



# The Curragh Cafe

## Tuckshop Menu

### Daily Breakfast 7:30am - 8:30am

Bacon,egg & cheese muffin	\$4.00	Thick raisin toast & butter	
Selection of Toasties	\$4.50	One slice	\$1.20
Thick Toast, butter & jam, vegemite or honey		Two slices	\$2.40
One slice	\$0.90	Muffins	\$3.00
Two slices	\$1.80	Vaalia Yoghurt selection GF V	\$3.00
GF bread one slice	\$1.50	Fresh Fruit Salad GF V	\$4.00
Hash Browns	\$1.00	Fresh Fruit - Apple GF V	\$1.00

### MONDAY

Wedges, sour cream V	\$4.50
Penne pasta, napoli sauce topped with cheese V (GF available online order)	\$3.50
Butter chicken, rice	\$5.50
Chicken Stix (4)	\$2.50

### TUESDAY

Mexican beef nacho's GF	\$5.50
Mexican nacho's vegetarian GF V	\$4.50
Satay chicken, rice	\$5.50
Fried rice GF	\$4.00
Chicken nuggets, tomato sauce (GF available online order only)	\$5.00

### WEDNESDAY

Selection of Sushi GF & Rice paper rolls	\$3.50
Sweet chilli chicken on toasted turkish roll	\$5.00
Beef pie or Potato top pie	\$4.00
Penne pasta, napoli sauce topped with cheese V (GF available online order only)	\$3.50
Butter chicken & rice	\$5.50
Chicken Stix (4)	\$2.50

### THURSDAY

Selection of Sushi GF & Rice paper rolls	\$3.50
Chicken burger, lettuce, cheese, mayo on Brioche roll	\$6.00
Spaghetti Bolognaise ( GF available online order only)	\$5.50
Satay chicken & rice	\$5.50
Chicken nuggets, tomato sauce (GF available online order only)	\$5.00

### FRIDAY

Crumbed fish, wedges & tartare sauce	\$6.00
Beef pie or Potato top pie	\$4.00
Honey soy chicken with hokkein noodle	\$5.50
Butter chicken & rice	\$5.50
Penne pasta, napoli sauce topped with cheese V (GF available online order only)	\$3.50
Chicken breast crackles	\$5.00

**Gluten Free available online order only**



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### TOASTIES:

Chicken & cheese	\$4.50	Selection of Meat & Salad Sandwiches	\$4.00
Ham & cheese	\$4.50	Cheese sandwich	\$3.00
Ham, cheese, tomato	\$4.50	Vegemite sandwich	\$2.00
Cheese	\$3.50	Satay Chicken wrap	\$4.00
Mamee chicken noodle cup	\$3.00	Chicken caesar wrap	\$4.00
Chicken noodle cup GF	\$3.50	Ham OR Chicken & salad wrap	\$4.00
Vegetable Roll V	\$4.00	Chicken, mayo, cheese, avocado, cos wrap	\$4.00
Spinach & Feta Roll V	\$4.00	Egg, cheese & salad wrap	\$4.00
Healthy choice sausage roll	\$3.00	Turkey, brie, avocado, alfalfa, cranberry on turkish	\$5.00
Four'n twenty king sausage roll	\$4.00	Chicken & salad on multigrain or white roll	\$5.00
Garlic bread	\$2.00	Ham & salad on multigrain or white roll	\$5.00
		Roast Beef & Salad on turkish roll	\$5.00

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### FRESHLY MADE SALADS

Garden salad with egg & avocado V GF	\$5.00	Mexi salad V GF	\$5.00
Caesar salad	\$5.00	Garden salad with Chicken OR Ham GF	\$6.00
Chicken caesar salad	\$6.00	Pumpkin & chickpea salad V GF DF	\$6.00
Greek pasta salad with feta V	\$6.00	Chicken Teriyaki Poke Bowl GF DF	\$6.00

### DRINKS

Popper juice orange 250ml	\$2.00
Popper juice apple	\$2.00
Popper juice orange/mango	\$2.00
Popper juice apple/blackcurrent	\$2.00
Popper juice tropical	\$2.00
Orchy orange 375ml	\$3.20
Orchy orange/mango	\$3.20
Orchy orange/passionfruit	\$3.20
Orchy apple	\$3.20
Orchy apple/blackcurrent	\$3.20
Waterfords water 600ml	\$2.00
Mineral water orange/pass 500ml	\$3.00
Mineral water raspberry lite	\$3.00
Mineral water tartian lime	\$3.00
Lipton ice tea peach lite 500ml	\$4.00
Lipton ice tea raspberry	\$4.00
Krazy lemon 200ml	\$2.50
Gatorade blue bolt 600ml	\$4.50
Gatorade watermelon	\$4.50
Gatorade G active berry	\$4.50
Breaka chocolate milk 300ml	\$3.00
Breaka ice coffee / strawberry milk	\$3.00
Oak Plus chocolate	\$4.50

### SNACKS & TREATS

Assorted muffins	\$2.50
Chocolate or Blueberry muffin GF DF	\$3.00
Chocolate brownie	\$3.00
Banana Bread	\$3.00
Banana Bread GF DF	\$3.50
Caramel slice	\$2.50
Caramel slice GF	\$2.80
Home baked cookies	\$1.00
Honey soy chips	\$2.00
Sea salt chips GF	\$2.00
Salt & vinegar GF	\$2.00
Grain waves	\$2.00
Popcorn GF	\$1.00
Salted caramel popcorn GF	\$2.00
Vege chips GF	\$2.00
Tomato / BBQ sauce squeeze	\$0.30
Frozen twisted yoghurt GF	\$3.00
Orchy frozen juice cup apple	\$1.00
Orchy frozen juice cup apple/blackcurrent	\$1.00
Lemonade icy twists	\$2.00
Calippo raspberry/pine	\$1.50
Chocolate / rainbow paddlepop	\$2.00
Zymil chocolate milk GF LAC FR	\$4.50

**DF - Dairy Free**

**GF - Gluten Free**

**LAC FR - Lactose Free**

**V - Vegetarian**



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