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# LOULOU'S CAFE & RESTAURANT



## "ITS ALL ABOUT YOU"

Instagram: @loulous.sop // Facebook: LouLou's Cafe & Restaurant

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### OPENING HOURS

Monday - Thursday: 7am to 3pm & 5pm to 9pm

Friday: 7am to 3pm & 5pm to 10pm

Saturday: 8am to 3pm & 5pm to 10pm

Sunday: 8am to 3pm & 5pm to 10pm

BREAKFAST SERVED UNTIL 12PM ON WEEKENDS

**We are happy to accomodate any MENU requests or  
Alterations**





# LOULOU'S CAFE & RESTAURANT



## *Breakfast Menu*

### BACON & EGG ROLL

Bacon, Egg, Hash Brown and Cheese w your choice of Ketchup, BBQ or Chilli Mayo  
10.0

### SHAKSHUKA [V]

Baked Eggs, Tomato, Mushroom, Onion, Herbs and Spices w Fresh Oven Bread  
19.0

### BIG BREAKKY

2 Eggs your way, Bacon, Sourdough, Chorizo, Spinach, Avo, Cherry Tomato, Hashbrown, Mushroom and Beet Hummus  
24.0

### SMASHED AVOCADO [V]

Smashed Avo, Poached Eggs, Cherry Tomato, Kale and Feta on Toasted Sourdough  
19.0

### EGGS YOUR WAY [V]

2 Eggs (Scrambled, Poached or Fried) on Toasted Sourdough  
14.0

### MIDDLE EASTERN

2 Fried Eggs, Fetta, Sujuk, Olives, Tomatoes, Cucumber, Labneh, Zaatar, jam, Bread & Tea  
24.0

### FEEL GOOD BOWL

Smoked Salmon, edamame beans Avocado, Hummus, Walnuts, berries, 63'c Egg and Cherry Tomatoes, cucumber, carrot.  
17.0

### FOLDED OMELETTE

Spinach, Tomato and Buffalo Mozzarella with your choice of Ham, Bacon (+3) or Smoked Salmon (+5)  
19.0

### BENEDICTED

2 Poached Eggs, Burnt Butter Hollandaise and Spinach on Toasted Sourdough w your choice of Bacon, Ham, Smoked Salmon (+3) or Prosciutto (+3)  
19.0

### FRENCH TOAST [V]

Served w Fresh Fruit, Canadian Maple Syrup and Vanilla Bean Ice Cream  
17.0

### ACAI BOWL [V]

Served w Granola, Chia Seeds, Seasonal Fruits, Coconut Flakes, Almond Milk and Honey  
16.0

### SIDES

Hash Brown - 3 | Spinach - 3 | Tomato - 3 | Ham - 3  
Eggs - 4 | Bacon - 4 | Avocado - 4 | Mushrooms - 4 | Halloumi - 4  
Chorizo - 4 | Smoked Salmon - 5





# LOULOU'S CAFE & RESTAURANT



## *Lunch & Dinner Menu*

### Starters

WOOD-FIRED GARLIC BREAD [V]  
8.0

WOOD-FIRED DIPS [VG]  
In-House Bread Served w Four Dips, Hummus,  
Babaghanuj, Garlic Dip and Dukkah  
17.0

HOUSEMADE ARANCINI [V]  
Served with Aioli or Napoletana Sauce  
16.0

KFC [V]  
Cauliflower Lightly Coated in Spicy Korean Sauce  
16.0

BABY OCTOPUS  
BABY OCTOPUS MARINATED GRILLED BABY  
OCTOPUS SERVED WITH A ROCKET SALAD  
19.0

SPICY BUFFALO WINGS  
Marinated in a Spicy Housemade Sauce  
16.0

SALT & PEPPER SQUID  
Lightly Spiced Squid served w Lemon and Aioli  
17.0

GARLIC PRAWNS  
PRAWNS SAUTÉED IN GARLIC  
NAPOLITANA SAUCE & SERVED WITH  
GARLIC TURKISH BREAD.  
19.0

### Salads

PEAR & WALNUT SALAD [V]  
with Parmesan and Balsamic Vinaigrette  
17.0

CHICKEN AVO SALAD [V]  
Cos Lettuce, tomatoes, cucumber, breast Chicken,  
onion, italian dressing  
15.0

