

# EAT SMART

## WRAPS+SAMMIES

Classic Sandwiches	 	from \$3.00
Gourmet Sandwiches	 	\$5.50
1/2 Wrap	 	\$4.00
Whole Wrap	 	\$7.00
Roll	<i>Ham, Beef, Chicken or Vege</i>  	from \$5.50
Crispy Chicken Roll		\$3.60
Butter Chicken Wrap		\$5.00

## EAT SMART SALADS

Freshly made Eat Smart salads are available daily.  

Also see the Pasta & Rice category for full list of pasta salads.



## BLACKBOARD SPECIALS

New food, special deals and more! Ask our friendly staff at the tuckshop what the **Blackboard Special** of the day is!



## PASTA & RICE



Tuna Pasta		\$4.00
Italian Pasta	 	\$4.00
Pesto Chicken Pasta		\$5.00
Teriyaki Chicken	<i>on Rice</i> 	\$5.50
Butter Chicken	<i>on Rice</i> 	\$5.50
Sushi		from \$4.00

## THE CLASSICS



Hash Brown		\$1.00
Chicken Tender		\$2.00
Garlic Bread	<i>Plain or Cheesy</i> 	from \$2.20
Popcorn		\$2.20
Wedges		\$3.00
Hot Dog		\$3.50
Cheese Burger		\$4.00
Chicken Burger		\$5.50

See the fridges and cabinets at the tuckshop for the full selection available and ask about our gluten free options!

Don't forget to ask for your free fruit with purchase!