

ITAC CAFÉ MENU

Food

Drink

FRESH DAILY

Assorted sandwich	<i>from</i> \$7.00
Avocado & 2 eggs on sourdough	\$8.00
Freshly cut Fruit Salad	<i>from</i> \$6.00

FRESH SQUEEZE JUICE

Small	\$5.00
Large	\$6.00
Seasonal fruit and vegetable available	

HOT FOOD

Fish & Chips	\$12.50
Salt & Pepper Squid	\$7.00
Seafood Basket & CHIPS	\$16.50

SOMETHING SWEET

Milk Shake	chocolate/ strawberry/ vanilla	\$6.00
Frozen Frappe	tropical/ strawberry mint	\$8.00
Ice Coffee with Vanilla Ice cream		\$6.50

SNACK

Hot Chips	\$6.00
Chicken Nuggets	\$6.00
Hash Brown (2 p)	\$3.00

FRUIT SMOOTHIE/ PROTEIN SHAKE

Smoothie	Green/ Mango/ Berry/ Banana	\$8.00
Protein Shake	Mix berry/ Mango/ Banana	\$10.00
<i>Selection of full cream, skim, soy or almond milk</i>		

Soup of day

Chicken vegetable/ Pumpkin/ Minestrone	\$8.50
With 2 slices of sourdough	

ESPRESSO

Flat white/ Cappuccino/ Latte/ Tea	<i>from</i> \$3.50
Extra Shot	\$0.50