

Sandwich Menu

Toasties

Cheese	\$3.50
Cheese & Vegemite	\$4.00
Ham & Cheese	\$4.50
Cheese & Avo	\$4.00

Sandwiches

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

*** 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.

HEART CAFÉ



Northgate State School Winter Menu 2022

**Open Thursdays & Fridays
8.30am - 2.00pm**

Ph: Dani 0416 464 177

Email: heartcafe@nsspc.asn.au

Eftpos available at counter

Online orders must be placed before 8.30am

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

Mains

Chicken & Crunchy slaw Wrap \$4.50
Tender Roast Chicken Breast served with crunchy Slaw & mayo salad

Bolognese Pasta (GF available on request) \$4.50
Spiral pasta with homemade Bolognese sauce & grated vegetables

Chicken Nuggets pack (available Thursday only) \$5.00
4 Pieces with a serve of fruit

Vege Rice (GF) \$3.00
Fluffy Basmati rice with vegetables

Travellers Meat Pie \$4.00

Sausage Roll \$3.50

Spinach & Cheese Roll \$3.50

Party Pie \$1.00

Drinks

Water \$1.00

Apple Popper sml \$1.00

Milk Popper \$2.00

Tropical / Apple & Blackcurrant Popper \$2.00

Krazy Lemon \$2.50

Condiments Available

Tomato Sauce **Sweet Chilli (Mild)**

BBQ Sauce **Soy Sauce**

Mild Mustard **Mayo**

Snacks

Watermelon Slice \$0.50

Slinky Apple / Banana \$1.00

Carrot Sticks \$0.50

Boiled Egg \$1.00

Pop Corn \$1.00

Vege chips \$1.50

Grain waves \$1.00

Sweet or savoury Bakery Treat \$0.50

Pikelets (Strawberry Jam 50c extra)..... \$1.00

Surprise 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 – Apple & Blackcurrant \$1.00

– Apple & Mango \$1.00



Volunteers are welcome every week
to help get lunches out.
Wednesday between 1pm & 3pm
Thursday morning between 8.30am & 11.30
Friday morning and afternoon
as these are the busy periods.



Do you love to Bake?

We go through 70 to 120
sweet treats per day at the Heart Cafe!
So if Baking is your forte - We Need You!



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.