

Canteen Menu

Pittwater House has a commitment to empowering our students to make healthy eating choices and strives to serve fresh healthy foods in the canteen.

Food Allergies or Intolerances

Products containing nuts and nut traces are not sold. However, please be aware that food is prepared in a kitchen that produces dishes with milk, wheat, soybean, fish, eggs, egg products and sesame seeds. If you/your child has a food allergy or intolerance, please email the Canteen before placing your order via canteen@tphs.nsw.edu.au

Orders must
be received
by 8am daily

Breakfast 7.30 – 8.30am daily

Hash Brown	\$ 2.00	Fresh Fruit	\$ 1.50
Croissant	\$ 4.50	Fresh Yoghurt	\$ 2.50
Ham and Cheese Croissant <i>Toasted</i>	\$ 6.00	Up & Go (vanilla, chocolate)	\$ 3.00
Bacon Roll	\$ 6.00	100% Juice (apple, orange)	\$ 3.50
Bacon and Egg Roll	\$ 7.00	Poppers (apple/blackcurrant, orange, apple)	\$ 2.50
Banana Bread	\$ 4.00		



Sandwiches, Rolls & Wraps White, Gluten Free, Wholemeal, Bread (Rolls 50c extra)

Plain Roll <i>with or without butter</i>	\$ 2.00	BLT bacon, lettuce & tomato (choice of sauce: mayo, tomato, BBQ or sweet chilli)	\$ 7.50
Vegemite	\$ 4.00	BLAT bacon, lettuce, avocado & tomato (choice of sauce: mayo, tomato, BBQ or sweet chilli)	\$ 8.00
Salad	\$ 5.50	Chicken & Salad Wrap (un-toasted)	\$ 8.50
Cheese	\$ 5.00	Ham or Cheese & Salad Wrap with ham or cheese, salad and choice of dressing (un-toasted)	\$ 8.00
Cheese and Tomato	\$ 5.50	Chicken Caesar Salad Wrap with chicken, lettuce, egg, bacon, cheese and Caesar dressing (un-toasted)	\$ 8.50
Egg	\$ 6.00	Teriyaki Chicken Wrap with tomato, grated cheese, lettuce (toasted or un-toasted)	\$ 8.50
Egg, Lettuce & Mayo	\$ 6.50	Falafel Wrap (V) with hummus, tomato, cheese, lettuce (toasted or un-toasted)	\$ 8.50
Tuna, Lettuce & Mayo	\$ 6.50		
Chicken	\$ 7.00		
Chicken, Lettuce & Mayo	\$ 8.00		
Ham OR Ham & Cheese	\$ 5.00		
Ham, Cheese & Tomato	\$ 6.00		

Extras May be added to sandwiches and/or salads at an additional cost

Avocado	\$ 2.00	Bacon	\$ 2.00
Boiled Egg	\$ 2.00	Salad (tomato, cucumber, carrot & lettuce)	\$ 2.00
Breast Chicken	\$ 2.00	Falafel	\$ 2.00
Cheese – Cheddar Cheese	\$ 1.50	Tomato, Cucumber, Carrot or Lettuce	\$ 1.00
Ham	\$ 2.00	Hummus	\$ 1.00

Salads

Garden Salad (V) (GF) <i>mixed lettuce leaves, tomato, carrot, cucumber & balsamic or mayo dressing</i>	<i>Small</i> \$ 9.00 <i>Large</i> \$ 10.00	Greek Salad (V) (GF) <i>cherry tomatoes, lettuce, cucumber, feta, olives, green pepper (capsicum), Spanish onion with balsamic dressing</i>	<i>Small</i> \$ 9.50 <i>Large</i> \$ 10.50
Chicken Caesar Salad <i>chicken, lettuce, cherry tomatoes, bacon, croutons, cheese with Caesar dressing</i>	<i>Small</i> \$ 10.00 <i>Large</i> \$ 11.00		



(GF) = Gluten Free
(V) = Vegetarian

Canteen Menu continued...

Sushi

Sushi Roll – Tuna & Cucumber	\$ 4.80	Sushi (9 mini pieces) – Tuna	\$ 4.80
Sushi Roll – Chicken Teriyaki & Lettuce	\$ 4.80	Sushi (9 mini pieces) – Avocado	\$ 4.80
		Sushi (9 mini pieces) – Cucumber	\$ 4.80



Hot Food Options

Crumbed Chicken Breast	\$ 3.00	Fish Burger	\$ 6.50
Chilli Chicken Strip	\$ 3.00	Crumbed Fish fillet on a soft white roll with lettuce & tartare sauce	
Sausage Rolls	\$ 4.50		
Spinach and Ricotta Rolls (V)	\$ 4.50	Chilli Chicken Strip Burger	\$ 7.00
Pie Beef	\$ 4.50	Two chilli chicken strips, lettuce, tomato & cheese on a soft white roll + choice of tomato, BBQ, sweet chilli sauce or mayo	
Garlic Bread	\$ 4.00		
Sauce Sachet	\$.20		



Homemade Pasta	Small	\$ 7.00
Napolitana or Bolognaise	Large	\$ 9.00

Chicken Burger	\$ 6.50
Crumbed chicken breast fillet, lettuce, tomato and cheese on a soft white roll + choice of tomato, BBQ, sweet chilli sauce or mayo	



Weekly Specials Salads and Wraps

Chef's Weekly Salad Special (please check Menu Board/PH App.)	\$ 12.00	Chef's Weekly Wrap Special (please check Menu Board/PH App.)	Small \$ 8.50 Large \$ 10.50
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Fresh Bakery

Banana Bread	\$ 4.00	Choc Chip Cookie	\$ 1.00
Cheese and Ham Rolls	\$ 3.50	Mini Finger Bun (Fridays Only)	\$ 2.00
Ham and Cheese Croissant	Plain \$ 4.50 Toasted \$ 6.00	Fresh Muffins	\$ 4.00



Snacks

Fruit – Fresh Seasonal (per piece)	\$ 1.50	Grain Waves	\$ 1.50
Fruit – Watermelon	\$ 3.00	Red Rock Chips 28g (Plain (GF), Honey Soy, Salt & Vinegar)	\$ 1.50
Fruit Salad	\$ 4.00	Popcorn	\$ 1.00
Pot of Hummus	\$ 1.00	Yoghurt (Yoplait)	\$ 2.50
Tub of Cucumber and Carrot	\$ 2.00	Quech Sticks	\$ 1.00
Carrot Sticks	\$.50	Moosies	\$ 2.00
Cucumber Sticks	\$ 1.00		



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Drinks

Mt Franklin Sparkling Water	\$ 3.50	Popper (apple/blackcurrant, orange, apple)	\$ 2.50
Still Water	\$ 3.00	Up & Go (vanilla, chocolate)	\$ 3.00
100% Juice (orange, apple)	\$ 3.50	Flavoured Milk (chocolate, strawberry)	\$ 3.00
Juice Bombs	\$ 3.00	Mixed Berry Smoothies	\$ 5.00

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