

# Ransom's Café /Deli

## Canteen Price List 2019

331 The Parade, Beulah Park

Tel(Fax) : 83323329

Hot Food		
♥♥	Yummy drummies (baked)	\$1.30
♥♥	Hash brown (baked) (gf)+(df)+(ef)	\$1.30
♥	Chicken tenderloin (baked) (ef)	\$1.50
♥♥	Pizza singles (ham & pineapple)	\$3.20
♥	Pizza pocket (cheese & bacon)	\$3.20
♥♥	Garlic bread (ef)	\$2.20
♥	Beef pie (Balfours)180gm (low fat/salt) (ef)	\$4.50
♥	Vegetarian pasty (Balfours)	\$4.50
♥	Sausage roll 140gm (Balfours) (ef)	\$4.50
♥	Sausage roll 130gm (gluten free) (gf)	\$5.50
♥♥	Spaghetti bolognese / macaroni & cheese	\$5.00
♥♥	Lasagne	\$5.50
♥♥	Croissant (cheese & tomato)	\$4.50
♥♥	Croissant (ham & cheese)	\$4.80
♥♥	Hot dog (low fat/salt) (df)+(ef)	\$4.80
♥♥	Cheese dog (low fat/salt)	\$5.00
♥	Fantastic Noodles(chicken flavour (df)+(ef)	\$3.00

Snack Foods		
♥♥	Double choc muffin (uniced)	\$2.50
♥♥	Choc chip / cornflake cookies	\$3.50
♥♥♥	Fruit mix (pineapples, melon, kiwi, strawberry) - <b>Summer season</b>	\$4.50
♥♥	Banana bread (toasted) (df)	\$3.80

Drinks		
♥♥♥	Nippy's flavoured milk 250ml (strawberry, choc, honeycomb)	\$2.40
♥♥♥	Nippy's fresh Juice 250ml (apple, blackcurrant, orange)	\$2.40
♥♥♥	Nippy's fresh juice 500ml (unsweetened)	\$4.00
♥♥♥	UP & GO 250ml (choc, strawberry)	\$2.40
♥♥♥	Spring water 600ml (not flavoured)	\$2.20

Burgers		
♥♥	Hamburger (Aussie burger - meat, cheese and sauce)	\$5.00
♥♥	Chicken Burger (breast fillet, lettuce & mayo)	\$5.50
♥♥	Veggie Burger (veggie patty, lettuce & mayo)	\$5.50

ROLLS		
♥♥♥	Hot ham & cheese roll	\$4.50
♥♥♥	Hot chicken roll	\$4.80
♥♥♥	Hot chicken & cheese roll	\$5.00

RATING		
Green =	♥♥♥	Healthy Choice
Amber =	♥♥	Moderate Choice
Red =	♥	Occasional Choice

df =	dairy free
gf =	gluten free
ef =	egg free

**Lunch bags and allergy stickers are available from the front office at 5c and 10c each**

Sandwiches (white or w/meal bread)♥♥♥	
Buttered	\$1.50
Vegemite	\$2.00
Cheese	\$3.00
Ham / beef	\$4.00
Chicken / turkey / tuna	\$4.00

Toasties(♥♥♥)	
Toasted cheese	\$3.00
Toasted ham & cheese	\$4.80
Toasted cheese & tomato	\$3.50
Toasted ham, cheese & tomato	\$5.00

Wraps(♥♥♥)	
Chicken, grated carrot, lettuce & mayo	\$4.00
Ham, grated carrot, lettuce & cucumber	\$4.00
Cheese, grated carrot, lettuce & cucumber	\$3.80
Tuna, grated carrots, lettuce & mayo	\$4.00

More Choices(♥♥♥)	
Chicken, tuna, ham or turkey & garden salad pack	\$5.50
Sushi (tuna, teriyaki chicken, vegetarian)	\$3.00
<b>Sushi is available only on Wed, Friday</b>	
Vietnamese meat roll ( roasted pork, lemongrass chicken, combination) with pickled carrots, cucumber, red onion, coriander	\$7.00
Fried rice with chicken (or roasted pork)	\$7.00

EXTRAS	
Tomato, gherkin, pickled onion, lettuce, cheese, Cucumber, carrot, beetroot.....Add 40c each	
Tomato sauce.....Add 20c each	

LUNCH TIME COMBOS(♥♥♥)		
Chicken wrap	.....	\$6.00
Ham wrap	.....	\$6.00
Tuna wrap	.....	\$6.00
Cheese wrap	.....	\$6.00
Beef wrap	.....	\$6.00
Salad wrap	.....	\$5.50

All wrap combos include 1 drink - Your Choice of Nippies flavoured milk, UP&GO, or Nippies 250ml fresh juice

Please put lunch orders in **lunch bags** with your child's name, class, box number and amount of money enclosed clearly labelled on the front of the bag