

DAILY SPECIALS

MON

- > Vietnamese tofu & vegetable pho **DF GF \$4.60**
- > Zucchini, pea & feta fritters with a yoghurt tzatziki **\$4.00**
- > Pumpkin & spinach risotto **GF \$7.00**
- > Potato bureka **DF \$2.60**
- > Quinoa Israeli salad **DF GF \$6.70**
- > Falafel wrap **VEGAN DF \$6.70**
- > Wholemeal roll with tuna & corn salad & lettuce **DF \$5.70**
- > Health muffin **DF \$3.80**
- > Triple chocolate muffin **\$3.00**

THUR

- > Green lentil vegetable soup **DF GF \$4.60**
- > Risotto balls (front counter only, no online orders) **\$3.00**
- > Soba noodle salad with vegetables **DF \$6.70**
- > Tofu & eggplant stir fry served with brown rice **DF GF \$6.50**
- > Ricotta & spinach roll **\$5.50**
- > Nachos with melted cheese **GF \$4.00**
 - with avocado & tomato salsa **\$1.00**
 - with sour cream **.50c**
- > Gluten free butter pasta **\$3.60**
- > Gluten free cheese pasta **\$4.10**
- > Wholemeal roll with egg salad, tomato & lettuce **DF \$5.70**
- > Triple chocolate muffin **\$3.00**
- > Apple & cinnamon muffin **\$3.80**

TUES

- > Chinese sweet corn soup (contains egg) **GF \$4.60**
- > Cheesymite pinwheel **\$2.60**
- > Potato bureka **DF \$2.60**
- > Fried rice (contains egg) **DF \$6.70**
- > Hamburger roll with falafel, eggplant, tomato, spinach & humus **VEGAN \$6.50**
- > Pasta salad with ricotta, cherry tomatoes, zucchini, peas & spinach **\$6.70**
- > Gluten free butter pasta **\$3.60**
- > Gluten free cheese pasta **\$4.10**
- > Salad wrap with seeded mayonnaise, cheese, beetroot, carrot, tomato, cucumber & lettuce **\$6.70**
- > Red velvet cupcake muffin **\$3.00**
- > Triple chocolate muffin **\$3.00**

WED

- > Pumpkin soup - niblets **DF GF \$4.60 .50c**
- > Roasted sweet potato salad with freekah, feta & seeds **\$6.70**
- > Laffa wrap with pesto mayo, tomato, cheese spinach **\$5.70**
- > Baked potato **DF GF \$3.70**
- > Baked sweet potato (online order only) **DF GF \$4.20**
 - cheese **\$1.00**
 - sour cream **.50c**
 - butter **.50c**
 - coleslaw **\$1.00**
- > Cheesymite pinwheel **\$2.60**
- > Napoli pasta **DF \$4.20**
- > Gluten free napoli pasta **DF GF \$4.70**
- > Triple chocolate muffin **\$3.00**
- > Raspberry & white chocolate muffin **\$3.80**

FRID

- > Orrechiette pasta with pesto, cherry tomatoes & peas **DF \$6.70**
- > Home made square pizza slice with sweet potato, spinach & feta **\$5.50**
- > Mock chicken soup with carrots & noodles - niblets **DF \$4.60 .50**
- > Sweet potato & feta pinwheel **\$3.00**
- > Smoked salmon & cream cheese bagel **\$5.70**
- > Health muffins **DF \$3.80**
- > Raspberry & white chocolate muffin **\$3.80**
- > Triple chocolate muffin **\$3.00**

**TERM
THREE
2019**

the.shuk

EVERY DAY

LUNCH EVERY DAY

Zucchini slice		\$2.60
Salad selection	DF GF	\$6.70
Filled bagel/wrap/roll		\$5.70
Cheese & tomato pinwheel		\$2.60
Buttered pasta		\$3.10
Cheesy pasta		\$3.60
Tuna pasta bake		\$4.60
Round pizza		\$3.10
Fruit salad	DF GF	\$5.70
Watermelon salad	DF GF	\$5.20
Edamame	DF GF	\$4.20
Bircher muesli & fruit		\$5.20
Vegetable sticks	DF GF	\$4.10
Vegetable sticks with hummus		\$4.70
Corn on the cob		\$1.20
Hard boiled egg	DF GF	\$1.20
Pickle	DF GF	\$1.10

SAVOURY TREATS

Bissili BBQ	DF	\$2.00
Cobbs popcorn 25g	DF GF	\$2.00
Gratify gluten free pretzels		\$2.50

SWEET TREATS

Whole fruit (apple, orange, pear)		\$1.50
Frozen watermelon slice	DF GF	\$1.50
Dried fruit strap	DF GF	\$1.10
Tapioca coconut pudding	DF GF	\$4.00
Chocolate chip cookie		\$2.50
Triple choc muffin		\$3.00
Brownie		\$3.00
Muesli bite		\$2.50
Red jelly	DF GF	\$2.50
Frozen orange juice cup or apple blackcurrant cup		\$1.00

B'DAYS @ BIALIK

Class chocolate cake (egg free & dairy free)	\$17.00
Frozen juice cups for the class	\$20.00

DRINKS

Filtered natural water 660ml	\$2.00
Sparkling San Pellegrino mineral water 250ml	\$3.00
Juices 300ml (apple, apple/blackcurrant, orange)	\$3.00
Nippy's chocolate milk 250ml	\$2.50
99% pure juice slushie	\$2.20

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All menu items are available over-the-counter or by pre order at flexischools.com.au
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All packaging used is biodegradable
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