

Ransom's Café / Deli

Canteen Price List 2021

Tel(Fax) : 8332 3329

Hot Food		
♥♥	Chicken popcorn (ef)	\$3.00
♥♥	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)	\$2.30
♥	Beef pie (Balfours)180gm (low fat/sal (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	\$5.50
♥♥	Lasagne	\$6.00
♥♥	Croissant (cheese & tomato)	\$5.00
♥♥	Croissant (ham & cheese)	\$5.50
♥♥	Hot dog (low fat/salt) (df)+(ef)	\$5.00
♥♥	Cheese dog (low fat/salt)	\$5.50

Snack Foods		
♥♥	Double choc muffin (uniced)	\$2.50
♥♥	Choc chip / cornflake cookies	\$3.50
♥♥♥	Fruit mix (pineapples,melon,kiwi,strawberry) - Summer season	\$4.50
♥♥	Banana bread (toasted) (df)	\$4.00

Drinks		
♥♥♥	Nippy's flavoured milk 250ml (strawberry, choc, honeycomb)	\$2.50
♥♥♥	Nippy's fresh Juice 250ml (apple,blackcurrant,orange)	\$2.50
♥♥♥	Nippy's fresh juice 500ml (unsweetened)	\$4.30
♥♥♥	UP & GO 250ml (choc, strawberry)	\$2.50
♥♥♥	Spring water 600ml (not flavoured)	\$2.50

Burgers		
♥♥	Hamburger (Aussie burger meat, cheese, sauc)	\$6.00
♥♥	Chicken Burger (breast fillet, lettuce & mayo)	\$6.00
♥♥	Veggie Burger (veggie patty, lettuce & mayo)	\$6.00

ROLLS		
♥♥♥	Hot ham & cheese roll	\$5.50
♥♥♥	Hot chicken roll	\$5.50
♥♥♥	Hot chicken & cheese roll	\$6.00

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	\$4.50
Chicken / turkey / tuna	\$4.50

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	\$4.50
Ham, grated carrot, lettuce & cucumber	\$4.50
Cheese, grated carrot, lettuce & cucumber	\$4.00
Tuna, grated carrot, lettuce & mayo	\$4.50

More Choices(♥♥♥)	
Chicken,tuna,ham or turkey & garden salad pack	\$6.00
Sushi (tuna, teriyaki chicken, vegetarian)	\$3.20
Sushi is available only on Wed, Friday	
Vietnamese meat roll (roasted pork/comboination)	\$7.90
Vietnamese roll (chicken) with pickled carrots, cucumber,red onion, coriander	\$7.50
Fried rice with chicken or roasted pork	\$7.90

EXTRAS	
Tomato, gherkin, pickled onion, lettuce, cheese, Cucumber, carrot, beetroot.....Add 50c each	
Tomato sauce.....Add 20c each	

LUNCH TIME COMBOS(♥♥♥)	
Chicken wrap	\$6.50
Ham wrap	\$6.50
Tuna wrap	\$6.50
Cheese wrap	\$6.00
Beef wrap	\$6.50
Salad wrap	\$5.50

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

