

BREAKFAST (7.55 – 8:20 AM)

BACON & EGG BAGEL OR ENGLISH MUFFIN	\$6.50
VEGETARIAN MEGA BREKKY WRAP	\$5.50
TOASTED MINI BREKKY WRAP	\$3.00
MEGA BREKKY WRAP	\$6.20
HASH BROWN	\$1.50
TOASTIES (ONLINE ORDER)	
YOGHURT GRANOLA FRUIT CUP	\$3.60
ASSORTED FRUIT DELI CUPS	\$3.30
TOASTED BAGEL W SMASHED AVO & FETA	\$5.60
COMBO DEALS ORDER ONLINE	VARIOUS

DAILY BAKE

HOMEMADE COOKIES	\$2.00
HOMEMADE MUFFINS	\$2.50
vanilla blueberry, raspberry coconut, apple & oat	
BANANA BREAD GLUTEN FREE	\$4.00
BANANA BREAD	\$4.00

SNACK PACKS

POTATO CHIPS ASSORTED	\$2.00
MAINLAND CHEESE & CRACKERS	\$3.00
VANILLA CUSTARD CUP 110GR	\$3.50
RICE PUDDING W CINNAMON CUP	\$3.50
PIRANHA CHIPS	\$2.20



Cafe de Lourdes

EAT AND ENJOY

HOT AND COLD OPTIONS ARE ALWAYS AVAILABLE AT THE GRAB & GO CAFÉ.
TO ENSURE YOU GET YOUR PREFERRED CHOICE AND VIEW THE FULL MENU, PLEASE LOG IN TO MONITOR ONLINE AND PRE-ORDER.



GLUTEN FREE
OPTION



VEGETARIAN
OPTION



DAIRY FREE
OPTION

LUNCH & MORNING TEA

HOT MEALS/SNACKS

PASTA BOLOGNAISE	\$6.30
CHICKEN TWISTUP	\$5.50
BEEF LASAGNA GLUTEN FREE (ONLINE ORDER)	\$7.00
MACARONI CHEESE	\$6.50

SAVOURY PASTRIES/SNACKS

SPINACH & RICOTTA ROLL	\$4.50
TRADITIONAL SAUSAGE ROLL	\$4.30
CHEESY NAAN BREAD	\$3.70
CHUNKY STEAK & CHEESE PIE	\$6.00
POTATO WEDGES	\$4.30
CHICKEN WEDGES	\$4.50
GARLIC BREAD	\$3.70

LUNCH SPECIALS EVERY WEEK (DAILY)

MONDAY	
PIZZA - HAWAIIAN HAM & PINEAPPLE	\$6.50
TUESDAY	
LAMB KORMA & RICE	\$7.00
WEDNESDAY	
BANH-MI (BAGUETTE, PORK, PATE, SALAD, CORIANDER, CHILLI)	\$6.90
THURSDAY	
BEEF NACHOS	\$6.00
FRIDAY	
CHICKEN & SALAD BURGER	\$6.50

HEALTHY OPTIONS/LIGHT BITES (AVAILABLE BOTH BREAKS)

GOURMET WRAPS AND ROLLS

ADD THESE TO ANY SANDWICH ORDER IN YOUR

ONLINE ORDER

WRAPS	\$0.00
GLUTEN FREE BREAD	\$1.00
KNOT ROLL	\$1.00

Please note: Bio-degradable Cutlery is included with all food items that are purchased in the Café. Extra cutlery can be purchased for \$0.10 cents each.

CLASSIC SANDWICHES AND ROLLS

VEGEMITE OR CHEESE	\$3.00
EGG & LETTUCE	\$4.80
SILVERSIDE, PICKLES & CHEESE	\$5.90
CHICKEN, HAM (PLAIN)	\$5.00
CHICKEN, HAM WITH SALAD	\$5.90
CHICKEN LETTUCE MAYO	\$5.90
CHEESE & TOMATO	\$4.90
HAM & CHEESE	\$5.50
CHICKEN CAESAR WRAP	\$6.40

SALAD BOWLS

GARDEN SALADS ASSORTED	\$5.50
GARDEN SALADS WITH BEEF, CHICKEN OR HAM	\$6.80

SALAD BOWLS CONT

GREEK SALAD	\$6.00
CAESAR SALAD	\$5.50
CHICKEN CAESAR SALAD	\$6.50

SUSHI

SUSHI TERIYAKI CHICKEN	\$4.50
SUSHI CHICKEN SCHNITZEL	\$4.50
SUSHI TUNA AVOCADO	\$4.50
SUSHI AVOCADO CUCUMBER	\$4.50
SUSHI 8 PC AVOCADO BABY ROLL	\$5.50
SUSHI SALAD POD TERIYAKI CHICKEN	\$6.00
SUSHI SALAD POD VEGAN PROTEIN	\$6.00

OTHER

SAUCES – TOMATO, BBQ, SOY & DRESSINGS	\$0.30
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FRAPPE BAR AND COFFEE SHOP (FROM 7.30 AM)

FRAPPES/SMOOTHIE

	REG	LGE
BANANA OAT & HONEY WITH SKIM MILK & VANILLA	\$5.00	\$6.00
MANGO TANGO	\$5.00	\$5.50
BLUEBERRY SMOOTHIE	\$4.50	\$5.00

FROZEN TREATS

ICE CREAMS	VARIED
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CAFE SELECTION

	SML 80Z	REG 120Z
LATTE, CAPPUCCINO, FLAT WHITE	\$4.50	\$5.00
MOCHA	\$5.00	\$5.20
SHORT BLACK	\$3.50	
HOT CHOCOLATE	\$4.50	\$5.00
ICED COFFEE	\$5.00	\$5.60
ICED CHOCOLATE	\$5.00	\$5.60
EXTRA SHOT	\$0.50	\$0.50
SOY, LACTOSE FREE	\$0.50	\$0.50
ENGLISH BREAKFAST TEA		\$2.50
SYRUP SHOT	\$0.50	\$0.50

COLD DRINKS

FLAVOURED MILK 300ML	\$3.00
FLAVOURED MILK 500ML	\$4.90
KRAZY LEMON LEMONADE 500ML	\$4.00
KRAZY LEMON LEMONADE 200ML	\$3.00
UP & GO	\$3.50
WATER 600ML	\$2.20
100% JUICE POPPER	\$2.50
GROVE 100% ORANGE/APPLE JUICE 250ML	\$3.00
SPARKLING WATER NU PURE	\$3.20
WATERFORDS SPARKLING MINERAL WATER	\$3.40
ICED TEA PEACH FLAVOUR 250ML	\$3.00

USE LHC MONITOR ONLINE

Take advantage of the Tuckshop's Pre-order Express Lane by using LHC Monitor Online. Visit www.lhc.qld.edu.au (select "Make a Payment") to access your online account, transfer funds and pre-order menu items displaying the online symbol up to 30 days in advance.

DIETARY STATEMENT.

We can & do offer dietary options such as gluten free / dairy free. These foods are prepared in a general kitchen environment where all allergens are present. We operate to the best of our abilities to maintain integrity of these items, however, cannot guarantee traces of contamination such as airborne particles, etc. Should you have dietary needs that are very specific please talk to us.

WANT TO BECOME A TUCKSHOP VOLUNTEER? Please email tuckshop@lhc.qld.edu.au for more details.