

lunch menu until 3pm

please inform us of any allergies
GF = gluten free; GF* = gf bread/base for \$2 extra;
NF = nut free; * = on request **100% PLANT BASED MENU**



sharing plates

POLENTA STICKS
with herb aioli **GF NF 14**

GARLIC FLATBREAD
Sourdough garlic flatbread **GF* NF 14**
add cashew mozzarella **4**

FRIES
with herb aioli **GF NF 11**

CARBONARA LOADED FRIES
Fries with carbonara sauce, crumbled 'chorizo', chives, cashew parmesan **GF NF* 18**

CAESAR PICCOLA
Cos lettuce, croutons, crumbled 'chorizo', cashew parmesan, Caesar dressing & crispy capers **GF* NF* 16**

GNOCCO FRITTO
Fried dough balls, olive salt, Pomodoro sauce **NF 12**

CINNAMON GNOCCO FRITTO
Cinnamon sugar dusted dough balls, chocolate dipping sauce **NF 12**

mains

APPLE PIE CALZONE
Cinnamon apple baked calzone, with toffee sauce & vanilla gelato **NF 16**

HASH STACK
Herbed hash cakes, grilled smoked cheese, creamy mushrooms, wilted spinach & herb aioli **GF NF 24**
add Plan*t chorizo **GF NF 6**

AVOCADO FLATBREAD
Sourdough flatbread with avocado, crumbled feta, pickled red onion, cherry tomato & rocket **GF* NF 23**

CAESAR SALAD
Cos lettuce, seitan chicken, crumbled 'chorizo', croutons, cashew parmesan, Caesar dressing & crispy capers **NF* 24**

CARBONARA
Spaghetti with carbonara sauce, crumbled 'chorizo' & cashew parmesan **NF* 25**

GNOCCCHI
Gnocchi in a creamy white wine sauce, with semi-dried tomato & crispy sage **GF NF 25**

BREAKFAST BURGER
Herbed rosti, smoked cheese, tomato, wilted spinach, BBQ sauce & herbed mayo, in a brioche bun, with fries **GF* NF 22**

TRUFFLE BURGER
Plan*t beef patty, truffled mushrooms, smoked cheese, caramelised onions, pickles, Cos lettuce & herb aioli in a brioche bun, with fries or Caesar side salad **GF* NF 25**

CHICKEN PARMA BURGER
Crumbed plant based chicken patty, chargrilled aubergine, cashew mozzarella, Cos lettuce, pickles, tomato relish & herb aioli in a brioche bun, with fries or Caesar side salad **NF* 25**

brunch sides

Seitan 'chicken' **NF 7**
Hash cakes (2) **GF NF 7**
Avocado **GF NF 6**
Truffled mushrooms **GF NF 7**
Wilted spinach **GF NF 6**

Cashew mozzarella **GF 4**
Ciabatta (2) **NF 7**
GF bread (2) **GF NF 8**
Herb aioli **GF NF 2**
Caesar mayo **GF NF 2**

HAPPY HOUR!

AFTERNOON APERITIVO!
Glass of house wine or tap beer & marinated olives \$10

ANTIPASTI ARVO
Carafe of house wine & marinated olives \$25



MONDAY to FRIDAY 3-5PM

pizza from 11.30am

Our sourdough pizzas are fermented for 48 hours for our healthier take on Roman style pizza. Your choice of our regular base or gluten free sourdough base. We are unfortunately unable to cater for coeliac or severe nut allergies as we make all our dough & cheeses from scratch.

MARGHERITA
Pomodoro sauce, house cashew mozzarella, fresh basil, olive oil **GF* 22**

PIZZA PATATINE
Garlic-bianca sauce, shaved potato, rosemary, smoked cheddar, cashew mozzarella & parmesan, red onion **GF* NF* 25**

CHEESEBURGER
Pomodoro sauce, crumbled 'beef', pickles, caramelised onion, mustard, cashew mozzarella **GF* NF* 27**

POLLO
Pomodoro sauce, seitan 'chicken', cashew mozzarella, smoked cheddar, BBQ sauce, herbed aioli drizzle, red onion **28**

AL FRESCO
Garlic-bianca sauce, cashew mozzarella & parmesan, smoked cheese, cherry tomato, rocket **GF* 23**

PARMIGIANA
Pomodoro sauce, aubergine, cashew mozzarella & parmesan, smoked cheese, fresh basil **GF* 25**

TARTUFO
Garlic-bianca sauce, truffled mushrooms, smoked cheese, cashew parmesan, rocket, truffle oil **GF* NF* 26**

ZINGARA
Pomodoro sauce, red pepper, crumbled 'chorizo', olives, pickled red onion, cashew mozzarella **GF* 26**

pizza add ons

Seitan chicken **NF 7**
Crumbled plant based chorizo **GF NF 6**
Kalamata olives **GF NF 2**
Charred aubergine **GF NF 3**
Capers **GF NF 2**
Rocket **GF NF 3**
Roasted red pepper **GF NF 3**
Pickled red onion **GF NF 2**
Creamy mushrooms **GF NF 3**
Cashew mozzarella **GF 4**
Smoked cheddar **GF NF 3**
Herbed aioli **GF NF 2**
BBQ sauce **GF NF 2**