Canberra Institute of Technology

RESTAURANT

12 – 2pm

LUNCH

Term 3 2025

Soup of the Day (V) \$10

Please ask our team about today's soup. Served with warm house-baked focaccia.

CIT's Deli Plate (V) \$16

Baked ricotta, beetroot hummus, tomato, roasted cauliflower, avocado & house-baked focaccia. (Contains: eggs, dairy, gluten, herbs and seeds)

Slow-Cooked Lamb Shawarma Plate \$18

Slow-cooked lamb shoulder, served with warm pita bread, toum, house pickles, fresh herbs, potato chips and tahini yoghurt.

(Contains: dairy, gluten, herbs and seeds)

Buffalo Chicken Thighs (C) \$16

Confit chicken thigh, dusted with spiced flour and crisp-fried, toasted in house-made buffalo sauce. Served with a fresh fennel & apple salad. (Contains: mixed herbs, spices, honey, gluten and chilli)

Slow Cooked Beef Curry & Khichuri (GF, DF) \$18

Served with lentil & mixed vegetables, rice, cucumber salad and Amba. (Contains: mixed spices)

Grilled Barramundi & Brown Rice (GF, DF) \$20

With kale, radish, shallots, wasabi peas, cucumber and soy dressing. (Contains: mixed herbs, seaweed and sesame)

Twice Cooked Pork Cheek Taco (4 small soft tacos) \$18

Pork cheek Schnitzel in warm tortillas, topped with guacamole, Pico de Gallo, chipotle mayo and cabbage.

(Contains gluten, eggs, herbs and dairy. May contain nuts)

Classic Beef Burger \$18

Beef patty, crispy bacon, melted cheddar, pickled red onion, tomato ketchup, lettuce and smoked mustard mayo on a soft bun. Served with hot chips. (Contains gluten, pork and dairy)

SIDES

Greek Salad \$6 A bowl of hot chips \$6

DESSERTS

Chocolate Tart \$8

Served with toasted coconut and vanilla mascarpone. (Contains dairy, gluten and eggs. May contain nuts)

Crepe Brûlée \$8

Served with rose custard, smoked berries and lemon butterscotch.

(Contains eggs, gluten and dairy)

(GF) GLUTEN FREE, (DF) DAIRY FREE, (V) VEGETARIAN, (VG) VEGAN, (N) CONTAINS NUTS, (C) CONTAINS CHILLI

We prepare all our dishes with care, but please be aware that our kitchen handles allergens such as: gluten, wheat, dairy, nuts, eggs, soy and seafood.

We accept card payments only. We apologise for any inconvenience this may cause.

The CIT Restaurant is an industry-standard facility that provides a simulated work environment for our hospitality and culinary students. It gives them the opportunity to refine their skills under the guidance of our expert teachers. Every guest gives our students the opportunity to develop the essential industry skills they need to graduate. Thank you in advance for supporting them and for your patience as they take the first steps in their careers. We hope you enjoy your meal and service.