

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!

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

\$3 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

\$4 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

\$5.50 Sandwich Range Combo

w/milk & apple



C13

Butter Chicken on Rice Combo

w/muffin & apple



C19

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.