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, Vegemite, 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 chilli 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 Pierogis’s $4.5 +Sauce $0.5
Choose 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