

BREAKFAST

6.30AM TO 11.00AM

GLUTEN FREE AVAILABLE
PLEASE SEE CANTEEN POLICY

BREAKFAST TRAYS

EGGS, POACHED OR SCRAMBLED, TOAST gfo	10
SMASHED AVOCADO, PERSIAN FETA, DUKKAH, WHOLEMEAL SOURDOUGH TOAST	14.5
ADD 2 POACHED EGGS gfo	+4
CHARRED MUSHROOMS, EGGS POACHED OR SCRAMBLED, MIXED GRAINS, KALE, SOURDOUGH TOAST gfo	16.5
BAKED HAM OFF THE BONE, EGGS POACHED OR SCRAMBLED, CHERRY TOMATOES, SPINACH LEAVES, SOURDOUGH TOAST gfo	17
MAPLE CURED BACON, EGGS POACHED OR SCRAMBLED, POTATO GEMS, BLISTERED ROMAS, TOMATO WHIP, SOURDOUGH TOAST gfo	17.5
HOUSE SMOKED SALMON, EGGS POACHED OR SCRAMBLED, BEETROOT CRUNCH, KALE, SOURDOUGH TOAST gfo	18

MORE

BACON & EGG BRIOCHE ROLL gfo	10
CROISSANT, HONEY GLAZED HAM, CHEDDAR, TOMATO	9
GRILLED BANANA BREAD, COCONUT BUTTER, PINEAPPLE CHUTNEY	12
HOTCAKES, BERRY COMPOTE, MASCARPONE WHIP	13

BOWLS

BERRY SMOOTHIE BOWL, MIXED BERRY, BANANA, COCONUT, FRESH FRUIT, GRANOLA gfo	14
MANGO SMOOTHIE BOWL, MANGO, BANANA, LIME, COCONUT WATER, CHIA, FRESH FRUIT, GRANOLA gfo	14
HANDMADE CRUNCHOLA, DEHYDRATED RASPBERRIES, GREEK YOGHURT, ALMOND MILK gfo	12.5
CINNAMON PORRIDGE, FRESH FRUIT, SPICED MAPLE SYRUP, FLAKED ALMONDS	13

KIDS

HOTCAKE, SYRUP	7
YOGHURT BOWL, FRUIT, CRUNCHOLA SPRINKLES gfo	7
GRILLED BANANA BREAD, COCONUT BUTTER	8
SCRAMBLED EGGS, TOAST	8

EXTRAS

BACON	4
AVOCADO	5
KALE OR SPINACH	3
POTATO GEMS	4
MUSHROOMS	3

FOOD

11.00AM TO 4.30PM

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WHOLE FOODS TRAYS

SEARED HALOUMI, OVEN ROASTED VEGETABLES, TOASTED MIXED SEEDS, CARAMELISED VINAIGRETTE gf	16.5
FALAFEL, SPICED SWEET POTATO, CHARRED PEPPERS, KALE, CHICKPEAS, ROASTED ONION, TOASTED MIXED SEEDS, GREEN CHILLI YOGHURT gf	16.5
TERYAKI CHICKEN, WOMBOK SLAW, SPRING ONION, PICKLED CUCUMBER, CRISPY NOODLES, SESAMIE MAYO, SOY DRESSING gfo	17
GRILLED CHICKEN, CHICKPEAS, FETA, TOMATO, CAPSICUM, CUCUMBER, KALAMATA OLIVES, LEMON & OREGANO DRESSING gf	17
HOUSE SMOKED SALMON, ANCIENT GRAIN AND BROCCOLI SALAD, NUTS AND SEEDS, AVOCADO	18

SEAFOOD TRAYS

SALMON POKE, PONZU, WASABI MAYO, FURIKAKE SEASONING, NORI, EDAMAME, BROWN RICE gf	16.5
TUNA POKE, GINGER, SHALLOTS, SESAME, PICKLED DAIKON, EDAMAME, SOY & GINGER MAYO, MACADAMIA NUTS, BROWN RICE gf	16.5
KING FISH POKE, COCONUT, LIME, CHILLI PINEAPPLE, CORIANDER, CRISPY SHALLOTS, BROWN RICE gf	16.5
TRADITIONAL FISH & CHIPS	14.5
GRILLED FISH, CHIPS, GREENS gfo	15.5
SQUID RINGS, CHIPS	14.5
GRILLED SALMON STEAK, MIXED GREENS, WASABI MAYO, BROWN RICE gf	19.9
SEAFOOD BASKET, CHIPS	19.9

MORE

HALOUMI BURGER, GRILLED MUSHROOM, SPINACH, TOMATO RELISH gfo	12
FISH TACOS, GUACAMOLE, TOMATO SALSA, CILANTRO SLAW, LIME YOGHURT DRESSING, gfo	14
CANTEEN BURGER, ANGUS BEEF PATTIE, ICEBURG, CHEESE, FRIED ONION, TOMATO, MAYO gfo	14.5
CHICKEN KATSU BURGER, CUCUMBER, WOMBOK SLAW, KOREAN BBQ SAUCE	14
SPICED PUMPKIN SOUP SERVED IN A SOURDOUGH ROLL, ROASTED PEPITAS, FETTA	13

KIDS

FISH & CHIPS gfo	9
SALAD WRAP	7.5
SQUID & CHIPS	8
SAUSAGE ROLL	6

EXTRAS

SIDE SALAD	5
KALE	3
BROWN RICE	2.5
CHIPS	6

CANTEEN

PLEASE NOTE: THIS IS OUR MENU FOR THE RESTRICTED TRADING PERIOD ONLY.
SCAN QR CODE FOR DIGITAL VERSION OF THE MENU. PEACE.

