

Little Sparrow

Feel free to bring your own lunch box or cooler bag, place your order inside and like magic your lunch box will be filled with your choice of goodies.

Bespoke Sandwiches (Lets Make your own)

On Rye or White Sourdough

Wraps +\$1 & Baguettes + \$1.5,

Gluten Free Bread +\$1

Meats: Ham, Turkey, Chicken, Beef, Salmon

Salads: Lettuce, Rocket, Baby Spinach, Carrot, Cucumber, Roast Capsicum, Pumpkin, Tomato, Alfalfa, Avocado, Pineapple, Olives, Basil

Cheeses: Tasty cheese, Swiss Cheese, Fetta, Parmesan

Spreads and sauces at no cost & not counted as an ingredient: Eggless Mayo, Tomato sauce, Sweet Chilli sauce, Vegimite, BBQ sauce, Cream cheese

2 ingredients \$4

3 Ingredients \$5

4 ingredients \$5.5

5+ Ingredients \$6

B.L.T. Wrap \$6.5

Lettuce, Bacon, Tomato, Avocado, Eggless Mayo

Pizza

(Get Creative, plan a pizza with mum & dad)

Choose any of the above ingredients' Each pizza \$6

Croissants

Ham & Cheese \$5.5

Ham, Cheese & Tomato \$6

Additions .50

Burgers \$7

Pulled Pork slow roasted, fresh coleslaw mayo & cheese

Veggie Burger with haloumi, egg, lettuce, tomato and

Eggless mayo

We focus on healthy options at the Sparrow, nuts will not be used in any of the Little Sparrow recipes for children.

Sushi Everyday !!!! \$6

Little Sparrow Made Nori Rolls

Smoked Salmon, Cream cheese, avocado, sushi rice

Honey Chicken, carrot, cucumber, sushi rice

Vegetarian, avocado, carrot, sweet pea shoots, eggless mayo

Tuna, fine red cabbage, mayo, avocado, carrot, cucumber

House Made Little Sparrow Lasagne \$7

Little Sparrow made meat, Napolitano and béchamel sauce

Vietnamese Roll \$7

Honey Chicken, lettuce, carrot, coriander, soy sauce, sweet chillii sauce, mayo, spring onion

Seasonal Fruit Salad \$6

Pieces of Fruit \$1

Banana, Apple, Orange

Cold Drinks & Juices all \$3.5

Nippys: Orange, Apple, Orange Mango, Apple and Blackcurrant, Pineapple

Besa organic: Orange, Apple, Apple & Strawberry

Apple fizz

Water

Milk Drink Boxes Strawberry or chocolate \$2.5

Daily Specials

Monday Meat Pie \$4 or Sausage Roll \$3.5

Tuesday 6 Piergogis's \$4.5 +Sauce \$0.5


Choise from: Cheese & Potato

Spinach & Fetta

Wednesday Fried Rice & Spring Roll \$5.5

Thursday Beef Hotdog w cheese/sauce \$4.5

Friday Meatballs & Coleslaw Roll \$6

Little Sparrow Canteen is on Facebook  For All Menu Updates & Pictures

Facebook Page: Sparrows Nest Canteen