

st johns grammar

2024 cafe menu

specials.

healthy, hearty meals offered daily. see our specials menu available on the school's website or via www.flexischools.com.au.

cool choices.

fresh seasonal fruit salad	3.6
low fat yoghurt pot with berries	3.6
low fat yoghurt pot with muesli	3.6
seasonal fresh fruit piece	1.0
small garden salad (v)	4.5
large garden salad (v)	6.5
jelly pot	2.5

so hot.

breakfast wrap	5.5
angus beef pie	5.0
vegetarian pasty	5.5
sausage roll	4.8
snag bag	6.0
hotdog	5.0
oven baked wedges (v)	5.0
6 chicken nuggets	5.0
garlic bread whole (9")	3.0

sandwiches, wraps & rolls.

wholemeal bread only.	
salad (tomato, cucumber, lettuce, carrot)	6.0
add chicken, tuna, ham or roast beef	1.0
add mayonnaise	0.5
ham & cheese	4.5
ham, cheese & tomato	5.0
cheese & tomato (v)	4.5
egg, lettuce, 97% fat free mayo (v)	6.5
chicken, lettuce, avocado, 97% fat free mayo	7.5
wraps, baguettes, wholemeal rolls add	1.0
toasted add	0.8

bakery.

muffin of the day	4.5
doughnut - chocolate or chocolate sprinkle	4.0
choc chip cookie	3.5
banana bread	4.5

snacks.

red rock deli assorted chips 45gm	3.0
red rock deli assorted chips 28gm	2.5
grain waves sour cream & chives 40gm	3.0

drinks

pump 750ml flavoured water	4.8
mt franklin 600ml water	3.5
fuze iced tea	4.8
just juice - apple or orange	3.0
flavoured milk 600ml	4.5
Kyneton flavoured mineral water	4.0

icy treats.

frozen juice cup	1.5
zooper dooper	1.2
milos	3.5
maxibon	4.8
icy pole	1.5
lifesaver	2.5

Please Note

soy, dairy, seafood and gluten products are used in our kitchen. Although we do our best to ensure cross contamination does not occur, traces of these products may be present.

www.flexischools.com.au

