



2020

# The Wave Break Cafe

MENU

## Daily Home Made Specials



<b>Monday</b>	
Pancakes with maple syrup	<b>\$3.50</b>
<b>Tuesday</b>	
Fried Rice made with Bacon, Egg, Peas & Corn	<b>\$4.00</b>
<b>Wednesday</b>	
Spaghetti Twirls with Bolognaise & Cheese	<b>\$4.00</b>
<b>Thursday</b>	
Nachos with Meat Sauce, Salsa, Cheese & Sour Cream	<b>\$4.00</b>
<b>Friday</b>	
Sushi: Chicken and Avocado, Chicken Teriyaki or Tuna	<b>\$3.30</b>
See Tuckshop for full list.	

## Everyday Options Sandwiches



### Wholemeal or White Bread

Vegemite/Cheese	1.50
Ham	2.50
Grated Carrot & Cheese	2.50
Chicken, Lettuce & Mayo	3.50
Tuna, Lettuce & Mayo	3.50
Egg, Lettuce & Mayo	3.00
Ham or Chicken & Salad	4.00
Roll or Wraps add	0.50

### Toasted

Baked beans & Cheese Jaffle	3.50
Cheese & Tomato	2.50
Chicken or Ham & Cheese	3.50

### Salad Box

Lettuce, Tomato, Cucumber, Carrot, Beetroot & Cheese	4.50
add Egg, Ham or Chicken	0.50

## Everyday Hot Food



Pizza Sub with Ham & Cheese	2.00
Chicken Strip Roll with Lettuce & Mayo	3.00
Chicken Twister Wrap with Lettuce, Tomato, Cheese & Mayo	3.80
Chicken Burger with Lettuce, Tomato, Carrot, Cheese & Mayo	4.00
Chicken Burger with Lettuce & Mayo only	3.50
Hamburger with Lettuce, Tomato, Carrot, Beetroot & Cheese	4.00
Cheeseburger with Sauce & Cheese only	3.50
Small Pie	2.00
Large Pie	3.30
Sausage Roll	Large....\$3.00 Small.... 2.00
Hot Dog & Sauce	2.70
Corn Cob	0.80
Sauce sachet	0.30

## Healthy Snacks



Fresh Fruit Salad includes 4 seasonal fruits	2.00
Apple Slinky	1.00
Mandarin or Orange	0.80
Apple	0.80
Seasonal Fruit eg. Grapes	0.80
Boiled Egg	0.80
Cracker Cup with Rice Crackers & Cheese	1.20
Homemade Pikelets	1.00
Homemade Muffin - Berry or Choc	1.00
Custard Cup	1.00
Yoghurt Cup	1.00
Vege Crunch Cup	1.50
Fruit Toast	1.00
Cookie	0.80
Gingerbread men	1.50
Frozen Yoghurt	1.80
Various Ice blocks	from 0.50

## Drinks

Plain Milk	1.00
Flavoured Milk	2.00
Small Juice	1.00
Large Juice	1.50
Small Playwater	1.80
Water	1.50
LOL	2.00



The Buddina Tuckshop is open 5 days a week.  
 1st Break Lunch - 10.45am    2nd Break Snack - 1.30pm  
 Orders to be in by 9am    Lunch Bags are 10c  
 Volunteers most welcome - 1/2 day per month

