



# MENU



## YBK Cafe'

- Café Style Raisin toast \$ 2.00
- Honey, jam or vegemite toast \$ 1.50
- Pikelets with jam or honey \$ 1.00
- Cheese toastie \$ 2.50
- Fresh fruit salad \$ 5.00
- Fruit salad and Greek yoghurt \$ 5.50
- Up&Go \$ 3.00
- Fresh Juices \$ 3.50
- Chia Seed pudding \$ 4.50
- Variety of homemade muffins \$ 3.00

### Coffee for Staff and senior students

Regular \$3.50, Large \$4.00

## Drinks

- Water \$ 2.50
- Sparling Mineral water \$ 3.00
- Glee \$ 3.00
- Aloe Vera \$ 4.50
- Chill iced tea \$ 4.50
- Plain Milk popper \$ 3.00
- OAK Flavoured milk 300ml \$ 3.50
- OAK Flavoured milk 500ml \$ 4.50
- Soy milk popper \$ 3.00
- Up&Go \$ 3.00

### OCCASIONAL

- Juice poppers 99% fruit juice 250ml \$ 2.50

## YBK Snacks

### Everyday

- Seasonal fresh fruit \$ 1.50
- Fresh fruit salad \$ 5.50
- Fruit salad and Greek yoghurt \$ 5.50
- Health pack (carrot, celery, cucumber, ham, cheese and crackers) \$ 4.50
- Cucumber, celery and carrot cups with Hummus \$ 3.50
- Variety of homemade fruit muffins \$ 3.00
- Cheese toastie \$ 2.50
- Pizza bread \$ 2.00
- Greek Yoghurt cups \$ 3.50
- Greek Yoghurt cups with berries \$ 4.50

### OCCASIONAL

- Oven baked hash browns \$ 1.50
- Garlic Bread \$ 1.00
- Popcorn Plain \$ 2.50

## Frozen

### Everyday

- Juicies \$ 1.50
- Juicie Tubes \$ 2.00
- Juice cup \$ 2.00

### OCCASIONAL

- Paddlepop \$ 2.00
- Moosies, frozen milk \$ 2.50
- Twisted Yoghurt cups \$ 3.50

## Special Diets

### GLUTEN FREE

- Homemade Muffins \$ 3.00
- Banana bread \$ 5.50
- Vegie chips (Gluten free) \$ 2.50
- Pasta Bolognaise \$ 6.50
- Homemade fried rice with gluten free soy sauce \$ 6.50 (350g)
- Health pack with gluten free crackers and gluten free Hummus \$ 4.50
- Gluten free burgers \$ 7.00
- Bakehouse Gluten free pie \$ 6.00
- Gluten free sausage roll \$ 5.00

### Halal

- Halal Pies \$ 5.00
- Halal Sausage rolls \$ 4.50
- Halal Beef burger (beef Patty, tomato and lettuce) \$ 7.00
- Falafel wrap (Falafel, hummus, lettuce, tomato and cucumber) \$ 7.00
- Chicken burger (chicken, lettuce and mayo) \$ 7.00
- Chicken kebab stick \$ 3.50
- Chicken kebab in a wraps \$ 6.50

### DAIRY FREE

- Soy milk \$ 3.00
  - Chia pudding with coconut milk \$ 4.50
  - Homemade muffins \$ 3.00
- dairy free breads and spreads available





\*Daily specials may change according to season, weather/school events.

# YBK Weekly Meals

## WRAPS / FOCACCIA

- Char grilled chicken breast, lettuce, tomato, cucumber and mayo \$ 7.00
- Tuna, lettuce, tomato and mayo \$ 7.00
- Lamb wrap (lamb, tomato, cucumber, lettuce and yoghurt) \$ 7.50
- Falafel with mixed salad, tomato, hummus and tzatziki \$ 7.00
- Salad wrap with mixed salad, tomatoes, carrots, cucumber, beetroot and avocado \$ 6.50
- Homemade Chicken schnitzel, avocado, lettuce and mayo \$ 7.50

