



Thanks to MorCo for supporting our tuckshop with weekly donations of fresh produce

# TUCKSHOP MENU

**TUESDAY ONLY – ORDER BY 9am**

Any questions? contact 07 3867 2333 or [tuckshop@asplespecs.eq.edu.au](mailto:tuckshop@asplespecs.eq.edu.au)

Order online using the QKR! app on your phone or tablet



## DRINKS

### Milkshakes - \$3.50

- Strawberry
- Chocolate
- Caramel

### Fresh juices - \$3.50

- Orange
- Apple
- Orange, carrot & ginger

### Smoothies - \$3.50

- Mango
- Berry



### Iced Teas - \$3.50

- Peach
- Lemon

### Water - \$2.50

Alternative milks:  
oat, almond, soy, lactose free

## MORNING TEA

**Nachos - \$4.50** - Tortilla chips, melted cheese, salsa, guacamole and sour cream

**Breakfast Wrap \$4.50** – Wrap filled with egg, bacon, tomato, cheese and BBQ sauce

### Muffins - \$3.00

- Double chocolate
- Cheese and spinach

### Frozen Yoghurt - \$3.00

- 3 flavours – check QKR! for details

### Chocolate Bliss Balls - \$3.00

### Fruit Salad - \$3.00

### Watermelon Cup - \$3.00

## LUNCH

### Seasonal Salad Bowl - \$6.00

Freshly made on site each Tuesday using seasonal produce from the garden and local suppliers

### Wraps - \$6.00

Mixed lettuce leaves, cucumber, capsicum, carrot, tomato, beetroot, cheese and mayonnaise

- Ham or chicken
- Vegetarian? Swap meat for an extra egg

### Fajita Bowl - \$7.50

Cajun spiced chicken with onion, capsicum, black beans and corn served in an open bowl on tortilla with sour cream, cheese and guacamole

### Pesto Pasta - \$5

Spaghetti with basil pesto, toasted pine nuts and parmesan cheese

**Add chicken +\$2**

### Chicken Burger - \$6.00

Butterflied chicken breast in a bun with lettuce, cheese and mayonnaise

**Add bacon +\$1**

### Burger - \$6.00

Beef pattie with cheese, lettuce, beetroot, tomato and BBQ sauce

**Add bacon +\$1**

### Hot Dog - \$3.50

Frankfurter sausage in a bun with tomato sauce and cheese

### Pizza - \$3.50

- Cheeselovers
- Ham and pineapple
- Pepperoni

GF bread/wraps are available to substitute for any bread items or items are available 'breadless'.  
Served with extra salad instead