

EAT SMART

WRAPS+SAMMIES

- Fresh Wraps see selection available   from \$4.50
- Sandwiches see selection available   from \$3.00
- Filled Rolls see selection available   from \$5.00
- Crispy Chicken Roll \$4.00
- Butter Chicken Wrap \$5.50

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



- Pasta Selection hot or cold   from \$4.50
- Teriyaki Chicken rice or noodles  from \$5.00
- Butter Chicken on rice  from \$6.00

THE CLASSICS



- Hash Brown  \$1.00
- Chicken Tender \$2.50
- Garlic Bread plain or cheesy  from \$2.50
- Wedges  \$3.50
- Hot Dog \$4.00
- Cheese Burger \$4.50
- Chicken Burger \$6.00

+ more available in-store

FOLLOW US ON FACEBOOK
[FB.COM/CHAMPIONTUCKSHOPS](https://www.facebook.com/CHAMPIONTUCKSHOPS)