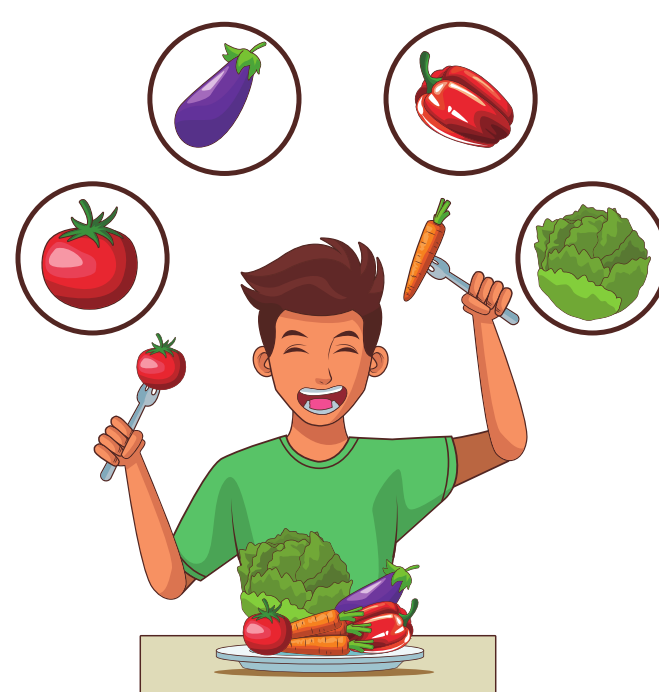
### OCCASIONAL

- Chilli chicken tender with lettuce, tomato mayo and sweet chilli \$ 7.00

## EVERYDAY SANDWICHES

white, wholemeal, multigrain, Helgas low carb and gluten free bread available

- Vegemite or honey \$ 2.50
- Vegemite and light tasty cheese \$ 4.30
- Light Tasty Cheese \$ 4.00
- Chicken, lettuce and mayo \$ 5.00
- Chicken and salad \$ 6.00
- Egg and Lettuce \$ 4.50
- Salad \$ 4.50
- Tuna and mayo \$ 4.50
- Tuna and salad \$ 6.00
- Light Tasty Cheese and tomato \$ 4.50
- Ham \$ 4.00
- Ham and tasty cheese \$ 5.00
- Ham and salad \$ 6.00
- Cheese and salad \$ 6.00
- Ham, tasty Cheese and Tomato \$ 5.50 (extra fillings \$ 0.50, toasted \$ 1.00, roll \$ 1.00 Turkish bread \$1.00, GF \$1.00)



## Fresh Salads in a bowl

- **Garden** Salad and dressing \$ 6.50
- Grilled chicken and salad \$ 7.00
- Tuna and salad \$ 7.00
- Greek salad small \$ 5.50 / large \$ 7.00
- Lamb salad \$ 7.00
- Vietnamese Salad \$ 7.00
- Pasta salad \$ 6.50
- Mediterranean Bean Salad with feta \$ 6.00

### OCCASIONAL

- Caesar salad (lettuce, bacon, parmesan and croutons) \$ 6.50 (with chicken \$1.00 extra)

SALADS in a cups from \$ 5.00

## Hot Food

- Pasta Bolognese SM \$5.30 LRG \$ 6.50
- Penne with napoletano sauce Vegetarian SM \$4.80 LRG \$ 5.80
- Chicken kebab stick \$ 3.50
- Chicken Kebab on wrap with lettuce and mayo \$ 6.50
- Chicken Burger (chargrilled chicken breast, lettuce, mayo) \$ 7.00
- Beef burger (Beef patty, lettuce, tomato and sauce) \$ 7.00
- Gourmet Beef Burger (with the lot) \$ 8.00
- Vegetarian Burger (potato patty+ lettuce, tomato and mayo) \$ 7.00 *Vegan Option Available*
- Soup of the day \$ 5.50

### OCCASIONAL

- Ricotta and Spinach Rolls \$ 4.50
- Timbertown meat pie \$ 5.00
- Timbertown Beef potato pie \$ 5.50
- Timbertown sausage roll \$ 4.50
- SAUCE SATCHELS 50 CENTS

## MONDAY

Pizza Margherita \$ 4.50 (Margherita is with tomato and mozzarella cheese)

Pizza Vegetarian \$ 5.50

Pizza Ham and Pineapple \$ 5.50

Pizza Meatlovers \$ 6.50

## TUESDAY

Portuguese chicken burger (Peri Peri) \$ 7.00

## WEDNESDAY

Beef or vegetarian ravioli \$ 6.50

Fried rice with vegetables \$ 6.00 (350g)

## THURSDAY

Nachos with beef, beans, avo, light sour cream, cheese \$ 6.50 (Vegetarian option available)

## FRIDAY

Sushi (Teriyaki, Tuna or Vegetarian) \$ 4.50

Butter chicken with rice \$ 6.50



**HELP THE ENVIRONMENT BYO FORK or purchase for 20cents**

