



## Top Ryde City - Lunch Menu

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### Starters

**Marinated Olives**  3.95

*Mixed olives marinated in herbs & spices.*

**Nachos** S 9.95 L 16.95

*Bed of crispy cornchips, smothered in cheese, ground beef & red kidney beans, topped with sour cream, guacamole & tomatoes (available with a side of chilli sauce)*

**Arancini Balls** 9.95

*Fried risotto balls with Fontina, tomato, herbs & fetta, served with a garlic aioli*

**Stuffed Mushrooms** 9.95

*Goats cheese, lemon zest & parsley stuffed mushrooms with a parmesan crust served on a bed of rocket & drizzled with Italian balsamic glaze*

**Tomato & Mozzarella Bruschetta** 9.95

*Cherry tomatoes, Italian buff alo mozzarella, Spanish onion & basil served on toasted organic ciabatta bread with balsamic glaze.*

**Trio of Dips (Dairy Free)**  9.95

*Hummus, beetroot relish & eggplant salsa served with flat bread*

**Salt & Pepper Calamari** 10.95

*Crumbed & lightly seasoned with Murray River salt flakes & Szechuan pepper served with a garlic aioli*

**Marinated Meatballs** 11.95

*Wagyu meatballs in our BBQ glaze served with flat bread & a side of our tasty BBQ mayo (NB: Meatballs contain 50% Wagyu beef & pork)*

**Chargrilled Chorizo**  11.95


*Chargrilled sliced Chorizo served on a bed of rocket with flat bread & a side of chilli mayo.*

**Grilled Tandoori Chicken Bites** 11.95

*Bite-sized chicken breast pieces served with flat bread & a side of mango chutney & our classic cucumber yoghurt dressing.*

**Sizzling Chilli Prawns** 12.95

*Chilli prawns served in a sizzling 'Hot Pot' with flat bread & a side of chilli mayo.*

**Garlic & Cheese Pizza (12")**  8" 8.95 12" 14.95

**Garlic & Cheese Pizza (12" plus)** 

8" 10.45 12" 16.45

*(with caramelised balsamic onions)***Chicken Wings (6 pieces or 12 pieces)**

S 9.95 L 16.95

*Choose between two delicious flavours; Smokey BBQ or Spicy Louisiana. (add your choice of either Creamy Blue Cheese or Ranch dipping sauce - add \$1.50).***Starter Share Plate**

39.95

*A share plate that includes 4 of our best selling 'Starters': Marinated Meatballs, Sizzling Chilli Prawns, Grilled Tandoori Chicken Bites & our Salt & Pepper Calamari. (NB: Meatballs contain 50% Wagyu beef & pork)*

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*Sides***Flat Bread** 

3.95

**Ciabatta Bread**

4.95

*Served with olive oil & balsamic vinegar***Garlic Bread**

5.95

*(add cheese \$1.50)***Shoe String Fries**

8.95

*Served with tomato sauce***Potato Wedges**

9.95

*Served with sweet chilli sauce & sour cream***Green Salad** 

9.95

**Rocket, Pear & Parmesan Salad** 

11.95

**Greek Salad** 

12.95

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*Fresh Warm Wraps - (10")***Roast Pumpkin & Fetta**

8.95

*Moroccan spiced roasted pumpkin, rocket, fetta, roma tomatoes, sautéed onion & balsamic glaze.***Chicken Pancetta**

9.95

*Marinated grilled chicken breast, rocket, roma tomatoes, pancetta (bacon) & our tasty BBQ mayo.***Italian Meatball**

9.95

*Wagyu meatballs, rocket, roma tomatoes, parmesan, balsamic glaze & our tasty BBQ mayo. (NB: Meatballs contain 50% Wagyu beef & pork)***Grilled Salmon**

9.95

*Grilled Atlantic salmon, avocado, roma tomatoes, cucumber, rocket, crispy capers & our creamy Caesar sauce.*

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## Signature Pizzas

### **Prosciutto & Bocconcini**

**8"** 12.95 **12"** 24.95

*Freshly sliced prosciutto, pancetta (bacon), basil, rocket & bocconcini finished with mango chutney.*

