

Our actual TK Tuckshop lunch packs!

CANTEEN DELIVERY SERVICE

TK TUCK SHOP

AFFORDABLE | FRESH | NUTRITIOUS | DELICIOUS | SUSTAINABLE

HOT FOOD

Baked lasagna
Spaghetti bolognese
Butter chicken
Mac & cheese



PLUS 1 SNACK OR DRINK FROM
$12.80



SUSHI

Crispy chicken
Teriyaki chicken
Tuna
California
Plain avocado
Prawn
Salmon avocado
Cucumber avocado
Vegan

PLUS 1 SNACK OR DRINK FROM
$12.50

RICE PAPER ROLLS

Chicken
Prawn
Vegetarian
Mixed pack

PLUS 1 SNACK OR DRINK FROM
$14.75





S/WICHES

Cheese
Vegemite
Roast chicken

PLUS 1 SNACK OR DRINK FROM
$7.95

WRAPS

Roast chicken
Salad

PLUS 1 SNACK OR DRINK FROM
$9.95

ROLLS

Ham & salad
Roast chicken
Cheese, tomato croissant
Ham, cheese croissant

PLUS 1 SNACK OR DRINK FROM
$9.50



PIZZAS

Margherita
Ham & cheese
Pepperoni
BBQ Chicken
Vegan margherita
Double pack

PLUS 1 SNACK OR DRINK FROM
$9.60

BUREKS

Spinach & cheese
Beef
Chicken

PLUS 1 SNACK OR DRINK FROM
$11.95





BOXES

Pancake box
Naan dippers box
Chicken pita box
Ham picnic box
Vegetarian picnic box
Samosas box
Fruit salad

PLUS 1 SNACK OR DRINK FROM
$10.45

LIGHT PACKS

Plain croissant
Cheese & bacon roll
Cheese & vegemite scroll
Mini samosas

PLUS 1 SNACK OR DRINK FROM
$5.95

ORDER ON THE APP
BY 8AM ON THE DAY

DOWNLOAD THE APP

Spriggy Schools

OUR FULL MENU

ALL PRICING INCLUDES 1 SNACK OR DRINK (LISTED ON THE NEXT PAGE)

