



Fintona Tuckshop Summer Menu 2020

(V) vegetarian
(VG) vegan
(DF) dairy-free
(GF) gluten-free
* Gluten-free option available

SNACKS

Seasonal Fruit Salad Cup (GF, DF, V, VG) \$2.50 Freshly cut seasonal fruit	Peach & Vanilla Yoghurt Pot (GF, V) \$2.50 Organic vanilla yoghurt layered w/ peaches
Very Berry Jelly Cup (GF, DF, V) \$2.50 Seasonal berries served in natural strawberry jelly	Apple Cinnamon Muffin (V) \$2.50
Crazy Apple (GF, DF, V, VG) \$2.00 Spiral cut seasonal apple	Chocolate Mousse Pot (GF, V) \$2.50
Sticks 'n' Dips (GF, DF, V, VG) \$3.00 Carrot, celery and cucumber served w/ homemade hommus dip	Mini Dark Choc Rice Cakes (GF, DF, V, VG) \$1.50
Organic Popcorn Cup (GF, DF, V, VG) \$2.00 Freshly popped in organic coconut oil and Himalayan pink salt	Roasted Seaweed Sheets (GF, DF, V, VG) \$2.50
Organic Corn Chips (GF, DF, V, VG) \$3.50 w/ guacamole and salsa	Berry Yoghurt Balls (GF, V) \$1.50
Cheese & Crackers (GF, V) \$2.50 Freshly sliced tasty cheese w/ organic brown rice crackers	Chia & Sesame Crisps (GF, DF, V) \$1.50
Crackers & Dip (GF, DF, V, VG) \$2.50 Organic brown rice crackers served w/ homemade hommus dip	Homemade Oat Choc Chip Cookie (V) \$1.00
	Vanilla Meringue (GF, DF, V) 50c
	100% Natural Fruit Straps (GF, DF, V, VG) \$1.50
	Organic Brown Rice Crackers (GF, DF, V, VG) \$1.50 Salt & Vinegar
	Garlic & Herb Pita Slice (V) 50c
	Nut-Free Trail Mix (V) \$3.00 A blend of seeds, dried fruit and dark choc chips

DRINKS & FROZENS

100% Fruit Juice (GF, DF, V, VG) \$2.00 • Apple • Orange • Tropical	Hot Chocolate (GF, V) \$3.00 with Soy Milk (DF, V, VG) + 50c
Flavoured Milk (GF, V) \$2.00 • Chocolate • Strawberry	Frozen Watermelon (GF, DF, V) \$2.00
Banana & Strawberry Smoothie (GF, V) \$3.50	Tasman Bay Juicy Tubes (GF, DF, V, VG) \$2.00 Assorted natural flavours available to select upon collection
	Mango Frozen Yoghurt Cup (GF, V) \$2.50 Greek yoghurt & mango blended with nothing artificial

LUNCH BOX (ideal for excursions, available for 8.45am collection)

Lunch Box (GF, V) \$10.00 • Sandwich or Wrap (select one option) - Salad Wrap (DF, V) - Cheese Sandwich (V) - Cheese & Tomato Sandwich (V) - Ham & Cheese Sandwich - Ham, Cheese & Tomato Sandwich	• Homemade Oat Choc Chip Cookie (V) • Seasonal Fruit Salad Cup (GF, DF, V) • Organic Popcorn Cup (GF, DF, V)
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TOASTIES

*Gluten-Free Options + \$1.00

Cheese Toastie* (V)	\$4.00	Spinach, Cheese & Tomato Panini* (V)	\$6.00
Cheese & Tomato Toastie* (V)	\$4.50	Cheese, Spinach & Ham Panini*	\$6.00
Ham & Cheese Toastie*	\$4.50	Chicken, Cheese & Tomato Panini*	\$6.00
Ham, Cheese & Tomato Toastie*	\$5.00		

We only use naturally wood smoked ham free of nitrites

SALADS & WRAPS

Salad Wrap (DF, V)	\$5.00	Greek Salad (GF, V)	\$4.50
Grated carrot, cucumber, lettuce, tomato & cheese wrapped in pita bread		Cucumber, tomato, feta & kalamata olives in an extra virgin olive oil & lemon dressing	
add Free Range Poached Chicken	+ \$2.00	Rice Noodle Salad (GF, DF, V, VG)	\$6.00
add Naturally Wood Smoked Ham	+ \$2.00	Vermicelli rice noodles with cucumber, carrot, spring onion, coriander and an Asian dressing	
add Tuna	+ \$2.00	add Free Range Poached Chicken	+ \$2.00
We only use naturally wood smoked ham free of nitrites		add Tuna	+ \$2.00

HOT FOOD

*Gluten-Free Options + \$1.00

Homemade Pizzas*	\$4.50	Organic Chicken Nuggets	\$6.00
• Margherita (V) • Vegetarian (V) • Tropical		Napoli Pasta Tub (V)	\$5.00
		Penne pasta served with our homemade Napoli pasta sauce topped with cheese	
Homemade Burgers*	\$5.00	Chicken Pesto Pasta Tub	\$6.00
• Vegetarian (DF, V) • Grilled Free Range Chicken (DF) • Grass Fed Beef (DF)		Penne pasta served with our homemade pesto & free range chicken topped with cheese	
Organic Beef Hot Dog* (DF).....	\$5.00	Butter Chicken (GF)	\$6.00
Naturally wood smoked organic beef hot dog served on a fresh roll		Free range chicken & greens in a mild aromatic curry sauce served with organic brown rice	
Homemade Mini Sausage Roll	\$3.00	Gyoza (DF)	\$6.00
Grass fed beef & veggies wrapped in a natural golden pastry		Japanese pork dumplings served with soy dipping sauce	
Egg & Bacon Roll* (DF).....	\$5.00	Vegetarian Gyoza (DF, V)	\$6.00
Free range egg & naturally wood smoked bacon served on a fresh bread roll		Japanese dumplings served with soy dipping sauce	
Nacho Bowl (GF, V)	\$6.00	Teriyaki Chicken Tenders (GF, DF)	\$6.00
Organic corn chips, topped with mild salsa, tasty cheese, guacamole & sour cream		Marinated free range chicken & greens served with organic brown rice	