CAESAR SALAD  
Cos Lettuce, Bacon, Croutons, Parmesan and a Boiled Egg  
with Housemade Caesar Dressing  
Add Chicken (+4) Add Salmon (+6) Prawn(+6)  
18.0

GREEK SALAD [V]  
Roma, Tomatoes, Cucumber, Olives, Spanish Onion and Feta  
14.0

### Sides

SWEET POTATO FRIES [V]  
Served w Aioli  
12.0

BEER BATTERED CHIPS [VG]  
w your choice of Ketchup, BBQ, Chilli Mayo or Aioli  
10.0

TRUFFLE FRIES [V]  
Fries w Truffle Oil and Parmesan  
13.0





# LOULOU'S CAFE & RESTAURANT



## Lunch + Dinner Menu

### Pizza

GARLIC & CHEESE [V]

17.0

FOUR CHEESE PIZZA

Motzarella, Fetta, Parmesan, Bufallo

22.0

MARGHERITA [V]

Tomato, Basil and Buffalo Mozzarella

17.0

HAWAIIAN [V]

Tomato, Pineapple ham cheese

18.0

PROCIUTTO

Tomato, Mushroom, Prosciutto, Rocket and Provalone

24.0

GAMBERONI

Prawns, Chilli and Avocado

25.0

VEGETERIAN

Potato, Rosemary and Caramelised Onions, mushroom, olivers, capsicum, zuchinni

23.0

CAPRICCIOSA

Tomato, Ham, Mushroom, Olives

23.0

CALABRESE

Potato, Salami, Anchovies, Olives and Chilli

24.0

BARBEQUE CHICKEN

Barbeque, chicken, mushrooms, onion

23.0

PESTO SICILLIA

Chicken, onion, mushroom Pesto & sundried tomato

23.0

Supremo

Ham, cabbanosi, chorizo, pepperoni, mushroom, onion, capsicum, olives pineapple

24.0

MEAT EATER BBQ / TOMATO BASE

Ham, cabbanosi, chorizo, pepperoni, salami

24.0

### Pasta

CHICKEN PESTO

Penne Pasta, Creamy Pesto, Chicken, Sun-Dried Tomatoes

24.0

POTATO GNOCCHI [V]

Housemade Gnocchi, Napolitana Sauce and Basil

19.0

SPAGHETTI PRAWN

Prawns, Vongole, Tomato, White Wine and Chill

26.0

SPAGHETTI BOLOGNESE

Beef Bolognese, Basil and Tomato

21.0

CRAB TAGLIATELLE

with Cherry Tomatoes, Vongole and Fresh Herbs

28.0

FETTUCINE GERALDO

Prawn & Chicken Tossed in in a pink Sauce topped with

Shallots and Avocado

26.0

FETTUCINE BOSCIOLA

Fettuccine cooked in Cream Sauce w Mushrooms and Bacon

23.0

### Burgers

served with fries

HALLOUMI BURGER [V]

Halloumi, Rocket, Tomato, Avo and Cheese w Chilli Mayo

20.0

BUTTERMILK FRIED CHICKEN BURGER

Cos Lettuce, Tomato, Slaw, Bacon, Avo and Cheese w Chilli Mayo

23.0

GRAIN FED BEEF BURGER

Cos Lettuce, Tomato, Onion, Bacon, Beetroot, Fried Egg, Pineapple,

Avo and Cheese w Tomato Sauce

23.0

VEGAN BURGER [VG]

Vegan Pattie, Vegan Cheese, Cos Lettuce, Tomato and Onion w

Vegan Mayo

23.0





# LOULOU'S CAFE & RESTAURANT



## *Tastes of the World*

### Middle East

#### SHAWARMA PLATE

Marinated Beef strips served with Chips, Hummus, Pickles and Fresh Bread  
24.0

#### MIXED PLATE

Beef, Lamb and Chicken Skewers, Hummus, Tabouli, Babaghanuj, Garlic Dip, Pickles and Fresh Bread  
29.0

