

BREAKFAST

Mon–Fri: 7.00am – 11.30am
Sat & Sun: 7.30am – 2.30pm

TOAST	
organic sourdough (v).....	8
fig & walnut loaf (v).....	8
gluten free quinoa (g) (v).....	9
GRANOLA (v)	16
honey toasted quinoa & oat clusters w/ chia seeds, almonds, cranberries & vanilla yoghurt	
CORN FRITTERS (g) (v)	18
avocado smash, soft poached egg, feta & pea tendrils salad w/ lemon infused olive oil	
ROSTI (g) (v)	19
dutch cream potato hash w/ whipped feta smoked salmon, crispy capers & chive dressing	
SPANISH OMELETTE (g)	18
w/ chorizo, peas, roasted red peppers, manchego cheese & sourdough	
VEGETARIAN OMELETTE (g) (v)	18
green pea & haloumi omelette w/ spring onions, cherry tomatoes, baby spinach & sourdough	
BIG BREAKFAST (g)	19
free range eggs poached, scrambled or fried on toast w/ bacon, chorizo, button mushrooms, oven roasted tomato & chat potato	
WAFFLES (v)	17
served w/ caramelised toffee apple, butterscotch sauce & vanilla ice cream	
PANCAKES (v)	17
w/ caramelised banana, fresh strawberries, cinnamon candied walnuts & salted caramel ice cream	
BELTA (g)	15
bacon, free range egg, lettuce, tomato, avocado & tomato chutney on toasted brioche	
EGGS BENEDICT	
free-range poached eggs on sourdough w/ hollandaise (g) (v).....	14
w/ double smoked ham, bacon, smoked salmon or spinach (g).....	18
FREE RANGE EGGS (g) (v)	13
poached, fried or scrambled on sourdough toast w/ your choice of oven roasted tomato, button mushrooms, baby spinach, egg, chat potato.....	3 ea
double smoked ham, bacon, avocado crush, feta, chorizo, tasmanian smoked salmon.....	4 ea
TRAINERS PALEO (g)	19
poached or scrambled eggs, baby spinach, roasted tomato, bacon, button mushrooms & avocado crush	

SIDES

From 11.30am

Steamed greens tossed w/ extra virgin olive oil toasted almonds & currants (g).....	9
Mixed salad of rocket, pear, parmesan & lemon vinaigrette (g).....	10
Shoestring fries (g).....	11
Beer battered chips.....	11

KIDS MENU

From 11.30am – 2.30pm & from 5.30pm

PENNE BOLOGNESE (g)	14
CHICKEN SCHNITZEL & CHIPS	14
FISH & CHIPS	13

STARTERS

From 11.30am

TOASTED CIABATTA BREAD (g) (v)	9
balsamic olive oil or garlic & rosemary	
DIPS (g) (v)	12
trio of house made dips w/ char grilled pita	
SOUP (g) (v)	12
soup of the day served w/ toasted ciabatta	
OYSTERS (g)	3 ea
natural or kilpatrick	
OLIVES (g) (v)	9
selection of kalamata & sicilian green olives marinated in chilli & rosemary	
CALAMARI (g)	12
sumac spiced w/ chilli mango relish	
PORK (g)	12
bbq glazed crispy skinned pork belly served w/ asian slaw	
BEEF CARPACCIO (g)	16
lemon, salt, pepper, basil, mushroom, rocket salad, balsamic & shaved parmesan cheese	
BRUSCHETTA ITALIANA (v)	14
chopped tomato, basil, oregano, parmesan & olive oil	
ARANCINI (g) (v)	11
char grilled sweetcorn & red pepper arancini w/ salted yoghurt	
PLATE FOR 2 (g)	26
selection of olives, fetta, dips, pita bread, arancini, calamari & pork belly	

BURGERS

From 11.30am

BEEF BURGER (g)	19
beef pattie w/ bacon, cheese, tomato, oak lettuce, aoli & beer battered chips	
CHICKEN BURGER (g)	18
portugese spiced chicken breast w/ lettuce, tomato, cheese, bacon, aoli dressing & beer battered chips	
STEAK SANDWICH (g)	19
yearling scotch fillet w/ free range egg, caramelized onions, oak lettuce, tomato, aoli & beer battered chips	
VEGETARIAN (g) (v)	18
grilled eggplant, zucchini, lettuce, tomato, cheese, tatziki & beer battered chips	
LAMB BURGER (g)	19
lamb pattie w/ oak lettuce, tomato, minted yoghurt & beer battered chips	
BELTA (g)	17
bacon, free range egg, lettuce, tomato, avocado, tomato chutney & beer battered chips	

