

Forest Kitchen

SANDWICH BAR MENU

HEALTHY FILLINGS, BUILD YOUR OWN

1) CHOOSE A BASE

SANDWICH	
- Dark Rye, Multigrain, White or Wholemeal	
GLUTEN-FREE BREAD	\$2.00
ROLL	\$2.00
WRAP	\$2.00
FOCACCIA	\$2.00



2) CHOOSE A FILLING

CHEESE	\$6.00
CHICKEN • Plain	\$7.90
CHICKEN • Tandoori	\$7.90
CHICKEN TENDER	\$8.90
CHICKEN SCHNITZEL	\$8.90
EGG	\$7.00
FALAFEL	\$7.90
GRILLED VEGETABLES	\$7.90
HAM	\$7.00
SALAD	\$7.50
SINGLE SALAD BASE ITEM (e.g tomato or cucumber)	\$4.00
SALAMI	\$6.90
PASTRAMI/TURKEY	\$7.90
TUNA	\$7.00
SALMON	\$9.50
VEGEMITE	\$4.50

3) EXTRAS

BEETROOT	\$1.00	GUACAMOLE	\$1.50
CARROT	.70C	CRANBERRY	\$0.50
CHEESE P/SLICE	\$1.00	HUMMUS	\$1.00
SWISS CHEESE P/SLICE	\$1.50	PESTO	\$0.50
SPINACH/LETTUCE	\$1.00	VEGGIE RELISH	\$0.50
GRILLED VEGETABLE	\$2.50	CHICKEN	\$2.50
CONDIMENTS	\$0.50	SALAMI	\$1.50
CREAM CHEESE	\$1.00	EGG	\$2.90
SUN DRIED TOMATO	\$1.10	HAM	\$2.00
CUCUMBER	\$1.00	TUNA	\$2.00
ONION	\$0.60	TURKEY	\$2.50
FULL SALAD	\$4.00		

