

Would you like to support the Unity Community? Volunteers are always needed and very much appreciated.

No experience needed, just a smile.

Please consider volunteering some time to the café even if it is just a few hours per month.

If you are unable to volunteer time, you may like to donate some groceries as this is a wonderful way to assist the café in keeping prices to a minimum. Items include corn chips, salsa, jelly, tinned baked beans, tuna, beetroot, pineapple, tomato paste, pasta and popcorn.

Thank You
Thank You
for
Your Support
Your Support

Meal Deals

The Italian job \$ 8.00

(Beef ravioli in tomato sauce w/ a fruit juice or flavoured milk & a piece of fruit or a packet of chips)

The Americano \$ 8.00

(A beefburger with fresh tomato, lettuce and BBQ sauce w/ a fruit juice or flavoured milk & a piece of fruit or a packet of chips)

The French Connection \$ 8.00

(Mini quiche with crisp salad, & French dressing w/ a fruit juice or flavoured milk)



Go for 2&5[®]
FRUIT VEG

PRICES CURRENT AS AT
JAN 21\01\2022



CAFE MENU

OPENING TIMES

Breakfast	Monday to Friday	7.15am till 8.30am
Morning Tea	Monday to Friday	10.35am till 10.55am
Lunch	Monday to Friday	12.35pm to 1.15pm

Check out the Tuck Shop Blog
on the Parent Portal
for specials

Convenor:

Miss Charlotte Pemberton

Tel: 5490 5738

Email:

cpemberton@bne.catholic.edu.au

SNACK BAR

Crunchy Apple (Slinky'd for free)	1.20
Fruit Salad Cup 7 OZ	1.80
Chilled Watermelon	1.80
Cool Rock melon	1.80
Corn on the cob	2.20
BYO Apple Slinky	Free
Hard Boiled Egg	1.20
GF Rice Crackers with Dip, carrot & celery - With cheese	3.60 4.40

SALAD BAR/SUSHI

Garden Salad box served with fruit & 1/2 egg	5.00
Chicken Cesar Salad Box	5.60
Sushi - various (GF & Vegan available)	4.50
Pumpkin Arancini w/ garden salad	6.00

GO FOR 2 & 5!

Two serves of fruit and five serves of vegies. Why not try to include some of the above in your child's morning tea or lunch

DIETARY OPTIONS

GF Falafel w/rice	6.00
Jacket Potato w/cheese	5.00
VEGAN & GF scroll	5.00
GF meat pie	6.00
GF Ham & Cheese pizza	6.50
GF Vege Chips - BBQ or Thyme & Oregano	1.80
Sushi - various (GF & Vegan available)	4.50

SANDWICHES

Whole meal, Grain or White bread available. No spreads unless requested. Available toasted at no extra charge

Cheese and/or Vegemite	3.50
Bacon, lettuce & tomato	4.50
Chicken or Ham w/salad	4.50
Chicken or Ham w/cheese	4.50
Ham & Tomato and/or cheese	4.50
Egg Mayo w/ lettuce	4.20
Tuna Mayo w/ lettuce	4.50
Wraps: Ham or chicken with Salad - 1/2 wrap	3.50
- Full Wrap	6.50

PIZZA PARLOUR

Margarita - cheese & napoli sauce	5.00
Ham & Cheese	5.00
BBQ Meatlovers	5.00
Pepperoni	5.00
Vegetrian	5.00

OCCASIONAL TREATS

Banana Bread/Mud Cake/Gingerbread Man	2.20
2x Sao Biscuits with Cheese &/or Vegemite	1.60
Vanilla or Chocolate Muffin	1.00
Custard Cup or Jelly cup	1.80
GF Vege Chips - BBQ or Thyme & Oregano	1.80
Chips/Popcorn - various	1.80
Yoghurt Frogs (pkt of 2)	0.20

FROZEN TREATS

Frozen Yoghurt - Mango or Strawberry	2.50
Mini Calypo Raspberry or Lemonade Twist	1.60
Frozen Popper	2.00
Ice Cream cup	1.00

HOT FOOD

Homemade Beef burger with tomato, lettuce & choice of sauce	5.00
Classic Chicken Burger with lettuce & choice of sauce	5.00
Hot Dog with Tomato or BBQ Sauce	3.80
Honey Soy Chicken Drumsticks w/ rice	5.00
Macaroni Cheese	5.00
Stir fried Vegetable rice GF	5.00
Beef or Vegetable Lasagna	5.00
Spaghetti Bolognese	5.00
Nachos w/ cheese and/or salsa	3.50
Jacket Potato Served with Baked Beans & Cheese	5.00
Sausage Roll	3.20
Beef Traveler Pie	3.50
Spinach & Soft Cheese Sausage Roll	
Bacon & Cheese Sausage Roll	3.20
Steamed Dim Sim w/soy sauce	1.00
Garlic Bread	2.50
PC sauce portion (tomato or BBQ)	0.30

DRINKS

Plain Bottled Water 350ml	2.00
Plain Bottled Water 600ml	2.50
Flavoured Milk Sml - various	2.50
Classic Flavoured Milk Lrg - various	3.80
Popper Juice 250ml - various	2.00
Golden Circle Juice Bottle 350ml - various	3.40
Waterfords carbonated flavored Sparking Water	3.00
Slush Puppy 350ml (No artificial flavour or sugar)	2.50