



Metropolitan Canteens Term 2 menu

Prices effective from April 2026

SANDWICHES & WRAPS

White/wholemeal/Multigrain/Gluten Free

Sandwiches	\$6.00
Salad Wraps	\$7.00
w/meat	\$7.50
Chicken, bacon and brie baguette	\$8.00

SALAD

Chicken Pasta Salad	\$8.00
Chicken Caesar salad	\$8.00
Roast pumpkin salad	\$8.00
Spinach and feta frittata with salad	\$8.00

Fruit and yoghurt

Fresh Fruit (whole)	\$1.50
Fruit Salad Bowl	\$5.00
Watermelon bowl	\$4.00
Greek Yoghurt with berries	\$3.50

THE BAKERY

Cookies	\$3.00
Muffins	\$3.50
Texas Muffins	\$5.00
Chocolate Brownie	\$3.50
Sausage Rolls	\$5.00
Cheesecake	\$5.50

BURGERS & BUNS

Chicken patty lettuce and mayo	\$6.50
Cheeseburger	\$6.00
BBQ beef w/cheese and onion rings	\$7.50
Spicy chicken with lettuce & tomato	\$7.00
Vegetarian Burger	\$6.50
Hot Dog with sauce	\$5.00
Hot Dog with sauce and cheese	\$5.50
Chicken sliders (2)	\$7.50
Sweet chilli tender wrap	\$7.50
Garlic bread	\$4.80

DAILY SPECIALS

New specials every Term

All \$7.50

Monday: Sushi bowl (can be hot or cold)
Teriyaki chicken or Tuna or vegetarian
Tuesday: Greek chicken Gyro wrap
Wednesday: Spicy wings with wedges and slaw
Thursday: Korean beef Bulgogi with rice and vege
Friday: Mexican chicken, beef or vege burrito

BREAKFAST

Available from 8am

Hashbrown	\$2.50
Ham and cheese pocket	\$2.50
Bacon and Egg Roll	\$6.00
Croissants	\$6.00
Toasties	\$5.50
Breakfast wrap	\$7.00

HOT FOOD

Potato Wedges	\$4.50
Chicken Nuggets (6)	\$5.00
Loaded Wedges	\$5.50
Traveller pie	\$6.00
Vegetarian Nachos	\$5.50
Pizza slice	\$4.50
Chicken tender on rice w/ teriyaki	\$5.00
Bacon and egg fried rice	S\$4.50 L\$7.00
Pasta of the day	S \$4.50 L\$7.50
Karaage chicken and rice with sauces	\$8.00



Metropolitan Canteens Term 2 menu

Prices effective from April 2026

COLD DRINKS

600ml water	\$2.50
Up and Go	\$3.50
300ml flavoured Milk	\$3.50
500ml milk	\$5.00
Icebreak	\$5.50
Poppers	\$2.50
Bare	\$4.50
Mineral Waterfords	\$4.50
Lipton Iced tea	\$5.00
Gatorade	\$5.00
Aloe Vera juice's	\$5.00

CRISPS

Red Rock Potato Crisps 28gm	\$2.50
Red rock potato crisps 45gm	\$3.50

SNACK FOODS

Jelly Cup	\$2.50
Chocolate mousse	\$3.50

ICE CREAMS

Zooper Doopers	\$1.00
TNT sours	\$1.00
Frozen juice cups	\$1.50
Icy pole	\$2.50
Ice cream cups	\$2.00
Lifesaver	\$3.50
Mini drumstick	\$3.00
Frosty fruit stack	\$4.00
Milo cup	\$5.50
Maxibon	\$6.00

SUSHI VARIETY

1 roll	\$4.00
2 rolls	\$7.50

Only available on selected days

COMBO DEALS

Hotdog with sauce and chips	\$7.50
Chicken or cheeseburger & chips	\$8.50
Pasta of the day and garlic bread	\$8.50

Allergy options

Gluten free muffin	\$3.00
Gluten free chocolate Brownie	\$4.00
Gluten and dairy free penne bolognese	\$8.00
Gluten free chicken nuggets (5)	\$5.00
Large vegetarian Spinach ricotta agnolotti in a pink sauce	\$7.50

These items need to be pre ordered