

EAT SMART

*Combos also
available!*

WRAPS

	PRICE
Butter Chicken Wrap 	\$5.00
Veggie Pocket  	\$4.20
Chilli Bean Wrap  	\$4.80
1/2 Wraps <i>Ham, Chicken or Vege</i>  	\$4.00




RICE DISHES

	PRICE
Teriyaki Chicken on Rice <i>(Cold)</i> 	\$5.50
Butter Chicken on Rice <i>(Hot)</i> 	\$5.50
Rice Balls <i>See cabinet for selection</i> 	\$2.00
Chicken Fried Rice 	\$3.80
Sushi <i>See cabinet for selection</i> 	\$1.00 _{pp}
Sushi Sandwich 	\$5.00

SANDWICHES

	PRICE
Sandwiches <i>See cabinet for selection</i> from	\$2.00

PASTA DISHES

	PRICE
Tuna Pasta Salad 	\$3.80
Italian Pasta 	\$3.50
Surimi Pasta Salad	\$4.00
Pesto Chicken 	\$4.50
Spaghetti Meatballs	\$4.80

ROLLS

	PRICE
Rolls <i>Ham, Beef, Chicken or Vege</i>   from	\$5.50
Crispy Chicken Roll	\$3.20
Garlic Bread Plain 	\$2.00
Garlic Bread Cheesy 	\$2.20

BURGERS


	PRICE
Cheese Burger	\$3.80
Chicken Burger	\$5.00

SALADS

Salads *Chicken, Veggie or Fruit*   from **PRICE** \$3.80

Curried Cauliflower   **PRICE** \$5.50

FRESH BAKED

Muffins *Blueberry, Banana, Apple*  **PRICE** \$2.00

Scones **PRICE** \$2.60

OTHER

Chicken & Vege Dumplings  **PRICE** \$4.00^{6pk}

Steamed Buns *Pork & Cabbage*  **PRICE** \$3.50

Soup Range   **PRICE** \$2.50

TREATS

Mrs Higgins Brownie Bites^{30g} **PRICE** \$1.90

Fruit and Jelly Cup **PRICE** \$2.00

Caramel Slice  **PRICE** \$2.50

Juicies  **PRICE** \$1.50

Yoghurt Tub   **PRICE** \$1.50

LOOSE CHANGE

Hash Brown  **PRICE** \$1.00

Hot Dog **PRICE** \$3.00

Chicken Tender **PRICE** \$1.50

Wedges  **PRICE** \$2.80


Popcorn  **PRICE** \$2.00

Chicken Sticks *Southern Style* **PRICE** \$1.30

DRINKS

Anchor Blue Top^{300ml} **PRICE** \$2.20

CalciYum^{250ml} **PRICE** \$2.30

Otakiri Water^{500ml or 750ml}  *from* **PRICE** \$2.50

Otakiri Sparkling Water^{500ml} **PRICE** \$3.80

Vista Water^{355ml} **PRICE** \$3.00

Up and Go^{250ml} **PRICE** \$2.20

Lipton Range^{500ml} **PRICE** \$4.00

EXTRAS

Additional *Sauce, Sour Cream, Cheese* **PRICE** \$0.50

Place an order, ready for lunch and don't forget to ask for your free apple!



CHAMPION Tuckshops

EAT SMART

Combos

Crispy Chicken Roll Combo

w/milk, yoghurt & apple



C01

Italian Pasta Combo

w/milk, yoghurt & apple



C02

Cheeseburger Combo

w/water & apple



C03

\$2 Sandwich Range Combo

w/muffin, water & apple



C04

Teriyaki Chicken on Rice Combo

w/muffin & apple



C05

Butter Chicken on Rice Combo

w/water & apple



C06

Chicken Burger Combo

w/yoghurt & apple



C07

6pc Dumpling Combo

w/water & apple



C08

\$3 Sandwich Range Combo

w/Grain Waves, muffin & apple



C09

Veggie Pocket Combo

w/milk & apple



C10

Pesto Pasta Combo

w/Grain Waves, yoghurt & apple



C11

Butter Chicken Wrap Combo

w/yoghurt & apple



C12

\$4 Sandwich Range Combo

w/milk & apple



C13

Sushi Sandwich Combo

w/water & apple



C14

1/2 Wrap Combo

w/milk & apple



C15

Chilli Bean Wrap Combo

w/water & apple



C16

PLACE AN ORDER, READY FOR LUNCH. SEE [FACEBOOK.COM/CHAMPIONTUCKSHOPSNZ](https://www.facebook.com/championtuckshopsnz) FOR MORE INFORMATION.