








DRINKS

MT FRANKLIN WATER (600ML)	\$2.00
MINI PUMP WATER (400ML)	\$1.80
FLEURIEU PLAIN MILK (300ML)	\$1.30
FLEURIEU FLAVOURED MILK (300ML) Chocolate or strawberry	\$2.50
ASSORTED BESA JUICES (100% SA FRUIT) Apple, orange, apple & strawberry	\$3.00
APPLETISER SPARKLING APPLE JUICE	\$2.50
MOUNT FRANKLIN LIGHTLY SPARKLING (450ML)	\$2.40
ZICO COCONUT WATER (Plain or chocolate)	\$3.50

ICE BLOCKS

JUICE ICE BLOCK   (Tropical or Apple-Blackcurrant)	\$0.70
GOLDEN NORTH WEDGE   (Lemonade)	\$1.50
ICE CREAM CUPS 	\$1.50
GOLDEN NORTH SWING  (Chocolate or strawberry)	\$1.50
GELISTA GELATI  (Chocolate, vanilla bean, mango or lemon)	\$2.50

LUNCH BAGS CAN BE ORDERED FROM
THE TUCKSHOP.
THEY ARE \$0.40 FOR 20 BAGS.

PLEASE CLEARLY STATE
ANY FOOD ALLERGIES ON LUNCH BAG
SO EXTRA CARE CAN BE TAKEN.

ALL PRODUCE IS
MADE ON SITE
DAILY FROM FRESH
INGREDIENTS

WILDERNESS
SCHOOL
Tuckshop
MENU

WINTER 2017

VEGGIES

COOK

healthy

FRUIT

FRUIT

WRAP	ROLL
PERI PERI FREE RANGE CHICKEN DF Smoked paprika and lime aioli, iceberg lettuce, tomato and snow pea sprouts \$5.50	\$6.00
TURKEY WRAP Camembert cheese, cranberry sauce, avocado, pepitas and mixed lettuce \$5.50	\$6.00
MEXICAN VEG V Red beans, rice, corn, roast capsicum, iceberg lettuce and guacamole dressing \$5.00	\$5.50
BAROSSA SMOKED HAM Parmesan and herb omelette, baby spinach and tomato chutney \$5.00	\$5.50

SANDWICHES	ROLL
Buttered \$1.70	\$2.20
Cheese \$2.20	\$2.70
Vegemite \$2.00	\$2.50
Salad (Lettuce, Tomato, Cucumber) \$2.80	\$3.20
Barossa Ham (100% Australian) \$3.00	\$3.50
Free Range Chicken \$3.80	\$4.30
Tuna \$3.30	\$3.80
Egg \$3.30	\$3.80

+ \$0.30 for toasting

ALL EXTRA \$0.30 PER TOPPING

- > Tomato
- > Lettuce
- > Gherkin
- > Cheese
- > Cucumber
- > Beetroot
- > Baby Spinach
- > Carrot
- > Spanish Onion
- > Avocado \$0.60

ALL SPREADS \$0.20 PER OPTION

- > Mayonnaise
- > Mustard
- > Tzatziki
- > Hommus
- > Vegemite
- > Tomato Sauce

HOT FOOD	PRICE
BEEF RENDANG CURRY GF DF Beef slow cooked in coconut milk and thai spices. Served with rice \$6.00	\$6.00
SWEET POTATO AND CHICK PEA CASSOULET V GF DF Slow cooked in mild spiced tomato broth. Served with rice \$5.50	\$5.50
RICOTTA RAVIOLI V With roasted tomato and spinach sauce \$5.50	\$5.50
LAMB YIROS Fresh pita bread filled with hommus, cheese, lean marinated lamb pieces and tabouli salad \$5.50	\$5.50
FREE RANGE CHINESE HONEY-SESAME CHICKEN STIR FRY GF DF Served with Asian greens and rice \$6.00	\$6.00

INDIAN SPINACH AND POTATO CURRY V With mini garlic & cheese naan \$5.50	\$5.50
SMOKED VIENNA HOTDOG Add 20c for tomato sauce Add 20c for mustard Add 30c for cheese \$3.20	\$3.20

TOASTED FOCACCIAS	PRICE
HAM & CHEESE \$4.20	\$4.20
CHEESE & TOMATO \$3.80	\$3.80
PASTRY MOMENTS (FRIDAYS ONLY)	
Beef Pie \$3.00	\$3.00
Sausage Roll \$3.80	\$3.80
Vegetarian Pasty \$0.20	\$0.20

ASSORTED BISCUITS AND CAKES

CHOC CHIP BISCUIT	\$1.00
ANZAC BISCUIT	\$1.00
WILDERNESS MUESLI SLICE	\$1.00
MUFFINS	\$1.50

SALADS	PRICE
SPICED CARROT AND FREEKEH SALAD V GF DF with rocket, pepitas and orange-maple dressing salad \$5.50	\$5.50
ROASTED EGGPLANT AND CHICK PEA SALAD V GF DF with parsley, sunflower seeds and soffrito \$6.00	\$6.00
CHICKEN CAESAR SALAD Free range chicken, boiled free range egg, Barossa smoked bacon, shaved parmesan, cos lettuce and Caesar dressing \$6.00	\$6.00
PLOUGHMAN'S PACK Smoked Barossa ham, boiled free range egg, portion of cheese, spring onion-cream cheese dip, cherry tomatoes and a dinner roll \$5.00	\$5.00
FRUIT SALAD V GF DF Made from fresh seasonal fruit \$5.00	\$5.00

SNACKS

POPCORN V GF DF \$1.50	\$1.50
CHIPS (SML) (honey soy chicken, sea salt) \$1.00	\$1.00
CHIPS (LRG) (sea salt & balsamic vinegar, sweet chilli & sour cream) \$2.00	\$2.00
GRAINWAVES (sour cream & chives) \$1.00	\$1.00
NACHO SNACK PACK V GF DF (Unsalted corn chips, guacamole and salsa) \$3.50	\$3.50
GLUTEN FREE BANANA BREAD WITH HONEY \$3.50	\$3.50
MOO RICE PUDDING GF \$2.50	\$2.50
MOO YOGHURT WITH SELECTION OF OUR TOPPINGS \$3.50	\$3.50
MINI MOO VANILLA YOGHURT GF \$2.00	\$2.00
FRUIT FACES (X2) \$0.30	\$0.30
FRESH SEASONAL WHOLE FRUIT \$0.70	\$0.70
RUBY & ROY'S CHOCOLATE MOUSSE GF \$3.50	\$3.50

**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.*