

Café 4501

Helping to grow healthy minds and bodies.



2019 Menu

Specials also occur throughout term.

Fruit Break

Whole Fruit: Apples (Red/Green) or Oranges
\$1.50

Watermelon Slices
\$1.00

Carrot Sticks
\$1.00

First Break

Nuggets with Carrot sticks, cucumber, cherry
tomato
\$4.00

Little Pies (Magnificent 7)
\$1.50 each

Sausage Roll 120g
\$4.00

Combo 1 Pie and 1 Sausage Roll
\$5.00

Sauce (portion control) – Tomato, BBQ, Sweet
and Sour, Mayo (for nuggets and sausage rolls)
\$0.50 each

Chicken Burger
Lettuce, Tomato, Mayo
\$4.50

Lasagne
\$4.50

Margarita Pizza (Tomato and Cheese)
\$2.00

Sandwiches

Vegemite
\$2.00

Strawberry Jam
\$2.00

Cheese
\$2.50

First Break continued

Make your own Sandwiches

1 - Choose Bread, Wrap or Box
\$1.50

2 - Choose Protein – Ham, Chicken, Turkey,
Salami, Egg
\$1.00 each

3 – Choose Fillings-Lettuce, Tomato, Cucumber,
Carrot, Beetroot, Cheese
\$0.50 each

****Toast any Sandwich****
\$0.50

Second Break

All Fruit Break options

Muffin – Vanilla, Choc Banana, Blueberry,
vegemite and cheese scroll

\$2.00

Cheese and Crackers
\$2.00

Vanilla Yogurt
\$2.00

Slushy
\$1.50

Lemonade Bar
\$1.00

Mony – Blue, Choc, TNT
\$1.00

Scoobydoo – Banana, Chocolate
\$1.50

Coconutter – pineapple (DF,GF,Vegan)
\$1.20

Vanilla cup (ice-cream)
\$2.00

Drinks - First or Second Break

Milk – Vanilla, Chocolate, Strawberry

Juice – Apple, Tropical

Water
\$2.00 each