### **The True Vegetarian**

**8"** 12.95 **12"** 24.95

*Goats curd base, spinach, mushrooms, roasted pumpkin, balsamic onions, roma tomatoes, kalamata olives, roasted pinenuts, shaved parmesan, \*pesto, parmesan sauce & balsamic glaze.*

### **Mexican Nacho (chilli sauce optional)**

**8"** 12.95 **12"** 24.95

*Ground beef & red kidney bean nacho mix topped with roma tomatoes, guacamole, sweet chilli sauce & sour cream.*

### **Sicilian**

**8"** 13.95 **12"** 25.95

*Traditional Italian pepperoni, chorizo, Wagyu meatballs, Spanish onion, pancetta (bacon), kalamata olives, bocconcini & rocket with a drizzle of chilli oil. (NB: Meatballs contain 50% Wagyu beef & pork)*

### **Grilled Chilli Prawn**

**8"** 13.95 **12"** 25.95

*Marinated chilli prawns, roasted capsicum, basil, roma tomatoes & \*pesto served with a side of chilli sauce.*

### **Marinated Chargrilled Lamb**

**8"** 13.95 **12"** 25.95

*Tender marinated lamb backstrap fillet, fetta, balsamic onions, roma tomatoes, rocket, sweet potato crisps & our creamy Caesar sauce.*

### **Chilli Prawn & Chorizo**

**8"** 13.95 **12"** 25.95

*Roma tomatoes, basil, chilli prawns, chorizo, roasted capsicum finished with coriander, Italian buffalo mozzarella & a wedge of lemon.*

### **Chargrilled Eye Fillet Steak (NEW)**

**8"** 13.95 **12"** 25.95

*Tender chargrilled eye fillet, balsamic onions, roma tomatoes, cucumber, buffalo mozzarella, basil & our tasty BBQ mayo.*

### **Spinach Pancetta**

**8"** 13.95 **12"** 25.95

*Goats curd base, spinach, pancetta (bacon), mushrooms, roasted pumpkin, balsamic onions, roma tomatoes, kalamata olives, roasted pinenuts, shaved parmesan, \*pesto, our tasty BBQ mayo & balsamic glaze.*

### **Grilled Atlantic Salmon Pizza**

**8"** 13.95 **12"** 25.95

*Grilled Atlantic salmon, parsley, Spanish onion, roma tomatoes, crispy capers, rocket & our creamy Caesar sauce.*

### **Grilled Chicken Tandoori**

**8"** 13.95 **12"** 25.95

*Marinated Tandoori chicken breast, cucumber, roma tomatoes finished with mango chutney & our classic cucumber yoghurt dressing.*

### **Peri Peri Chicken**

**8"** 13.95 **12"** 25.95

*Marinated grilled chicken breast, roasted capsicum, Spanish onion, roma tomatoes, bocconcini & rocket with our spicy Peri Peri sauce.*

### **Peking Duck (NEW)**

**8"** 14.95 **12"** 26.95

*Hoi sin base, Peking duck, shallots, cucumber & coriander drizzled with a light glaze.*

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Classic Pizzas

**Margherita** 

**8"** 10.95 **12"** 20.95

Roma tomato, Italian buffalo mozzarella, shaved parmesan & basil.

**Ham & Pineapple** 

**8"** 12.95 **12"** 23.95

Premium leg ham, pancetta (bacon), pineapple pieces & roma tomatoes.

**Pepperoni** 

**8"** 12.95 **12"** 23.95

Traditional Italian pepperoni, roma tomatoes, Italian buffalo mozzarella & fresh mint.

**Grilled Chicken Pancetta**

**8"** 12.95 **12"** 24.95

Marinated grilled chicken breast, pancetta (bacon), roma tomatoes, rocket & our tasty BBQ mayo.

**Classic Supreme** 

**8"** 12.95 **12"** 24.95

Traditional Italian pepperoni, premium leg ham, mushrooms, roasted capsicum, Spanish onion, kalamata olives, pineapple & pancetta (bacon).

**Mediterranean** 

**8"** 12.95 **12"** 24.95

Basil, spinach, mushrooms, Spanish onion, olives, fetta, roast capsicum & oregano topped with sundried tomatoes.

