

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

GARLIC FLATBREAD

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

CARBONARA LOADED FRIES

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

POTATO POM POMS

with herb aioli **GF NF 10**

POLENTA STICKS

with herb aioli **GF NF 14**

FRIES

with herb aioli **GF NF 11**

GNOCCO FRITTO

Fried dough balls, olive salt, Pomodoro **NF 12**

CINNAMON GNOCCO FRITTO

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

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**

GNOCCCHI

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**

HAPPY HOUR!

AFTERNOON APERITIVO!

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

ANTIPASTI ARVO

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

Ciabatta, beetroot & walnut pesto, cashew mozzarella, marinated olives



MONDAY to FRIDAY 3-5PM

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**

ZINGARA

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

ANGEL PIZZA

Garlic bechamel & spinach mornay, with cashew mozzarella & parmesan **GF* NF* 23**

PARMIGIANA

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

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**

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**