

# 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**

### BEET CAPRESE

Roasted beetroot with balsamic reduction, cashew  
mozzarella, rocket with lemon vinaigrette & toasted  
pepitas **GF 17**

### GNOCO FRITTO

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

### CINNAMON GNOCO FRITTO

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

### POLENTA STICKS

with herb aioli **GF NF 14**

## 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, fresh  
basil, olive oil **GF\* 22**

### TUTTO CARNE

Pomodoro sauce, Plan\*t  
sausage, chorizo, crumbled  
beef, plant based ham,  
caramelised onion, BBQ  
sauce, cashew mozzarella  
& parmesan **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\* 25**  
add capers **2**

### TARTUFO

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

### TROPICALE

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

## 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**

### CAESAR SALAD

Cos lettuce, facon bits, croutons, cashew parmesan, Caesar  
dressing & crispy capers  
Piccolo **GF NF\* 16** Grande - with seitan 'chicken' **NF\* 25**

### CARBONARA

Spaghetti with carbonara sauce, facon & cashew  
parmesan **NF\* 24**

### GNOCCHI

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

### TRUFFLE BURGER

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

### 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**

## brunch sides

Plant based ham **NF 5**

Plan\*t chorizo **GF NF 6**

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

Seitan 'chicken' **NF 7**

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

Avocado **GF NF 6**

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 add ons

Seitan chicken **NF 7**

Plan\*t chorizo **GF NF 6**

Plant based beef **NF 7**

Vegan ham **GF NF 5**

Kalamata olives **GF NF 2**

Artichoke **GF NF 3**

Charred aubergine **GF  
NF 3**

Capers **GF NF 2**

Rocket **GF NF 3**

Roasted red pepper **GF  
NF 3**

Red onion **GF NF 2**

Creamy mushrooms **GF  
NF 3**

Pineapple **GF NF 2**

Cashew mozzarella **GF 4**

Smoked cheddar **GF NF 3**

Herbed aioli **GF NF 2**

BBQ sauce **GF NF 2**