#### FELAFEL PLATE [VG]

Felafel, Hummus, Tabouli, Babaghanuj, Eggplant, Garlic, Pickles and Fresh Bread  
24.0

#### SHISH KEBAB PLATE

Rice served with 2 Beef Skewers, Hommos & Pickles  
24.0

#### SHISH TAWOOK PLATE

Rice served with 2 Chicken Skewers, Hommos & Pickles  
24.0

### Down under

#### BEEF NACHOS

Beef, Chilli Beans and Mozzarella topped with Avo, Sour Cream and Sweet Chilli  
22.0

#### CHICKEN SCHNITZEL

Crispy Chicken Schnitzel with Fries, Salad and Mushroom Gravy  
24.0

#### FISH & CHIPS

Battered Flathead served w Fries, Salad and Aioli  
20.0

#### CHICKEN AVO SANDWICH

Chicken, Avocado, Sundried Tomatoes on turkish and Chilli mayo.  
18.00

### Asia

#### BIBIMBAP [KOREAN RICE BOWL]

Korean Marinated Beef, Rice and Seasoned Sautéed Veggies, topped with a Fried Egg and Housemade Bibimbap Sauce  
21.0

#### CHICKEN/PORK POKE BOWL

Applewood Smoked Miso Grilled Chicken or Pork, Rice, 63'c Egg, Fresh Wasabi, Japanese Coleslaw, Yuzu and Pickled Radish  
21.0

#### CURED SALMON POKE BOWL

Applewood Smoked Cured Salmon, Rice, 63'c Egg, Fresh Wasabi, Japanese Coleslaw, Yuzu and Pickled Radish  
23.0

#### MUSHROOM POKE BOWL [V]

Applewood Smoked Mushrooms, Rice, 63'c Egg, Fresh Wasabi, Japanese Coleslaw, Yuzu and Pickled Radish  
19.0

#### WAFFLE FRIED CHICKEN

Sweet Crispy Waffle, Bacon, Fried Chicken, Slaw, Siracha & Maple.  
25.0

### Kids Menu

BOLOGNESE PASTA 13.0

CHICKEN NUGGETS & CHIPS 10.0

FISH AND CHIPS 13.0

NINJA FEAST 0.00

Plate. Knife. Fork and swipe some of mum and dads food.





# LOULOU'S CAFE & RESTAURANT



## Beverages

### Iced Drinks

#### SOFT DRINKS

Coke, Coke Zero, Fanta, Sprite and Lift  
3.5

LUKE'S LEMON LIME BITTERS  
6.9

ICED LATTE/LONG BLACK  
5.0

ICED COFFEE/MOCHA/CHOCOLATE  
6.9

ICED CHAI/MATHCA/TARO  
7.9

MILKSHAKES  
Chocolate, Vanilla, Caramel, Strawberry or Banana  
7.0

SMOOTHIES  
Mango, Mixed Berry, Banana or Acai  
8.5

### Sparkling Beverages 9.0

KODY'S YUSHI FIZZ  
Yuzu, House Special Syrup and Elderflower

MAGIC LYCHEE  
Lychee, Lemon and Butterfly Pea Flower

PINEAPPLE & PASSIONFRUIT CRUSH  
Pineapple, Passionfruit, Lemon and Ice

WATERMELON CRUSH  
Watermelon, Mint, House Special Syrup and Ice

### Fresh Juices – 8.5

PASSIONFRUIT FRESH  
Passionfruit, Mango, Watermelon and Strawberry

LUSCIOUS TROPIC  
Apple, Orange, Pineapple and Ginger

LOULOU'S  
Pineapple, Apple, Mint and Ginger

CREATE YOUR OWN JUICE (FOUR CHOICES)  
Pineapple, Watermelon, Apple, Orange, Passionfruit, Strawberry,  
Mango, Carrot, Celery, Cucumber, Kale, Mint, Lemon and Ginger