**Bondi Meat Supreme**

**8"** 13.95 **12"** 25.95

Traditional Italian Pepperoni, Wagyu meatballs, premium leg ham, pancetta (bacon), balsamic onions, mushrooms, rocket & our tasty BBQ mayo. (NB: Meatballs contain 50% Wagyu beef & pork)

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The Longboard

**The Longboard**

**12"** 73.95

Choose any three pizzas from the menu.

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Signature Salads

**Roast Pumpkin & Fetta Salad** 

17.95

Moroccan spiced roasted pumpkin, beetroot, cos lettuce, rocket, fetta, cherry tomatoes, basil & white balsamic vinaigrette.

**Tuna Salad** 

19.95

Tuna & aioli mix, cos lettuce, rocket, cherry tomatoes, fetta, cucumber, kalamata olives, avocado, beetroot & white balsamic vinaigrette.

**Grilled Chicken Salad**

21.95

Marinated grilled chicken tenderloins, cos lettuce, rocket, cherry tomatoes, avocado, cucumber, kalamata olives, fetta, beetroot & white balsamic vinaigrette served with a side of our creamy Caesar sauce.

**Grilled Chilli Prawn Salad** 

23.95

Grilled chilli prawns, cos lettuce, rocket, cherry tomatoes, avocado, cucumber, kalamata olives, fetta, beetroot & white balsamic vinaigrette served with a side of chilli mayo.

**Grilled Atlantic Salmon Salad**  23.95

*Grilled Atlantic salmon, crispy capers, cos lettuce, rocket, cherry tomatoes, avocado, cucumber, kalamata olives, fetta, beetroot & white balsamic vinaigrette served with a side of our creamy Caesar sauce.*

**Chargrilled Lamb Salad**  24.95

*Tender marinated lamb backstrap fillet, balsamic onions, sweet potato crisps, cos lettuce, rocket, cherry tomatoes, avocado, cucumber, kalamata olives, fetta, beetroot & white balsamic vinaigrette served with a side of creamy mayo.*

**Chargrilled Eye Fillet Steak Salad**  24.95

*Tender chargrilled eye fillet, balsamic onions, green beans, cos lettuce, rocket, cherry tomatoes, avocado, cucumber, kalamata olives, fetta, beetroot & white balsamic vinaigrette served with a side of our creamy Caesar sauce.*

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*From The Grill*

**Grilled Chicken Tenderloins** 26.95

*Marinated grilled chicken tenderloins with a side of creamy porcini mushroom sauce or our spicy Peri Peri sauce served with shoe string fries & a green salad.*

**Grilled Atlantic Salmon**  27.95

*Grilled Atlantic salmon with a side of our creamy Caesar sauce, fried capers & a lemon wedge served with shoe string fries & a green salad. (NB: For 'Gluten Free' orders shoe string fries will be replaced with a larger green salad).*

**Chargrilled Eye Fillet Steak (220g)** 29.95

*Tender chargrilled eye fillet with a side of creamy porcini mushroom sauce, served with shoe string fries & a green salad. (NB: For steak orders medium to well done, please allow a few extra minutes for cooking time).*

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*Pastas*

**Napolitana Linguini** 19.95

*Napolitana sauce tossed through linguini served with shaved parmesan & basil.*

**Meatball Linguini** 22.95

*Wagyu meatballs & napolitana sauce tossed through linguini served with shaved parmesan & basil. (NB: Meatballs contain 50% Wagyu beef & pork)*

**Spinach, Ricotta & Pinenut Ravioli** 22.95

*Spinach, ricotta & pinenut ravioli tossed in \*pesto & light olive oil served with rocket.*

**Chicken Puttanesca** 23.95

*Succulent grilled chicken breast, kalamata olives and baby capers tossed in our rich tomato sauce with a hint of chilli.*

**Chicken Carbonara** 23.95

*Succulent grilled chicken, baby spinach & creamy porcini mushroom sauce tossed through linguini served with crispy pancetta (bacon).*

