

# The Blue Goose Menu



## BREAKFAST

<b>Bacon &amp; Egg Roll</b> <i>Made w/mayo &amp; cheese</i>	\$6.50
<b>Brekkie Burrito</b> <i>Bacon, avocado, tomato &amp; rocket, add egg \$1</i>	\$6.50
<b>Warm Oats</b> <i>Dried fruit &amp; honey</i> Oat, Almond, Soy, Zymil 50c extra	\$4.50
<b>Watermelon Cup</b>	\$4.00
<b>Fruit Cup</b>	\$5.50

## SNACKS



<b>Snack Cup</b> <i>Vege sticks, cherry tomatoes, hummus, seeds, cheese &amp; crackers</i> <i>Either w/ ham, falafel or hard boiled egg</i>	\$5.50
<b>Chia Seed Cup (Vegan)</b>	\$5.00
<b>Yoghurt &amp; Muesli Cup w/berries</b>	\$5.00
<b>Light Cheese n Crackers</b>	\$3.50
<b>Banana Bread (Gluten free)</b>	\$5.50
<b>Popcorn</b>	\$1.00

## COLD CABINET

<b>Wednesday Rice Paper Rolls*</b>	\$4.00
<b>Wednesday Sushi*</b>	\$8.00
<b>Wednesday Teriyaki Poke Bowl*</b>	\$8.50

*\*order by 4pm Monday for Wednesday fulfillment*

<b>Assorted Gourmet Salads (Changed Daily)</b> <i>Caesar, Quinoa, Soba Noodle, Garden, Greek, Pasta, Cous Cous</i>	\$8.50
<b>Turkish or Focaccia Bread</b> <i>Chicken, Crumbed Chicken, Ham, Turkey, Salad</i> <i>*can be toasted</i> <i>Light cheese 50c extra</i>	\$8.00

<b>WHOLEMEAL WRAPS</b> <i>Light cheese 50c extra</i> <i>All can be toasted</i>	\$7.50
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**Falafel**, beetroot hummus, tomato, onion, carrot, salad, alfalfa

**Turkey**, avocado, cucumber, onion, salad & truffle mayo

**Herbed poached chicken**, onion, tomato, cucumber, salad & herbed mayo

**Crumbed chipotle chicken**, tomato, onion, carrot, salad & chipotle mayo

**Crumbed chicken**, tomato, onion, salad & mayo

**Ham**, tomato, cucumber, carrot alfalfa, bbq onion, salad & mayo

## TOASTED & HOT ITEMS

<b>Sausage Roll (Homestyle)</b>	\$5.50
<b>Frittata w/garden salad</b>	\$9.50
<b>Lasagna Beef or Pumpkin</b> <i>w/garden salad</i>	\$10.50
<b>Bagel</b> <i>Cheese &amp; tomato</i>	\$4.50
<i>Ham, cheese &amp; tomato</i>	\$5.50
<i>Cream cheese</i>	\$5.00
<b>Bagel w/fillings listed below</b> <i>Light cheese 50c extra</i>	\$7.00
<i>Nut Free Pesto Chicken, Ham, Salad, Bacon, Turkey, Roast Pumpkin *can be toasted</i>	

## TOASTIES

<b>Turkey, Cheese &amp; Avocado</b>	\$5.00
<b>Chicken &amp; Avocado</b>	\$5.00
<b>BBQ Chicken &amp; Cheese</b>	\$5.00
<b>Ham, Cheese &amp; Tomato</b>	\$5.00
<b>Cheese &amp; Tomato</b>	\$3.50
<b>Ham &amp; Cheese</b>	\$4.00
<b>Cheese</b>	\$3.50
<b>Vegan</b>	\$5.50



## LUNCHBOX SPECIAL

<b>Wrap/Roll, fruit, popcorn, water or juice box</b>	\$8.50
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## DRINKS

<b>Bottled Water 600ml</b>	\$2.00
<b>Sparkling Water</b>	\$2.50
<b>Pump Water 750ml</b>	\$3.50
<b>Coco Boost 330ml</b>	\$4.50
<b>Popper</b>	\$2.00
<b>Emma &amp; Toms Juice 250ml</b>	\$4.00
<b>Flavoured Milk 250ml</b>	\$2.50
<b>Iced Latte</b>	\$5.50
<b>Hot Coffee</b> Small	\$4.00
Medium	\$4.50
<b>Hot Chocolate</b> Small	\$4.00
Medium	\$4.50



*We have a range of vegan options via QKR. If you have any allergies, dietary requirements or enquiries please email: [bluegoose@qaci.eq.edu.au](mailto:bluegoose@qaci.eq.edu.au)*

SAVE TIME AND PRE-ORDER ONLINE VIA THE QKR! APP ON YOUR MOBILE PHONE

