

weekday lunch menu 12 - 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

FRIES

with herb aioli **GF NF 11**

GARLIC FLATBREAD

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

CARBONARA LOADED FRIES

Fries loaded with carbonara sauce, facon, chives, cashew parmesan **GF NF* 18**

GNOCCO FRITTO

Fried dough balls with olive salt & Pomodoro dipping sauce **NF 12**

CINNAMON GNOCCO FRITTO

Cinnamon sugar dusted dough balls with chocolate dipping sauce **NF 12**

POLENTA STICKS

with herb aioli **GF NF 14**

POTATO POM POMS

with herb aioli **GF NF 10**

CAESAR PICCOLO

Cos lettuce, facon bits, croutons, cashew parmesan, Caesar dressing & crispy capers **GF NF* 16**

mains

HASH STACK

Herbed hash cakes, grilled smoked cheese, creamy mushrooms, wilted spinach & hollandaise **GF NF 24**
add Plan*t sausage **GF NF 6**

'MINCE' ON TOAST

Arrabiata bolognese on toasted ciabatta, with cashew mozzarella **GF* NF* 15**

AVOCADO TOAST

Beetroot & walnut pesto, avocado, crumbled feta, pickled red onion & toasted seeds on toasted ciabatta **GF* 23**
add chive scrambled tofu **GF NF 7**

CARBONARA

Spaghetti with carbonara sauce, facon & cashew parmesan **NF* 25**

brunch sides

Plant based ham **NF 5**

Plan*t chorizo **GF NF 6**

Plan*t sausage (1) **GF NF 6**

Vegan chicken **NF 7**

Hash cakes (2) **GF NF 7**

Avocado **GF NF 6**

GNOCCHI

Gnocchi in a creamy white wine sauce, with semi-dried tomato & crispy sage **GF NF 24**

CHICKEN PARMA BURGER

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

CAESAR SALAD

Cos lettuce, plant based chicken, facon bits, croutons, cashew parmesan, Caesar dressing & crispy capers **NF* 25**

Cashew mozzarella **GF 4**

Ciabatta (2) **NF 7**

GF bread (2) **GF NF 8**

Hollandaise **GF NF 2**

Herb aioli **GF NF 2**

Caesar mayo **GF NF 2**

pizza

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, basil, olive oil **GF* 22**

TUTTO CARNE

Pomodoro sauce, Plan*t sausage, chorizo, crumbled beef, vegan ham, caramelised onion, cashew mozzarella & parmesan, BBQ sauce **30**

POLLO

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

PIZZA PATATINE

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

ZINGARA

Pomodoro sauce, chorizo, red pepper, olives, red onion, cashew mozzarella **GF* 25**

TARTUFO

Mushroom cream, mixed mushrooms, truffle oil, smoked cheese, parmesan, rocket **GF* NF* 26**

TROPICALE

Pineapple, vegan ham, cashew mozzarella, smoked cheese, chilli oil **GF* NF* 25**
add BBQ sauce **2**

PARMIGIANA

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

Happy Hour!

AFTERNOON APERITIVO!

Glass of pinot gris or syrah with ciabatta & marinated olives \$15

ANTIPASTI ARVO

Chef's platter & carafe of house wine \$30

Beetroot & walnut pesto, ciabatta, cashew mozzarella, marinated olives



\$10 PINTS \$10 HOUSE WINE

MONDAY TO FRIDAY

Vegan chicken **NF 7**

Plan*t chorizo **GF NF 6**

Vegan ham **GF NF 5**

Kalamata olives **GF NF 2**

Roasted pepper **GF NF 3**

Red onion **GF NF 2**

Mushrooms **GF NF 3**

Pineapple **GF NF 2**

Cashew mozzarella **GF 4**

Smoked cheddar **GF NF 3**

Aubergine **GF NF 3**

Capers **GF NF 2**

Rocket **GF NF 3**

Herbed aioli **GF NF 2**

BBQ sauce **GF NF 2**