



PALM BEACH
CURRUMBIN
STATE HIGH

CANTEEN MENU

The canteen provides a service for students and staff during school hours.

Payment can be made by cash or EFTPOS.

8:00-9:00am - Breakfast

11:35am-12:15pm - Lunch 1

1:25-1:55pm - Lunch 2

Our menu provides a wide range of healthy options.

We cater for vegan, vegetarian, dairy free and gluten free lunches for the students.

We understand that a healthy diet is important for growing bodies and minds.

Our menus provide an emphasis on fresh and healthy food with plenty of variety

The PBC Canteen always supports local suppliers where we can.

V - Vegetarian DF - Dairy Free GF - Gluten Free

V- Vegan NF - Nut Free

BREAKFAST

Brekky Burger - egg, bacon, sausage, cheese, hash brown BBQ sauce **\$5.50**

Brekky Burrito - bacon, egg, cheese baked in a tortilla **\$3.50**

No Cheese Brekky Wrap DF - egg, bacon, BBQ sauce **\$3.00**

Veggie Delight Wrap V - egg, baby spinach, cheese, tomato, cheese, hash brown & aioli **\$4.50**

PBC McMuffin - bacon, egg, cheese, BBQ sauce **\$4.00**

Ham & Cheese Toasty **\$4.00**

Vegemite & Cheese Toasty V **\$3.00**

Cheese V **\$2.50**

Vegemite & Cheese Scroll V **\$3.00**

Fresh fruit salad **\$2.50**

Banana bread full **\$3.00**



DAILY SPECIALS

MONDAY

POKE Bowls **\$6.50**

Karaage Chicken *Tuna *Avocado V

Rice, carrot, tomato, cucumber, edamame, coleslaw and ginger

TUESDAY

Honey Chicken & Fried Rice **\$7.00**

Sweet & Sour Chicken with Steamed Rice **\$7.00**

Hibachi Chicken Teriyaki Rice Bowl **\$7.00**

WEDNESDAY

BURGER BONAZA WEDNESDAY!!!!

Assortment of delicious burgers

Choose from Beef, Chicken, & Veggie

THURSDAY

Steamed Bao Bun **\$6.50**

Pulled Pork/Karaage Chicken, coleslaw & Japanese Mayo

FRIDAY

Beef Burrito **\$7.00**

Chicken Burrito **\$7.00**

Meat Free Burrito V **\$7.00**

Chicken Burrito Bowl GF **\$7.00**



SANDWICHES AND WRAPS

MADE FRESH *daily*.

HERB & GARLIC FOCACCIA

Chicken, Avocado & Cheese with Aioli **\$6.50**

Chicken Pesto & Cheese **\$6.50**

Roasted Veggie Focaccia V **\$6.50**

SALAD BOWLS **\$7.00**

Chicken Caesar - chicken, egg, bacon, Parmesan cheese, lettuce

Creamy Pesto Pasta Salad - sun dried tomato, red onion, carrot, parmesan cheese with nut-free Pesto

High Protein Salad - Chicken, boiled egg, maple bacon, lettuce, tomato, red onion, cucumber, grated cheese, corn, with homemade honey dressing

TEX-MEX Chicken Salad - Mexican chicken, lettuce, corn tomato, red onion, cucumber, grated cheese, spring onion and homemade salsa dressing

Rice Noodle Salad V - rice noodle, red capsicum, cucumber, red onion, carrot, red cabbage with sweet chilli dressing

SANDWICHES

Ham, cheese & tomato **\$4.50**

Ham & cheese **\$4.00**

Ham & Salad **\$5.50**

Cheese & Tomato **\$4.00**

Cheese & Salad **\$5.50**

Egg & lettuce, mayo **\$5.00**

Curry Egg **\$4.50**

Chicken & Salad **\$6.00**

Chicken, Baby Spinach & Mayo **\$5.00**



WRAPS

Crispy Chicken Wrap - chicken tender, tomato, lettuce, with PBC secret mayo **\$5.00**

Sweet Chilli Chicken Wrap - sweet chilli tender, coleslaw mayo, cheese & sweet chilli sauce - (Sml/Lge) **\$3.50 / \$6.50**

Chicken Caesar Wrap - chicken, egg, bacon, parmesan, cheese, lettuce (Sml/Lge) **\$4.00 / \$7.00**

Chicken Peri Peri Wrap - chicken, lettuce, tomato, cucumber, carrot with Peri Peri mayo (Sml/Lge) **\$4.00 / \$7.00**

SUSHI

MADE FRESH *daily*

- Crispy Chicken & Avocado
- Avocado V
- Tuna & Mayo GF
- Teriyaki Chicken
- Nori Chicken & Avocado GF
- Small \$4.00/ Twin \$6.50



EVERYDAY HOT FOOD

- Low Fat Meat Pie \$4.50
- Kool Skool Sausage Roll \$4.00
- Cheese & Spinach Roll \$5.00
- Meat ball Sub \$5.00
- Chicken Parmy Roll \$5.00
- Hot dog with cheese \$4.00
- Hot dog \$3.50



HOMEMADE

- Penne Pasta Bake V (Sml/Lge) \$3.00 / \$5.50
- Pesto Pasta Nut Free Pesto (Sml/Lge) \$3.50 / \$5.50

PIZZA \$5.50

- Margherita Pizza V
- BBQ Chicken
- Ham & Pineapple



BURGERS

- Cheeseburger - beef, cheese, BBQ sauce \$5.00
- Flame Grilled Burger - chicken, lettuce, & mayo \$6.00
- Chicken Burger - crumbed chicken pattie, cheese & BBQ sauce \$5.50



COLD DRINKS

- Milk 300ml (Chocolate, Strawberry) \$3.00
- Milk Full Cream 500ml - \$3.00
- Milk 500ml (Real Chocolate) \$4.00
- Poppers (Apple, Orange, Apple-Blackcurrant) \$2.50
- Large Juice 500ml - \$4.00
- Up&Go (Chocolate, Banana, Vanilla) \$3.00
- Zymil (Chocolate) Lactose Free \$4.50
- Water 600ml - \$2.00 / 1L - \$3.00
- Oak Protein Milk (Chocolate, Vanilla) \$4.50
- Slushi (99.9% fruit juice) - (Sml/Lge) \$2.50 / \$3.50

FRUIT SMOOTHIES

MADE FRESH *daily*

- Mango
- Berry Blast
- Strawberry + Banana \$5.00



SNACKS

- Protein balls \$2.00
- Cheese & Crackers \$3.00
- Small Finger Bun \$2.00
- Fresh fruit Pack \$4.00
- 2 x Boiled Egg \$4.00
- Vanilla yogurt fruit & granola \$3.50
- Mousse \$3.00
- Jelly \$1.00



ICE BLOCKS

- Twisted frozen - dairy free / gluten free \$4.00
- Paddle Pop - Rainbow, Chocolate \$2.00
- Frozen fruit cups \$1.00
- Icey twist \$2.00
- Calippo \$2.00
- Bulla Frozen Yoghurt \$4.00
- Swings \$3.00
- Milo Cup \$4.00



VEGAN / GLUTEN FREE MUST PRE-ORDER

VEGAN

- Vegan Sausage Rolls \$4.50
- Vegan Meat Pie \$5.00
- Vegan Chicken Wrap - Vegan chicken tender, lettuce, tomato & vegan mayo \$6.00

GLUTEN FREE

- Pesto Pasta \$5.50
- Chicken Fried Rice \$5.00
- Sushi (Sml/Lge) \$4.00 / \$6.50
- Rice Paper \$6.50