**Chilli Prawn Linguini** 24.95

*Chilli prawns tossed through linguini, wild rocket, chilli & parsley in light olive oil served with a wedge of lemon. (add grilled Chorizo - \$3.95)*

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*Kids Menu (under 12)*

**Kids Napolitana Linguini** 8.95

*Tomato based sauce with a side of parmesan.*

**Kids Meatball Linguini** 9.95

*Meatballs in a tomato based sauce with a side of parmesan. (NB: Meatballs contain 50% Wagyu beef & pork).*

**Tomato & Cheese Pizza**  8" 9.95 12" 16.95

**Ham & Cheese Pizza**  8" 9.95 12" 16.95

**Ham & Pineapple Pizza**  8" 9.95 12" 16.95

**Nachos Kids** S 9.95 L 16.95

*Bed of crispy cornchips, smothered in cheese, ground beef & red kidney beans, topped with sour cream, guacamole & tomatoes.*

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*Desserts*

**Our Classic Oven-baked Swirls** S 6.95 R 11.95

*Our classic oven baked Swirls served warm with vanilla ice cream & warm melted Belgian chocolate. Swirl options include: Original, Apple, Banana and Chocolate Brownie*

**Oven-baked Apple Crumble Pizzette** 10.95

*Our cinnamon apple & raisin compote, honeyed ricotta, & toasted crumble pizzette, served with vanilla ice cream*

**Warm Belgian Waffles** 10.95

*Served with strawberries, banana, vanilla ice cream & maple syrup.*

**Oven-baked Banana & Chocolate Pizzette** 10.95

*Our banana, honeyed ricotta & warm hazelnut chocolate pizzette served with vanilla ice cream & drizzled with warm melted Belgian chocolate.*

**Berry Swirl Cheesecake** 10.95

*Rich & creamy our luscious berry swirl cheesecake is simply to die for. Served with vanilla ice cream.*

**Triple Chocolate Brownie** 11.95

*Chocolate brownie with milk chocolate chunks served with vanilla ice cream & drizzled with warm melted Belgian chocolate*

**Belgian Chocolate Fruit Fondue** 11.95

*Strawberries, bananas & vanilla marshmallows served with a generous bowl of warm melted Belgian chocolate.*

**Dessert Share Plate** 22.95

*A sample plate of our four best selling desserts... Oven-baked Apple Crumble Pizzette, Chocolate Brownie Swirls, Belgian Chocolate Fruit Fondue & Triple Chocolate Brownie served with warm melted Belgian chocolate & vanilla ice cream.*

## **Vanilla Ice Cream - (1 / 2 Scoops) - 2.95 / 4.95**

**S 2.95 R 4.95**

*Delicious vanilla ice cream and your choice of the following toppings: Warm melted Belgian chocolate - (\$2.95) Gummy Bears - (\$1.95), Maltesers - (\$1.95) Marshmallows - (\$1.95), Mini M&M's - (\$1.95) Warm Apple Crumble - (\$2.95) Chocolate Brownie with warm melted Belgian c...*

## **Bondi Pizzas Frozen Yoghurt & Toppings**

**4.95**

*Delicious frozen yoghurt and your choice of the following toppings: Warm melted Belgian chocolate - (\$2.95) Gummy Bears - (\$1.95), Maltesers - (\$1.95) Marshmallows - (\$1.95), Mini M&M's - (\$1.95) Warm Apple Crumble - (\$2.95) Chocolate Brownie with warm melted Belgian choc...*

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*Coffee, Tea & Hot Chocolate*

### **HOT Beverages (available in Cup or Mug)**

*Cappuccino 3.95/4.95 - Flat White 3.95/4.95 - Latte 3.95/4.95 - Mocha 3.95/4.95 - Hot Chocolate 3.95/4.95 - Long Black 3.95/4.95 - Piccolo Latte 3.95 - Macchiato 3.95 - Short Black 3.95 - Babyccino 2.95 - Teas (Selection) 3.95 - Chai Latte 3.95 - Affogato 5.95*



# MALABAR PUBLIC SCHOOL CANTEEN MENU 2016



- Plain Toast – 1 Slice
- Plain Toast – 2 Slices
- Raisin Toast – 1 Slice
- Raisin Toast – 2 Slices
- Cheese Jaffle – Half
- Cheese Jaffle – Full
- Ham & Cheese Jaffle
- Hot Chocolate