Category	Meal	Ingredients	Dietaries	Traffic Light Rating	With 1 Extra
Light Range	Cheese & bacon scroll	Wheat, soy flour, cheese, tomato, salsa, bacon			$6.50
	Cheese & vegemite scroll	Wheat, soy flour, cheese, vegemite	V, H		$5.95
	Baked croissant	Flour, butter, milk	V, H		$6.50
	Crispy Vegetable Samosas	Potato, onion, cabbage, carrot, curry powder	V, DF, H		$7.95
Wraps	Salad wrap	Wrap, lettuce, tomato, cucumber, carrot, sauce	V, DF, H		$9.95
	Roast Chicken wrap	Wrap, roast chicken (halal), cheese, tomato, lettuce, sauce	H		$10.50
Sandwiches	Vegemite (2 sandwiches)	White bread, vegemite, Nuttelex	V, DF, H		$7.95
	Cheese (2 sandwiches)	White bread, cheese, Nuttelex	V, H		$9.20
	Roast Chicken	Chicken, cheese, lettuce, Nuttelex, sauce	H		$10.15
Brioche Rolls	Roast Chicken	Chicken, cheese, lettuce, mayonnaise	H		$11.50
Croissants	Cheese & Tomato	Cheese, Tomato, Nuttelex	V, H		$9.50
	Ham, Cheese & Tomato	Cheese, Ham, Tomato, Nuttelex			$9.95
Bureks	Beef Filo Pastry Roll	Pastry, beef, onion, soya, paprika, garlic	DF		$11.95
	Chicken Filo Pastry Roll	Pastry, Chicken, Mushroom, Onion, Capsicum, Paprika, Garlic	DF		$11.95
	Spinach & Cheese Filo Pastry Roll	Pastry, Ricotta, Spinach, silverbeet, feta, parmesan	V		$11.95
Sushi	Cucumber & Avo Roll (2x)	Cucumber, avocado, sushi rice, sushi vinegar, nori, mayonnaise	V, DF, GF, H		$12.50
	Plain Avocado Sushi	Avocado, Tonkatsu Sauce, Rice, Sushi vinegar, Mayonnaise, Nori	V, DF, GF, H		$12.50
	California Sushi	Avocado, Crab, Cucumber, Carrot, Egg, Rice, Sushi vinegar, Mayonnaise, Nori	DF, GF, H		$12.50
	Cooked Tuna Roll (2x)	Tuna, cucumber, sushi rice, sushi vinegar, mayonnaise, nori	DF, GF		$12.50
	Prawn Roll (2x)	Prawn, cucumber, carrot, egg, avocado, sushi rice, sushi vinegar, nori, mayonnaise	GF, DF		$12.50
	Crispy Chicken Roll (2x)	Chicken schnitzel, avocado, tonkatsu sauce, sushi rice, sushi vinegar, mayonnaise, nori			$12.50
	Salmon & Avo Roll (2x)	Salmon, avocado, sushi rice, sushi vinegar, nori, mayonnaise	GF, DF		$12.50
	Teriyaki Chicken Roll (2x)	Chicken, lettuce, carrot, red capsicum, teriyaki sauce, sushi rice, sushi vinegar, nori, mayonnaise	GF, DF		$12.50
	Vegan Mushroom Roll (2x)	Mushroom, avocado, carrot, cucumber, sushi rice, sushi vinegar, nori, vegan mayonnaise	V, GF, DF, H		$12.50
Rice Paper Rolls	Chicken Rice Paper Roll (2x)	Chicken schnitzel, cucumber, capsicum, mayonnaise, tonkatsu sauce, shiso leaf, vermicelli, rice paper			$14.75
	Prawn Rice Paper Roll (2x)	Rice paper, vermicelli, cucumber, capsicum, bean shoots, coriander, lettuce, sesame, tofu, tom yum paste, shallot, prawn	GF		$14.75
	Vegetable Rice Paper Roll (2x)	Rice paper, vermicelli, cucumber, capsicum, bean shoots, coriander, lettuce, sesame seeds, sweet chilli sauce, shallots, acacia gum, tofu, mint	V, GF, DF, H		$14.75
Pizza	Margherita Pizza (cold)	Pita, tomato base, mozzarella, basil	V, H		$9.60
	BBQ Chicken Pizza (Cold)	Pita, tomato base, mozzarella, BBQ sauce, Shredded Chicken			$10.95
	Ham and Cheese Pizza (cold)	Pita, tomato base, mozzarella, shredded ham			$9.95
	Pepperoni Pizza (cold)	Pita, tomato base, mozzarella, pepperoni			$9.95
	Vegan Margherita Pizza (cold)	Pita, tomato base, vegan dairy-free mozzarella, basil	V, DF, H		$9.95
Packs	Pancake Box	2 x pancakes, strawberries, banana, honey	V, H		$11.95
	Naan Dippers Box	Naan, Curry sauce, cherry tomato, cucumber	V, H		$10.95
	Crispy Samosas Pack	6 x Mini Samosas, Cucumber, Cherry Tomatoes, Butter Chicken Sauce	V, H		$12.50
	Chicken Pita Box	Pita, Tzatziki, roast chicken, tomatoes, cucumber	H		$11.40
	Ham picnic Box	Ham, cherry tomatoes, cheese cubes, capsicum, cucumber, carrot sticks, crackers, tzatziki	GF		$10.45
	Large Fruit Salad	Mixed Seasonal Fruit	V, GF, DF, H		$10.45
	Vegetarian Picnic Box	Cheery tomatoes, cheese, capsicum, cucumber, carrot sticks, crackers, tzatziki	V, H		$11.50

