

HARTWELL CANTEEN MENU

(V) VEGETARIAN
(VG) VEGAN
(DF) DAIRY-FREE
(GF) GLUTEN-FREE

THE
GREEN
CANTEEN

SNACKS

Seasonal Fruit Salad Cup (GF, DF, V, VG)	\$2.50
Add Yogurt and Granola	+\$1.50
Very Berry Jelly Cup (GF, DF, V)	\$2.50
Seasonal berries served in natural strawberry jelly	
Crazy Apple (GF, DF, V, VG)	\$2.00
Spiral cut seasonal apple	
Organic Popcorn Cup (GF, DF, V, VG)	\$2.00
Freshly popped in organic coconut oil and Himalayan pink salt	
Cheese & Crackers (GF, V)	\$2.50
Freshly sliced tasty cheese with organic brown rice crackers	
Raspberry & White Chocolate Muffin (V)	\$2.50
Chocolate Mousse Pot (GF, V)	\$2.50
Mini Dark Choc Rice Cakes (GF, DF, V, VG)	\$1.50
Roasted Seaweed Sheets (GF, DF, V, VG)	\$2.50
Berry Yoghurt Balls (GF, V)	\$1.50
Homemade Oat Choc Chip Cookie (V)	\$1.00
Vanilla Meringue (GF, DF, V)	50c
100% Natural Fruit Straps (GF, DF, V, VG)	\$1.50
Organic Brown Rice Crackers (GF, DF, V, VG)	\$1.50
Salt & Vinegar	
Garlic & Herb Pita Slice (V)	50c
Nut-Free Trail Mix (V)	\$3.00
A blend of seeds, dried fruit and dark choc chips	

DRINKS & FROZENS

100% Fruit Juice (GF, GF, V, VG)	\$2.00
Apple / Orange / Tropical	
Flavoured Milk (GF, V)	\$2.00
Chocolate / Strawberry	
Banana Smoothie (GF, V)	\$3.50
Hot Chocolate (GF, V)	\$3.00
Add soy milk (DF, V, VG)	+50c
Frozen Watermelon (GF, DF, V)	\$2.00
Fruity Juicy Tubes (GF, DF, V, VG)	\$1.00
Assorted natural flavours available to select upon collection	
Mango Frozen Yoghurt Cup (GF, V)	\$2.50
Greek yoghurt & mango blended with nothing artificial	

TOASTIES

Cheese Toastie (V)	\$4.00
Cheese & Tomato Toastie (V)	\$4.50
Ham & Cheese Toastie	\$4.50
Ham, Cheese & Tomato Toastie	\$5.00
Spinach, Cheese & Tomato Panini (V)	\$6.00
Cheese, Spinach & ham Panini	\$6.00
Crumbed Chicken, Cheese & Tomato Panini	\$6.00
We only use naturally wood smoked ham free of nitrates	

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SANDWICHES & SALADS

Salad Sandwich (DF, V)	\$4.50
Grated Carrot, cucumber, lettuce, tomato & cheese in wholemeal sliced bread	
Add crumbed chicken breast	+\$2.00
Add naturally wood smoked ham	+\$2.00
Add tuna	+\$2.00
We only use naturally wood smoked ham free of nitrates	
Pesto Pasta Salad (V)	\$4.50
Caesar Salad (V)	\$4.50
Add crumbed chicken or tuna	+\$2.00
Greek Salad (GF, V)	\$4.50
Cucumber, tomato, feta & Kalamata olives in an extra virgin olive oil & lemon dressing	
Add crumbed chicken breast	+\$2.00
Add tuna	+\$2.00
Side Garden Salad (GF, V)	\$2.50

HOT FOOD

Oven baked Tuna Pattie	2 for \$5.00
Homemade Pizzas	\$4.50
• Margherita (V)	
• Vegetarian (V)	
• Tropical	
Homemade Burgers	\$5.00
• Vegetarian (GF, V)	
• Crumbed Free Range Chicken (DF)	
• Grass Fed Beef (DF)	
Organic Beef Hot Dog (DF)	\$5.00
Naturally wood smoked organic beef hot dog served on a fresh roll	
Homemade Mini Sausage Roll	\$3.00
Grass fed beef & veggies wrapped in a natural golden pastry	
Egg & Bacon Roll (DF)	\$5.00
Free range egg & naturally wood smoked bacon served on a fresh bread roll	
Organic Chicken Nuggets (5)	\$6.00
Napoli Pasta Tub (V)	\$5.00
Penna pasta served with our homemade Napoli pasta sauce topped with cheese	
Gyoza (DF)	\$6.00
Japanese pork dumpling served with soy dipping sauce	
Vegetarian Gyoza (GF, V)	\$6.00
Japanese dumplings served with soy dipping Sauce	
Chicken Parma & Salad	\$6.00
Butter Chicken served with Rice	\$6.00