



Heart Cafe Winter Menu 2023



Open Thursdays & Fridays 8.30am - 2.00pm

<u>Toasties</u>	
Cheese	\$3.50
Cheese & Vegemite	\$4.00
Ham & Cheese	\$4.50
Cheese & Avo	\$4.00

<u>Sandwiches</u>	
Vegemite	\$2.50
Strawberry Jam	\$2.50
Cheese	\$3.00
Cheese & Vegemite	\$3.50
Salami	\$3.50
Ham & Cheese	\$4.00
Chicken & Cheese	\$4..50

Each Thursday there will be a special featured in the Heart Café! To stay up to date with these exciting specials, check the P&C Facebook page and the online ordering system QKR each week.

<u>Mains</u>		
Chicken & Crunchy Slaw Wrap		\$4.50
• Tender Roast Chicken Breast served with crunchy Slaw & mayo salad		
Bolognese Pasta (GF available on request)		\$5.00
• Spiral pasta with homemade Bolognese sauce & grated vegetables		
Chicken Nuggets pack (available Thursday only)		\$5..50
• 4 Pieces with a serve of fruit		
Vege Rice (GF)		\$3.00
• Fluffy Basmati rice with vegetables		
Lasagna (available Friday's)		\$5.50
Mac n Cheese (available Friday's)		\$5.50
Travellers Pie		\$4.50
Sausage Roll		\$3.50
Spinach & Cheese Roll		\$4.00
Party Pie		\$1.00

All mains are to be pre-ordered in the morning.
No counter sales for these items during the first and second breaks.

<u>Snacks</u>	
Watermelon Slice / Banana	\$1.00
Slinky Apple	\$1.50
Carrot Sticks	0.50c
Boiled Egg	\$1.00
Popcorn	\$1.50
Vege Chips/Vege Straws	\$1.50
Grain Waves	\$1.50
Sweet Treat or	
Savory Bakery Treat	0.50c
Pikelets	\$1.00
(strawberry Jam 50c extra)	

Suprise Me Muffin	\$2.00
Cheese & Crackers	\$2.50
All Natural Jelly Cups- Tropical	\$1.00
Frozen yoghurt pops with fruit	\$1.50
Frozen watermelon on a stick	\$1.00
Frozen banana on a stick	\$1.00
Icy Pole	\$1.00
All Natural ice-block	\$1.00
- Apple & Blackcurrant	\$1.00
-Apple & Mango	\$1.00

<u>Drinks</u>	
Krazy Lemon	\$2.50
Apple & Blackcurrant	
Popper	\$2.00
Apple/Tropical	\$1.50
Popper	
Milk Popper	\$2.00
Water	\$1.50

*** Our kitchen uses ingredients which may contain the most common food allergens. If your child has any known allergies or intolerances, please be aware that although The Heart Cafe makes every effort to ensure proper food and beverage handling, there is always a risk of cross contamination.

Eftpos available at counter.

Online orders must be placed before 8.30am

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