## SANDWICHES - White or Wholemeal Bread

- Vegemite or Jam
- Cheese
- Cheese & Vegemite
- Cheese & Tomato
- Egg, Lettuce & Mayonaise
- Ham & Cheese
- Salad
- Cheese & Salad
- Tuna, Lettuce & Mayonaise
- Ham, Cheese & Tomato
- Chicken, Lettuce & Mayonaise

## WRAPS

- Chicken Caesar Wrap
- BBQ Meat Lovers Pizza
- Ham/Cheese & Pineapple Pizza
- Cheese & Spinach – Vegetarian

## BIG CRUNCH SUSHI - Gluten & Dairy Free

- \$1.00 Chicken Teriyaki & Cucumber
- \$2.00 Salmon, Avocado & Cucumber
- \$1.50 Tuna & Cucumber
- \$3.00 Vegetarian with Marinated Tofu
- \$1.50 Munch Box with Avocado

## SALADS

- \$2.50 Fruit Salad Tub
- Water Melon Tub
- Garden Salad – Vegetarian
- Greek Salad – Vegetarian
- Garden Salad with Chicken

## HOT FOOD

- \$3.50 Homemade Veg Fried Rice – Everyday
- \$3.80 Lean Sausage Roll – Everyday
- \$4.00 Lean Fat Pie – Everyday
- \$4.00 Corn Cob – Everyday
- \$4.00 Baked Chicken Nuggets – Mon - Wed - Fri
- \$4.00 Sausage Sizzle – Tuesday Only
- Nachos – Thursday Only
- \$4.00 \$5.50 Home Made Pasta Bolognese – Everyday
- \$4.00 \$5.50 Home Made Lasagna – Everyday
- \$3.50 \$5.50 Home Made Pasta Napolitana – Vegetarian
- \$4.00 \$5.50 Soup & Bread Roll – Term 3 Only
- \$4.00 \$5.50 Chicken Twister - Lett & Mayo – Everyday

## SNACKS

- \$3.50 Rice Crackers
- \$3.50 Cool Pak Popped Corn
- \$3.50 Jumpies
- \$3.50 Mini Banana Bread
- \$4.00 Full Banana Bread
- Low Sugar Jelly Cups
- Fresh Apples or Oranges
- Home Made Muffins
- Mainland Lite Tasty & Crackers

## YOGHURT & FROZEN TREATS

- \$5.00 Fresh Yoghurt & Whole Berries
- \$5.50 Twisted Frozen Yoghurt
- Fruit Juicies Tubes
- Moosies

## DRINKS

- \$3.00 Moove Chocolate Milk
- \$3.00 Moove Strawberry Milk
- \$2.00 Plain Milk
- \$2.50 Focus Sports Water
- \$2.00 Bottled Water
- \$2.50 Sanitarium Up + Go

For any Gluten Free Options Please Discuss with our Friendly Staff - Our Kitchen is an Allergy Aware Facility  
All Sandwiches and Wraps can be Toasted

● These foods are the healthiest food choices and are good sources of nutrients whilst limiting saturated fat, sugar & salt intake.

● These foods have some nutritional value but generally are higher in saturated fats, sugar and salt than our green items.



# PETREL KITCHEN

AUSTRALIAN NATIVE CUISINE

*Executive Chef Clinton Whiteman*



## AMUSE

Akudjura Wild Bush Tomato Hummus with Warrigal Green Pesto and Australian Damper

## ENTREE

Cinnamon Salted Duck with Macadamia, Raisins, Cucumber Salsa, Warrigal Greens, Hoisin Sauce

*2014 A.T. Richardson Chockstone Grampians Riesling, VIC* 11.5 49.0

Crocodile Gravlax with Wild Thyme, Fennel, Tomato, Rainforest Chilli Limes and Macadamia

*Omnipollo Leon Belgian-Style Pale Ale, Sweden 330ml* 15.5

Chefs Tasting Plate of House Smoked Meats (*to share between two*)

