



We are the sole provider of quality foods to B.P.S

| January 2024 |

* Thank you for your support

TOASTED SANDWICH CHOICE OF BROWN / WHITE



TOASTED CHEESE	R18.00
TOASTED CHEESE & TOMATO	R20.00
TOASTED CHEESE, TOMATO & ONION	R22.00
 TOASTED CHEESE, TOMATO & JALAPENO	R26.00
TOASTED EGG & CHEESE	R30.00
TOASTED EGG, CHEESE & HAM	R36.00
TOASTED CHEESE & HAM	R30.00
TOASTED CHEESE, HAM & TOMATO	R34.00
TOASTED BACON & CHEESE	R32.00
TOASTED CHICKEN MAYO	R34.00
TOASTED BACON & EGG	R34.00
 TOASTED CHEESE, BACON & JALAPENOS	R36.00
TOASTED BACON & FETA	R34.00
TOASTED BACON, EGG & CHEESE	R38.00
TOASTED CHICKEN MAYO & CHEESE	R38.00

THE WORKS- BACON, EGG, CHEESE, TOMATO & ONION R40.00

 THE PRINCIPAL DELUXE – BACON, 2X EGGS, CHEESE, TOMATO & HAM R44.00

* ADD TO YOUR MEAL A SIDE PORTION CHIPS AT AN EXTRA R15.00



* TO ADD JALAPENO TO ANY TOASTED SANDWICH R4.00



Visit us on the web | www.mrst-canteen.co.za | Place your orders & pay on-line securely
Errors and omissions excepted



WRAPS

CHIP & CHEESE WRAP LETTUCE AND MRS T'S SAUCE OR **HOT STUFF** R32.00

BACON, LETTUCE, TOMATO (BLT) WITH MRS T'S SAUCE R36.00

CHICKEN MAYO WRAP CRISPY LETTUCE WITH CUCUMBER R40.00

FRESH VEG PICK YOUR SAUCE MRS T MAYO OR BBQ, SWEET CHILLI R30.00

FRESH VEG & CHEESE PICK YOUR SAUCE MRS T MAYO, SWEET CHILLI OR HOT SAUCE R38.00

FRESH VEG, FETA & JALAPENO WITH MRS T'S MAYO, SWEET CHILLI OR BBQ SAUCE R48.00

CAMERON' WRAP - BACON LETTUCE TOMATO STUFFED WITH CHIPS R40.00

BBQ CHICKEN & CHIP- LETTUCE STUFFED WITH CHIPS R44.00

SWEET CHILLI CHICKEN- LETTUCE CHICKEN & CUCUMBER WITH SWEET CHILLI SAUCE R45.00

PORTUGUESE **CHILLI** CHICKEN-TOMATO, ONION, GREEN PEPPER & HOT CHILLI SAUCE R45.00

CAJUN WRAP - CAJUN STYLE CHICKEN LETTUCE, TOMATO R46.00

CLASSIC WRAP - MRS T'S COATED CHICKEN, LETTUCE, TOMATO & T'S MAYO R46.00

NACHO WRAP - LETTUCE, TOMATO, MINCE/CHICKEN & CHILLI/JALAPENOS R49.00

NEW CAJUN CHICKEN WINGLETS & CHIP R54.00

*ADD A SIDE PORTION CHIPS AT AN EXTRA R15.00



Snap here to pay



★
ORDER
ONLINE
NOW
★

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Tap to Pay



SALAD OPTION – CHOOSE YOUR DRESSING TS MAYO, BALSAMIC DRESSING OR ITALIAN

GARDEN SALAD- KITCHEN SELECTION OF FRESH VEGGIES

R32.00

CHICKEN SALAD - GRILLED OR CAJUN STYLE YOUR CHOICE

R40.00

BACON & CHICKEN SALAD

R49.00

*** EXTRA AVO WHEN AVAILABLE R12.00 OR FETA R10.00**



MORE OPTIONS

NOODLES

R18.00

HOT CHIPS

R26.00

POPS & CHIPS

R30.00

RUSSIAN & CHIPS

R35.00

RUSSIAN & **FULL** CHIPS

R45.00

POPS ONLY X 10

R38.00

POP SPECIAL 10XPOPS WITH SMALL PORTION CHIPS

R50.00

RUSSIAN ONLY

R20.00

*** EXTRA POPS @ R4.00 EACH**



"IT SLAPS"





HOT DIGGITY DOG



HOTDOG TOMATO / MUSTARD

R18.00



HOTDOG WITH FRIED ONIONS & JALAPENO

R24.00

DOUBLE DOG* WITH FRIED ONION AND JALAPENO

R32.00

BACON ROLL BBQ SAUCE & BED OF LETTUCE WITH LOADS OF BACON

R38.00

RUSSIAN ROLL TOMATO / MUSTARD / CHILLI OR ALL 3 SAUCES

R36.00



RUSSIAN WRAPPED IN BACON ROLL WITH BBQ SAUCE

R42.00

CAJUN ROLL SPICY CAJUN STRIPS WITH MRS T'S MAYO OR BBQ SAUCE

R44.00



CAJUN CHICKEN WINGLETS & CHIP

R54.00

BEEF BURGER* GRILLED PATTY LETTUCE, TOMATO & BBQ SAUCE

R35.00

CHICKEN BURGER - CRUMBED CHICK LETTUCE, TOMATO & MAYO OR BBQ SAUCE

R40.00

#EXTRA CHEESE R7.00 PSLICE, BACON R12.00



*ADD TO YOUR MEAL A SIDE PORTION CHIPS AT AN EXTRA

R15.00

OR

SALAD AT AN EXTRA

R18.00

Drinks



330ML ASSORTED CAN SODA / DIET

COKE, SPRITE, STONEY, CRÈME SODA COKE LIGHT ETC

R15.00

ENERGADE / POWERADE

R18.00

TSITSIKAMMA ASSORTED FLAVOURED WATER

R14.00

SPARKLING WATER

R12.00

STILL WATER 500ML

R12.00

STILL PUMP 750ML

R14.00

440 ML BUDDY BOTTLE - COKE, COKE ZERO &

MOUNTAIN DEW, FANTA

R16.00

500ML ICE TEA

R18.00

MILO

R16.00

SUPER M - CHOC, STRAWBERRY

R19.00

OROS - RASPBERRY, ORANGE, APPLE

R12.00

TROPIKA

R10.00

FRUIT JUICE - ASSORTED FLAVOURS

R12.00

SLUSH *TO BE COLLECTED AT CANTEEN

R20.00

VARIOUS CRISPS / DORITOS, LAYS ETC

R12.00

BARONE, KIT-KAT, LUNCH BAR

R15.00

MINI CHOCOLATE PS BAR, SMARTIES BARONE

R9.00

ASTROS / SMARTIES

R18.00

CRUNCHIE / LARGE PS BAR

R18.00

JELLY TEDDIES / BABIES

R18.00

WINE GUM ROLL

R13.00

RASCALS / SKITTLES

R13.00

XXX MINT / MUSK

R7.00

OREO'S

R12.00

POPCORN

R10.00

PIN POPS & FIZZER

R3.00

BLOOD SUCKERS (SHERBET SUCKERS)

R2.00

RAINBOW STRIP

R2.00



PLEASE NOTE: * ICE CREAM ONLY AVAILABLE AT THE TUCKSHOP - NO DELIVERIES
ON ALL ONLINE ORDERS WE WILL SUPPLY ALTERNATIVES IF NOT IN STOCK.



*COME VISIT US FOR MORE SELECTION

