



The Wave Break Cafe

MENU

Daily Home Made Specials



*Monday	Pancakes with butter and maple syrup	\$3.50
*Tuesday	Fried Rice made with Bacon, Egg, Peas & Corn	\$4.00
*Wednesday	Spaghetti Twirls with Bolognaise & Cheese	\$4.00
*Thursday	Nachos with Meat Sauce, Salsa, Cheese & Sour Cream	\$4.00
*Friday	Sushi: Chicken and Avocado, Chicken Teriyaki or Tuna	\$3.00

Everyday Options Sandwiches



Wholemeal or White Bread

Vegemite/Jam/Honey/Cheese	1.50
Ham	2.50
Grated Carrot & Cheese	2.50
Chicken, Lettuce & Mayo	3.50
Tuna, Lettuce & Mayo	3.50
Egg, Lettuce & Mayo	3.00
Ham or Chicken & Salad	4.00
Roll or Wraps add	0.50
Toasted	
Cheese & Tomato	2.50
Chicken or Ham & Cheese	3.50
Salad Box	
Lettuce, Tomato, Cucumber, Carrot, Beetroot & Cheese	4.50
add Egg, Ham or Chicken	5.00

Everyday Hot Food



Pizza Sub with Ham & Cheese	2.00
*Chicken Strip Roll with Lettuce & Mayo	3.00
*Chicken Twister Wrap with Lettuce, Tomato, Cheese & Mayo	3.80
*Chicken Burger with Lettuce, Tomato, Carrot, Cheese & Mayo	4.00
*Chicken Burger with Lettuce & Mayo only	3.50
*Hamburger with Lettuce, Tomato, Carrot, Beetroot & Cheese	4.00
Cheeseburger with Sauce & Cheese only	3.50
Small Pie	1.80
Large Pie	3.00
Sausage Roll	Large....\$2.80 Small.... 1.80
Small Potato Pie	2.20
Hot Dog & Sauce	2.70
Hot Dog, Cheese & Sauce	3.00
Sauce sachet	0.30

Healthy Snacks



Fresh Fruit Salad includes 4 seasonal fruits	2.00
Apple Slinky	1.00
Mandarin or Orange	0.80
Apple	0.80
Seasonal Fruit eg. Grapes	0.80
Boiled Egg	0.80
Cracker Cup with Rice Crackers & Cheese	1.20
Homemade Pikelets (jam available)	1.00
Homemade Muffin - Berry or Choc Chip	1.00
Cookie	0.80
Gingerbreadmen	1.50
Frozen Yoghurt	1.80
Various Iceblocks	from 0.50

Drinks



Plain Milk	1.00
Flavoured Milk	2.00
Small Juice	1.00
Large Juice	1.50
Small Playwater	1.80
Large Playwater	2.20
Water	1.50
LOL	2.00
Blizzard	2.00

The Buddina Tuckshop is open 5 days a week.
 1st Break Lunch - 10.45am 2nd Break Snack - 1.30pm
 Orders to be in by 9am Lunch Bags are 10c
 Volunteers most welcome - 1/2 day per month