Emu, Crocodile and Kangaroo, Served with Smoked Garlic, Saltbush Macadamia Dust, Yakajirri Desert Spice, Olive Oil and Damper

*Hornbeer Dame Blanche, Denmark 500ml* 23.5

## MAIN

Plum Spiced Kangaroo, Slow-cooked with Wild Mushrooms, Carrot, Peas, Ginger and Yam

*2013 Harewood Estate Shiraz, WA* 10.5 45.0

Cone Bay Barramundi with Paper Bark, Desert Herbs, Rocket, Apple on a Roasted Durum Wheat Grain

*'Perfect Day' Semillon Sauvignon Blanc Snake and Herring, Margaret River WA* 59.0

Mountain Pepper Leaf Chicken Tajine with Date, Quandong, Chick Pea, Broad Bean, Yoghurt and Millet Grain

*2014 Allegrini Corte Giara Pinot Grigio, Italy* 12.5 55.0

## DESSERT

Illawarra Plum Crumble with Wildflower Honey Oat Crumble, Green Apple and Mascarpone (*to share between two*)

*Grand Tokay Rutherglen Grand Muscat Tawny, SA* 12.5

## HONEY TASTING BOARD BY CAREENA KELLIE

*\$18.50 per person*

Hives Located in Great Southern, Western Australia – Non-Pasteurised, Handmade and Collected

Wildflower Honey, Chocolate Honey, Yates Coastal Peppermint, Cinnamon Honey, Chilli Honey, Ginger Honey

Served with Handmade Chocolate Date and Marzipan, Handmade Chocolate Nougat, Handcrafted Washed Rind Cheese and Damper

### CROCODILE

Salt water crocodile (*Crocodylus porosus*) which is sourced from the Northern Territory. Low in fat and high in protein, this is white meat.

### EMU

Farmed in New South Wales and Victoria. The meat is naturally lean and has a distinctive flavour with premium fillet. High in protein and low in fat, emu has a deep red colour.

### RABBIT

Farmed rabbits have a taste and texture, similar to chicken, yet are full of flavour. Sourced from the lush pastures of the Macleay River which winds through the North Coast of New South Wales.

### KANGAROO

Wild eastern grey and red kangaroo sourced from pastures of New South Wales and Queensland. Kangaroo meat offers a unique, rich flavour profile and is high in protein and low in fat. Free from antibiotics, chemicals and human intervention, cuts are prepared under strict standards.

### WILD BOAR

Wild Boar from the pastures of New South Wales and Queensland. Darker in colour than farmed pork. Wild boar has a unique strong flavour.

### WATTLESEEDS

Traditionally used by Aboriginals in arid regions of Australia as a food source, occurring in all main land states. Women would collect seed pods from the trees when ripe, separate seed 'yandy' clean in a wirra. Parch by fire, pound and ground into a flour. The seeds are roasted, which give off a nutty flavour.

### MOUNTAIN PEPPER BERRY

Grows naturally in the temperate forests of Tasmania, Victoria and southern New South Wales. A coloniser of cleared land. Both berries and leaf are used as flavourings in food. They contain (polygodial) having a unique pepper aroma and flavour. The berries first taste is sweet and fruity then a hot bite. Contains very high levels of antioxidant.

### BUSH TOMATO

Growing throughout arid Central Australia into the Western desert, Northern Territory, South Australia and Western Australia. The small orange round dried fruit is harvested from around April through till June. The taste of bush tomato is very savory.

### QUANDONG

The red fruit was collected in season, outer fleshy layer was eaten when ripe. Sometimes pressed into a ball and dried then eaten later. Kernels of the pitted stone were also roasted and eaten, as well as ground and used as a liniment. They contain 25% protein and 50% oil. Fruit has a sweet to tart flavour. It has a high vitamin C content, antioxidant capacity, Magnesium and Zinc.

### OLD MAN SALTBUUSH

Old man saltbush (*Atriplex nummularia*) is a large erect sprawling shrub, from 3m high to 5m spread, occurs in all main land states. Traditionally seed was collected ground and roasted in the coals. Having a salty taste, full of mineral salt, high in protein and antioxidants.