SALADS

From 11.30am – 2.30pm & from 5.30pm

CHICKEN SALAD (g)	19
grilled chicken w/ mixed salad asparagus, sweet corn, boiled egg with a vinaigrette dressing	
NICOISE SALAD (g)	21
mixed salad with tuna, red onion, bocconcini, boiled egg w/ a vinaigrette dressing	
TRADITIONAL CAPRESE SALAD (g) (v)	18
tomato, bocconcini, basil, cucumber & olives	
SALMON SALAD (g)	23
Cured salmon on a bed of rocket, tomato, sliced radish w/ croutons, sesame seeds & a vinaigrette dressing	
CALAMARI SALAD (g)	19
sumac spiced on green papaya salad w/ chilli mango relish	

(g) denotes gluten free option available on request
(v) denotes vegetarian option available on request

MAINS

From 11.30am – 2.30pm & from 5.30pm

LINGUINI MARINARA (g)	28
prawns, squid, fish & vongole w/ napoli sauce, cherry tomatoes, fresh basil & a hint of fresh chilli	
VEGETARIAN GNOCHI (v)	25
home made ricotta & spinach dumplings w/ spiced tomato sugo, kalamata olives, cherry tomatoes & fresh basil	
SALMON GNOCCHI	28
Homemade gnocchi w/ spinach & ricotta, pesto sauce & salmon	
RIGATONI (g)	25
w/ slow braised beef ragu, bocconcini, basil & cherry tomatoes	
BOLOGNESE (g)	19
penne rigate tossed through a classic slow cooked beef ragu served with fresh herbs	
TAGLIATELLE (g)	27
sauteed atlantic salmon w/ cherry tomatoes, baby spinach, parsley, napoli sauce & a dash of cream	
LASAGNE	25
traditional italian style lasagne of slow cooked beef ragu, layered w/ home made pasta, baby spinach & bechamel w/ a rocket & parmesan salad	
DUCK RISOTTO (g)	26
asian spiced w/ chilli, spring onions, choy sum & asian herbs	
CHICKEN RISOTTO (g)	26
w/ mushrooms, green peas & asparagus spears finished w/ mascarpone	
RISOTTO DI MARE (g)	28
prawns, squid, fish, vongole with napoli sauce, cherry tomatoes, fresh basil & a hint of chilli	
PIATTO DI MARE	29
grilled calamari, beer battered prawns, seasonal vegetables & roasted potato w/ a mango & lime relish	
FISH & CHIPS	25
beer battered flathead filets w/ salad greens, tartare sauce & shoestring fries	
VEAL SALTIMBOCCA (g)	32
sage & prosciutto wrapped veal w/ seasoned vegetables & roasted potatoes	
SCOTCH FILLET (g)	
grilled scotch fillet served with seasoned vegetables & roast potatoes served w/ a demi glazed sauce.....	32
grilled scotch fillet in a green pepper sauce served w/ seasoned vegetables & roast potatoes.....	32
CHICKEN BREAST (g)	27
quinoa & herb crumbed w/ seasoned vegetables & roasted potatoes	
PAD THAI (g)	26
rice noodles tossed in authentic thai flavours w/ chicken, prawns, coriander, egg, fresh chilli, crushed peanuts & lemon	
SALMON (g)	29
crispy skinned fillet rolled in citrus dukkah w/ avocado, radish, pea tendril & green apple salad	
LAMB SHANKS (g)	33
slow braised in olive oil, white wine & oregano w/ lemon roasted potatoes & tzatziki	

DESSERTS

From 6.00pm

ITALIAN TIRAMISU	14
savoiardi, italian coffee, mascarpone & chocolate	
APPLE & CINNAMON FRITTERS	14
w/ buttermilk cinnamon glaze, candied walnuts & vanilla bean ice cream	
CRÈME BRÛLÉE (g)	14
classic vanilla bean w/ almond biscotti	
BELGIUM WAFFLES	14
w/ a warm orange & dark chocolate fudge, cinnamon ice cream & fresh strawberries	
PANNA COTTA (g)	12
vanilla & dark chocolate layered panna cotta w/ strawberry & mint salad	
TRIO OF SORBET OR GELATO (g)	13
see staff for flavours	