### Coffee & Tea

ESPRESSO, MACCHIATO, PICCOLLO 3.5

FLAT WHITE, LATTE, CAPPUCCINO, REG 4.0

LONG BLACK, CHAI LATTE LRG 5.0

MOCHA, TARO, MATHCA, TURMERIC, REG 6.0

BELGIAN HOT CHOCOLATE LRG 7.0

ENGLISH BREAKFAST, EARL GREY,  
PEPPERMINT, SENCHA GREEN, 5.0

LEMONGRASS & GINGER, JASMINE,  
GINGER CHAMOMILE

BABYCINO, PUPPACINO 1.0

Soy, Almond, Oat, Lactose Free +0.5

Caramel, Vanilla, Hazelnut +0.5

Extra Shot, Decaf +0.5





# LOULOU'S CAFE & RESTAURANT



## Alcohol

### Cocktails

APEROL SPRITZ Aperol, Prosecco and Soda Water 15.0
COSMOPOLITAN Vodka, Cointreau, Lime and Cranberry Juice 17.0
LYCHEE MANGO MARTINI Gin, Peach Schnapps, Lychees and Mango Juice 17.0
CLASSIC MOJITO Bacardi Rum, Lime, Mint, Sugar Syrup and Fresh Limes 17.0
MIDORI SPLICE Midori, Malibu and Pineapple Juice w Fresh Cream 17.0
FROZEN DAQUIRI Mango or Strawberries with Rum, Cointreau and Syrup 17.0
ESPRESSO MARTINI Vodka, Khalua, Fresh Ground Espresso and Sugar 17.0
FIRE AND GRACE Spiced Rum, Bitters and Ginger Beer 17.0
MARGARITA Tequila, Triple Sec and Lime Juice w a Salted Rim 17.0
OLD FASHIONED Bourbon, Bitters, Sugar and Soda Water 17.0
LONG ISLAND ICED TEA Vodka, Rum, Gin, Tequila, Triple Sec, Lemon and Coke 20.0

### White Wine

	GLS	BTL
LITTLE STONES CHARDONNAY South Eastern AUS	9.0	33.0
WHISTLING DUCK MOSCATO Riverina NSW	9.0	33.0
CALABRIA RICHLAND PINOT GRIGIO Riverina NSW	10.0	35.0
OKIWI BAY SAUVIGNON Marlborough New Zealand	12.0	38.0

### Red Wine

	GLS	BTL
CALABRIA LEONARD RD CABERNET MERLOT South Eastern AUS	9.0	33.0
LITTLE STONES CAB SAUV South Eastern AUS	9.0	33.0
PIERRE D'AMOUR PINOT NOIR Tumburumba NSW	9.0	35.0
NINE STONES SHIRAZ McLaren Vale SA	12.0	38.0

### Rose & Sparkling

	GLS	BTL
SOPHIE SANGIOVESE ROSE Barossa Valley SA	12.0	38.0
CANTI PROSECCO Italy	12.0	38.0

### Beer on Tap

KIRIN	9.5
FURPHY	9.5





# LOULOU'S CAFE & RESTAURANT



## *Desserts*

### Pancakes

#### BANANA WALNUT

24 Dutch Pancakes w Caramelised Banana, Walnuts,  
Belgian Milk Chocolate and Vanilla Bean Ice cream  
19.0

#### TUTTI FRUTTI

24 Dutch Pancakes w Fresh Berries, Banana, Belgian  
Milk Chocolate and Vanilla Bean Ice Cream  
19.0

#### LOTUS BISCOFF

24 Dutch Pancakes w Lotus Biscoff, Belgian Milk  
Chocolate and Vanilla Bean Ice Cream  
19.0

#### BUENO

24 Dutch Pancakes w Belgian Milk Chocolate and  
topped w Kinder Bueno Pieces  
19.0

### Waffles

#### HEART ATTACK

Waffle w Kit Kat, Mars Bar, Snickers, Fresh Banana, Belgian  
Milk Chocolate and Vanilla Bean Ice cream  
19.0

#### OREO

Waffle w Crushed Cookies and Cream Oreos, Belgian Milk  
Chocolate and Vanilla Bean Ice Cream  
19.0

#### BELGIAN CHOCOLATÉ

Waffle w Belgian Milk Chocolate and Vanilla Bean Ice Cream  
19.0

#### BUENO

w Belgian Milk Chocolate and topped w Kinder Bueno  
Pieces  
19.0

