

# Fountain Gate SC Café Menu

FROM THE DELI BAR FRIDGE		\$	FROM THE SALAD BAR (DAILY SPECIAL)		\$
Seasonal Fresh Fruit	FROM	1.00	Moroccan Cous Cous Salad (VE)		5.00
Fruit Salad <i>(Made Fresh Daily)</i> (GF) (VE)	FROM	4.00	Quinoa Salad (VE) (GF)		5.00
Yoghurt with Muesli		3.50	Thai Noodle Salad (VE) (GF)		5.00
Croissant <i>(Filled extra 50 cents)</i>		3.50	Chicken Caesar Salad (GF)		5.50
Toast with Choice of Spreads <i>(Vegemite, Nutella, Jams)</i> (VR)		1.00	Greek Salad (V) (GF)		5.00
Dip and Zatar Bread (VE)		2.50	With Chicken, Tuna or Beef (H)		6.00
Frittata <i>(Vegetarian)</i>		4.50	<b>GOURMET PANINI</b>		\$
Sushi Rolls <i>(Californian, Vegetarian, Chicken &amp; Tuna)</i> (GR)		2.80	Ham, cheese and Tomato		4.50
<b>FRESHLY-MADE SANDWICHES</b>			Mediterranean Vegetable (V) (VR)		5.50
\$1.00 Extra For Roll		\$	Tandoori or BBQ Chicken (H)		5.50
Cheese & Tomato (V)		3.50	Chicken Schnitzel (H)		5.50
Ham & Cheese		3.50	<b>DRINKS</b>		\$
Ham, Cheese & Tomato		4.00	Apple / Orange (350ml)		3.50
Salad <i>(Lettuce, Tomato, Carrot, Cucumber, Mayo)</i> (V) (VR)		4.50	Up and Go		3.50
Egg & Lettuce (V)		4.00	Oak - 300ml		2.50
Cheese & Salad (V)		4.50	Oak - 600ml		4.00
Roast Chicken & Salad (H)		5.00	Ice Break - 500ml		4.00
Ham & Salad		5.00	Bottled Water (500ml)		2.50
Gourmet Wraps	FROM	5.50	Bottled Water (750ml)		3.50
<b>FROM THE HOT FOOD BAR</b>			Soft Drink Can (Sugar Free)		2.00
.20c Extra For Sauces		\$	Lightly Sparking Water <i>(Lime, Berry or Plain)</i>		3.00
Egg and Bacon Muffin <i>(cheese extra 50 cents)</i>		3.50	Soft Drink 450ml Bottle (Sugar Free)		3.50
Breakky Wrap <i>(bacon, egg, hashbrown &amp; BBQ sauce)</i> FROM		4.50	Iced Tea 500ml Bottle		4.00
Hash Browns <i>(Oven Baked)</i> (H) (GF) (VE)		1.00	<b>FROM THE CAFÉ BAR</b>		\$
Steamed Dim Sim (H)		1.00	Hot Chocolate		3.00
Homemade Sausage Roll		4.00	Café Latte <i>(Lite / Full Cream Milk)</i>		3.00
Pies	FROM	4.00	Cappuccino <i>(Lite / Full Cream Milk)</i>		3.00
Zinger Pocket or Burger (H)		5.50	Flat White <i>(Lite / Full Cream Milk)</i>		3.00
Chicken/Beef Burger (H) <i>(with lettuce)</i> FROM		4.50	Chai Latte		3.50
Oven Baked Wedges (H) (VE)		3.50	Espresso / Short Macchiato		2.50
Sweet Chili Chicken Tender <i>(each)</i> (H)		2.50	Long Macchiato		3.00
Sweet Chili Chicken Tender Wrap (H)		4.50	<b>EXTRAS</b>		\$
Vegetarian Spring Rolls (H) (VE)		3.00	Soy Milk/ Strong / Extra Shot		0.50
Devil Wings <i>(each)</i> (H)		2.50	Medium Cup		3.50
Homemade Pizza Slice		4.00	Extra Large Cup		4.50
Beef or Vegetarian Nachos (H)(GF)(VR) FROM		5.00	<b>ICE CREAM</b>		\$
Chicken Souvlaki (H)		5.50	Zooper Dooper / Frozen Juice Cup		1.00
Chicken Parma Wrap (H)		5.50	Icy Twist / Calippo		1.50
Variety of Pasta <i>(Spiral, Lasagne, Tortellini, Ravioli etc.)</i> (GF, VR) FROM		4.50	Paddle Pop		2.00
Variety of Rice (GF, VR), Curry, Noodle, Stir-Fry Meals FROM		4.50	Paddle Pop Thick Shake		3.00
Roast Beef Roll (H)		5.50	Frozen Yoghurt Cup		2.00
Homemade Soup of the day (S) (H) (GF) (VE)		4.50	<b>SNACKS</b>		\$
Spinach and Cheese Spanakopita (H) (V) (VR)		5.00	Muffins <i>(chocolate, blueberry, apple &amp; cinnamon etc)</i>		3.50
Pide (Spinach or Lamb) (H) (VR)		5.50	Cake Slices		2.50
Baked Potato (Vegetarian, Beef (H) or Bacon (S))(GF)		5.50	Slices		2.00
<b>Lunch Orders</b>			Rock Deli Chips		2.50
<b>HOW TO ORDER</b>					
1. Place order at café with staff prior to 9am					
2. Pay staff at time of order					
3. Collect order from Café at lunch break					
			H – HALAL		



**Note:**

1. Items may not be available due to supplier stock - similar product will be provided.
2. Gluten Free and other Dietary needs are required to be pre-ordered

V – VEGETARIAN

S – SEASONAL

GF – GLUTEN FREE UPON REQUEST

VE – VEGAN

VR – VEGAN UPON REQUEST