



DEC Café Opening Times: 7.00 am to 3.30 pm – Monday to Friday
Contact: Stephanie.Ross@dec.wa.gov.au
Ext: 8796

About DEC Café - Introduction

Did you know

- All our breads are preservative free?
- We roast hormone free chicken everyday for our rolls and sandwiches?
- Our pies and sausage rolls are all made here?
- We don't add any salt or extra oils to our meals?
- We also use basmati rice?
- We use olive oil and cholesterol free oils when cooking?
- Our fruit and vegetables are fresh and delivered daily?
- We cater for food intolerances such as dairy free, wheat free (some notice may be required)?
- All our food is fresh and healthy?

Oh, and our coffee is fantastic! We also have soy milk.

We also cater for all functions. For more information visit our website at:

www.deccafe.com.au

for menu choices and ordering.

A word from Risk Management:

Have you had your 2 and 5? The National Recommended Guideline for the daily intake of fruit and vegetables is at least 2 serves fruit and 5 serves vegetables! Check out the columns of the menu to see the number of

Hearts	Total Fats
0	Eat rarely (1-2 times a month)
♥	Eat rarely (1-2 times a month)
♥♥	Eat rarely (once a week)
♥♥♥	Eat moderately (most days)
♥♥♥♥	Eat often (every day)

Hearts! Also, have a look at the number of hearts on each food item as this will help you watch your daily intake!!!

Enjoy!





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Toast		\$1.50	Salads			
Toast/spread		\$2.00	Chicken & Avocado			\$6.50
Raisin Toast		\$2.00	Smoked Salmon & Avocado			\$6.50
Toasties			Vegetarian salad with feta, avocado & olives			\$6.50
Ham and Cheese		\$3.80	Calamari Salad			\$6.50
Ham, Cheese & Tomato		\$3.90	Thai Beef Salad			\$7.00
Ham, Cheese, Tomato & Onion		\$4.00	Pasta Carbonara			\$6.00
Breakfast			Beef Lasagne/Vegetarian Lasagne with salad	or		\$6.50
Bacon, eggs and toast		\$5.00	Beef & Vege Stir Fry with rice			\$6.00
Sausage, bacon & eggs		\$6.50	Steak, chips & salad			\$9.00
Full brekkie of:		\$8.50	Chicken & Vege Stir Fry with rice			\$6.00
Sausage, bacon, eggs, hash brown, baked beans & toast			Grilled fish & salad			\$6.50
- Extra hash brown		\$1.50	Spinach & ricotta cannelloni & salad			\$6.00
- Extra sausage		\$2.00	Spinach quiche & salad			\$5.00
- Fried tomato		\$1.00	Ham & cheese quiche & salad			\$5.00
Natural Yoghurt		\$3.50	Burger with salad			\$5.00
Scones			Burger with Works			\$7.00
Fruit		\$1.40	Steak burger			\$6.00
Cheese		\$1.60	Steak burger with Works			\$7.50
Fruit Packs		\$3.50	Club sandwich			\$5.00
			BLT			4.00
			Chips			\$2.50
			Wedges			\$3.00
Fresh Rolls, Sandwiches and Lebanese Bread in fridge and made to order fillings:						
- Leg Ham			- Chicken		- Mortadella	
- Salami			- Salmon		- Fresh beetroot	
- Silverside			- Tuna		- Carrot	
- Beef			- Cheese		- Cucumber	
			- Turkey Breast		- Egg/curried egg	
					- Sundried tomato	
					- Gherkins	
					- Olives	
					- Artichokes	
					- Avocado	
For example			Salad extras			\$0.50
- ham & salad roll		\$4.50	Meat extras			\$1.00
- ham & salad sandwich		\$4.00	Smoked salmon extra			\$1.50

Please check our bain-marie for daily specials such as:

Pasta of the Day
Curry of the Day

Daily Recommended Guidelines:	
Total Fats	<20g/100g or less than 20% of total food intake
Sat. Fats	<5g/100g or less than 5% of total food intake
Sodium	<0.6g/100g or less than 0.6% of total food intake
<i>Adapted from: www.health.sa.gov.au</i>	