



PBC Canteen



Breakfast from 8:00-9:00am

Brekky Burrito – Bacon, egg, cheese, BBQ sauce, toasted	\$3.50
Veggie Delight Wrap – egg, baby spinach, mushroom, cheese, tomato & aioli	\$4.50
Croissant – ham and cheese	\$3.50
Cheese Toastie	\$2.50
Ham, cheese Toastie	\$3.00
Fresh fruit salad	\$3.00
Banana bread full	\$3.00
Fruit muffins	\$2.00
Vanilla yogurt fruit & granola	\$3.50

Weekly Specials

Monday

Beef Udon Noodle stir fry	\$5.50
Spinach and Cheese Ravioli	\$5.50

Tuesday

Spaghetti Bolognese (Sml/Lg)	\$4.50/\$5.50
Japanese Chicken Curry and Rice	\$5.50

Wednesday

Shepherds Pie	\$5.50
Pizza *BBQ Chicken *Hawaiian *Cheese	\$5.00

Thursday

Steamed Boa Bun	\$5.50
*Pork * Karaage Chicken	

Friday

Cheese Steak Roll	\$5.50
Mexican Pulled Pork Enchilada	\$5.50
Mexican Vegan Enchilada	\$5.50

Sushi & Rice Paper Rolls

Chicken / tuna / avocado (Sml/Twin)	\$3.50/\$5.50
Rice Paper Rolls (Wed, Thurs only) Chicken / Avocado	\$5.50
Poke Bowls (Wed/Thu only) Chicken, tuna, avocado, rice, carrot, cucumber, edamame, nori, ginger, mayo	\$5.50

Salads

Chicken Caesar - chicken, egg, bacon, Parmesan cheese, lettuce	\$6.00
Pesto Pasta Salad –pasta, pesto, baby spinach, red onion	\$5.50
Sweet Chilli Chicken Tub – lettuce, tomato cucumber, carrot, red onion, with sweet chilli dressing	\$5.50

Sandwiches & Wraps

Ham, cheese & tomato	\$4.50
Cheese & salad	\$5.00
Ham & full Salad	\$5.00
Chicken & full Salad	\$5.50
Egg, lettuce & mayo	\$4.50
Curried egg	\$4.00
Chicken & mayo	\$4.50
Chicken, baby spinach, mayo wrap	\$5.00
Snack Wrap – chicken, tomato, lettuce, & mayo wrap	\$4.50
Sweet Chilli Chicken Wrap – chicken tender, tomato, lettuce, mayo & sweet chilli sauce wrap	\$4.50
Chicken Caesar Wrap – chicken, lettuce, bacon, parmesan cheese, egg and Caesar dressing	\$6.00
Focaccia (fresh or toasted)	\$5.50
Herb and Garlic Focaccia – Chicken, cheese, avocado and aioli	
Herb and Garlic Focaccia – Chicken, pesto, baby spinach, cheese	
Vegan Focaccia – Roasted vegetable, vegan mayo, vegan cheese	
Turkish (toasted)	\$5.50
BLT – Bacon, baby spinach, tomato, aioli	

Snacks

Cheese & Crackers	\$2.50
Fresh fruit salad tub	\$3.00
Watermelon tub	\$3.00
Whole Fruit – Apple, Orange, Banana (each)	\$1.00
2 x Boiled Eggs	\$3.00
Vanilla yogurt, fruit & granola	\$3.50
Assorted muffins baked daily	\$2.00
Protein balls	\$3.50

Iceblocks

Twisted frozen – dairy free / gluten free	\$3.00
Watermelon & Mango or Strawberry & Cream (dairy free, nut free, gluten free)	
Billabong - Rainbow, Chocolate	\$2.00
Icey Pole- Lemonade or Raz	\$1.50
Calippo	\$1.00
Frosty Fruit	\$2.50
Proud as Punch (vegan)	\$3.00

Everyday Hot Food

Meat pie – low fat	\$4.00
Potato pie	\$4.00
Sausage Roll - low fat	\$3.00
Cheese & spinach pastry	\$4.00
Chicken & mayo roll	\$5.00
Chicken & gravy roll	\$5.00
Meatball sub	\$5.00
Noodle cup – chicken or beef	\$3.00
Hotdog	\$3.00
Hotdog with cheese	\$3.50

Homemade

Penne pasta bake (Sml/Lg)	\$3.00/\$4.50
Special fried rice	\$3.00
Creamy chicken pesto pasta (Sml/Lg)	\$3.50/\$5.50
Steam pork dim sim (Wed Only)	\$4.50

Burgers

Cheese Burger – beef, cheese, BBQ sauce	\$4.50
Chicken Burger – chicken, lettuce & mayo	\$5.00
Sweet Chilli Chicken Burger – chilli chicken tender, tomato, lettuce, cheese with sweet chilli sauce	\$5.50
PBC Mac – beef, tomato, cheese, lettuce and PBC secret sauce	\$5.50
Vegan Burger – Vegan pattie, tomato, lettuce, vegan cheese (only Friday)	\$5.50

Hot Drinks & Smoothies

Flat white/Cappuccino/Latte (Reg/Lg)	\$3.50/\$4.50
Extras- Syrups (vanilla, Caramel)	\$0.50
Extra Shot or Soy/ Almond / Lactose Free Milk	\$0.50
Hot chocolate	\$3.00
Chai Latte (Reg/Lg)	\$4.00/\$4.50
Iced coffee or Frappes (Reg/Lg)	\$3.50/\$4.50

Drinks

Milk 300ml (Chocolate, Strawberry, Iced Coffee)	\$2.50
Milk Full Cream 500ml	\$3.00
Milk 500ml (Real Chocolate)	\$3.80
Nutrient Water (2 flavours)	\$4.00
Water (600ml / 1L)	\$2.00/\$3.00
Bundaberg Juice (Orange, Apple, ABC, Pineapple)	\$3.80
Emma & Tom Smoothie & Pressed Juice	\$3.80
Oak Protein Plus Milk	\$4.50