MENU CONTINUED

Category	Meal	Ingredients	Dietaries	Traffic Light Rating	With 1 Extra
Packs	Asian Noodles	Instant noodles, capsicum, mushrooms, celery, snow peas, carrot, green cabbage, GF soy sauce, vegetable oil, stock powder	V, DF	🟠	$11.95
	Tuna Pasta	Tuna, penne pasta, onion, corn, carrot parsley, mayonnaise	DF	🟠	$12.95
XL Packs for hungry teachers and kids!	Mixed Sushi Pack (3x)	Crispy chicken sushi roll, tuna sushi roll, cucumber avocado sushi roll		🟢	$15.50
	Sushi Assortment	8 x pieces of various sushi and Nigiri		🟢	$17.60
	Chicken Poke Bowl	Chicken Schnitzel, Sushi rice, Mayonnaise, Avocado, Cucumber, Sesame Seeds, Carrot, Edamame, Seaweed Salad, Tonkatsu Sauce		🟢	$21.45
	Tofu Poke Bowl	Tofu, GF Soy sauce, Sriracha, Sushi Vinegar, Vegan Mayonnaise, Avocado, Cucumber, Sesame Seeds, Carrot, Edamame, Seaweed Salad	V, DF	🟢	$21.45
	Mixed Rice Paper Rolls	Crispy chicken roll, prawn roll, vegetable roll	H	🟠	$18.45
	Double Pizza Pack	Margherita Pizza, Ham & Cheese Pizza		🟠	$15.95
Hot Food	Spaghetti Bolognaise	Spaghetti, Beef Mince, Tomato, Garlic, Oregano, Onions, Basil, Salt, Sugar, Pepper, Beef Mince, Olive Oil		🟠	$12.80
	Mac 'n Cheese	Macaroni, Mozzarella, Cheddar, Parmesan, Garlic Powder, Salt, Oregano, Olive Oil	V	🟠	$13.95
	Butter Chicken	White Rice, Onions, Tomatoes, Cream, Spices, Bay leaves, Sunflower Oil, Ginger, Garlic, Salt, Sugar, Yoghurt, Tomato Paste		🟠	$13.95
	Baked Lasagna	Lasagna Sauce, Beef, Milk, Water, Tomato paste, Tapioca flour, Cheese, Butter, Salt, Canola oil, Herbs, Spices, Bechamel sauce, GF pasta sheets	GF	🟠	$15.30

EXTRAS

PRICING ONLY APPLIES WHEN MORE THAN 1 EXTRA IS ADDED TO THE ORDER

Category	Extra	Traffic Light Rating	Pricing
Fruit	Whole fruit - apple	🟢	$1.90
	Whole fruit - banana	🟢	$1.90
	Carrot, cucumber, capsicum	🟢	$2.65
	Cherry tomato, cheese, crackers	🟠	$2.65
	Fruit salad	🟢	$2.65
	Watermelon Pieces	🟢	$2.65
	Sliced Orange	🟢	$2.65
	Strawberries & Grapes	🟢	$2.65
Drinks	Nippy's Strawberry Milk	🟢	$2.65
	Nippy's Chocolate Milk	🟢	$2.65
	Apple juice	🟠	$2.10
	Orange juice	🟠	$2.10
	Full Cream Milk	🟠	$3.20
	Soy Milk	🟢	$3.20



Category	Extra	Traffic Light Rating	Pricing
Snacks	Banana bread slice	🔴	$2.25
	Corn Chips & Salsa	🔴	$3.20
	Strawberry jelly cup	🔴	$2.10
	Choc chip + butternut snap cookie	🔴	$1.35
	Cobbs Popcorn	🟠	$2.10
	Uncle Toby's Strawberry yoghurt muesli bar	🔴	$1.85
	Smith's Original Chips	🔴	$1.90
	Smith's Salt and Vinegar Chips	🔴	$1.90
	Vanilla yoghurt pouch	🟢	$1.85
	Strawberry yoghurt pouch	🟢	$1.85
	Mango yoghurt pouch	🟢	$1.85
	Chocolate Muffin	🔴	$4.50
	Blueberry Muffin	🔴	$4.50
	M&M Cookie	🔴	$2.25
	Anzac Cookie	🔴	$1.90
	Chocolate Cookie	🔴	$1.90
	Chocolate Donut with Sprinkles	🔴	$4.80
	Pink Donut with Sprinkles	🔴	$4.80

QUALITY

TK Tuckshop employs a team of over 20 experienced food-handlers, and are comfortably staffed to be able to service many more schools across Melbourne.



Our deliveries are made by a WWCC-certified delivery driver.

On-site we have our Head of Operations, Billy Green, as well as a day-to-day manager and a number of packing staff.



Sam Hoath
Founder & Director of TeamKids and TKTuckshop



Billy Green
Head of Operations



Greg Perkins
Partnerships Manager

QUALITY

Our Kitchen











