Metropolitan Canteens

Salads
- Garden Salad: $4.00 Small, $6.00 Large
- Chicken Caesar: $4.00 Small, $6.00 Large
- Greek Salad: $4.00 Small, $6.00 Large
- Thai Salad: $4.00 Small, $6.00 Large
- Tuna Salad: $4.00 Small, $6.00 Large

Sandwich Bar
- Ham and Cheese, Cheese and Tomato: $3.50
- Ham Cheese and Tomato, Curried Egg, Salad, Egg and Lettuce, Tuna Salad, Tuna and Lettuce, Cheese and Gherkin: $3.80
- Chicken & Avocado, Ham Salad: $3.80
- Chicken Lettuce and Mayo, Chicken Salad, Beef Salad, Turkey Lettuce and Cranberry, Turkey Salad, Smoked Salmon/Cream Cheese: $6.00

Focaccia (any filling): $6.00
Wrap (any filling)
  - Half: $3.50
  - Whole: $6.00

Hot Foods
- Grilled Chicken Burger: $4.50
- Hamburger: $4.50
- Fish Burger: $4.50
- Veggie Burger: $4.50
- Chicken and Mayo Roll: $4.50
- Sweet Chilli Chicken Wrap: $4.50
- Hot Dog with Sauce: $3.20
- Hot Dog with Cheese & Sauce: $4.00
- Lasagne - Beef or Vegetarian: $4.80
- Pasta Bolognaise: $4.50
- Pizza Slice: $1.50
- Pies/pasties/sausage rolls (low fat) from $3.50
- Wedges (oven baked): $3.80
- Cheese Burger: $3.50

Daily Specials
Advertised specials available daily.
  - e.g. Yiros, Stirfry, Curry, Fried Rice, Baked Potato

Vegetarian and Gluten Free options available

Breakfast
Available from 8-00am
- Cereal and Milk: $2.50
- Ham and Egg Roll: $3.80
- Ham and Egg Muffin: $3.80
- Scrambled Egg Wrap: $4.00
- Croissant: $3.80

Drinks
- 600ml Water: $2.00
- 600ml Plain Milk: $2.30
- 375ml Plain Milk: $1.70
- 600ml Flavoured Milk: $4.00
- 375ml Flavoured Milk: $3.50
- Up and Go Milk: $2.50
- Just Juice: $1.80
- Fruit Juice 200ml: $2.50
- Fruit Juice 300ml: $2.80
- Fruit Juice 500ml: $3.50

Cold Food/Snacks
- Tri-Salad Pack (Pasta/Garden/Fruit): $4.00
- Sushi (2/pack)(subject to availability): $5.00
- Cold Rolls (2/pack)(subject to availability): $6.00
- Fresh Fruit (whole): $1.20
- Fruit Salad small: $3.20
- Fruit Salad large: $4.00
- Yoghurt: $2.50
- Jelly: $1.60
- Red Rock Potato Crisps 28gm: $1.50
- Vege Chips 27gm: $1.80

Ice Creams
Selection of approved ices available from canteen

Prices effective from January 2015