish and mixed lettuce	\$5.50
Vegetarian Pita (V) Rocket pesto, lemony yoghurt, spiced chick peas, zucchini, feta, pepitas and alfalfa sprouts	\$5.50
Ploughman's Pack Smoked Barossa ham, zucchini slice, portion of cheese, tomato salsa, cherry tomatoes and a dinner roll	\$5.50

Hot Food

Indian Lamb Keema Curry Spiced lamb mince, sweet potato and pea curry with mini cheese-garlic naan and low GI rice	\$6.50
Chicken Tortellini Pasta Creamy sauce, bacon, leek and grated vegetables	\$6.00
Hokkien Noodle Stir Fry (V, DF) Tofu, capsicum, spring onions, celery and carrot with soy and Asian herbs (DF)	\$6.00
Chicken Tostada Bowl (GF, DF) Mexican pulled chicken, low GI rice, crisp corn tortilla, red cabbage salsa and guacamole	\$6.50
Turkish Gozleme Pan fried flatbread filled with spinach and cheese served with zaatar yoghurt and fresh lemon	\$6.00
Barossa Vienna Hotdog Add tomato sauce Add American style mustard Add cheese	\$3.50 \$0.20 \$0.20 \$0.30
Toasted foccacia - Ham and cheese	\$4.50
Toasted foccacia - Cheese and tomato	\$4.30

Make Your Own Sandwich

Bread Options	
White bread	\$2.00
Rye Bread	\$2.20
Multigrain Bread	\$2.20
White Roll	\$2.50
Multigrain Roll	\$2.70
Wrap	\$2.70
Spreads	
Margarine (optional)	No Charge
Free range egg mayonnaise	\$0.20
Dijon mustard	\$0.20
Vegetemite	\$0.20
Tomato sauce	\$0.20
Meat Options	
Barossa smoked ham	\$1.50
Free range chicken	\$1.50
Salami	\$1.50
Tuna	\$1.50
Premium Toppings	
Avocado	\$1.00
Free range boiled egg	\$1.00
Curried free range egg	\$1.00
Additional Toppings	
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	\$0.30

Pastries

From Skala Bakery

Fridays Only	
Sausage Roll	\$3.50
Beef Pie	\$4.00
Vegetarian Pasty	\$4.00
Tomato Sauce	\$0.20

Salads

Bowl/1 Variety of salad	\$5.50
Tray/1 or 2 Varieties of salad	\$7.50
Mediterranean Salad (V) Cherry tomato, zucchini and bocconcini salad with rocket pesto and ciabatta crisps	
Beetroot Salad (GF) Beetroot, lentil and chorizo salad with herbs and honey-mustard dressing	
Chicken and Brown Rice (GF/DF) 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

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