

# MENU

## Quinoa Salad

Quinoa mixed with cucumber ribbons, carrots, spring onions and chickpeas, drizzled with a maple, lemon and ginger dressing

## Chicken Caesar Salad (G)(F)(M)(MU)(E)

250g grilled chicken on a bed of mixed lettuce, cherry tomatoes and parmesan shavings tossed in homemade Caesar dressing, topped with garlic croutons

## Asian Tuna Salad (F)(SES)

150g grilled tuna steak served on baby spinach leaves, kale, spring onions, leeks and cheery tomatoes finished with black sesame seeds and Asian dressing

## Oriental Salad (N)(SES)

Mixed shredded cabbage, spring onions, roasted bell peppers, green chilies, carrot ribbons, fresh coriander, roasted cashew nuts, tossed in a ginger, honey and sesame dressing

## Paccheri (G)(M)(SFH)

Chicken pieces cooked with onion, garlic and asparagus in white wine, finished with cream and parmesan shavings

## Casarecce (G)(M)(E)(SFH)

Italian sausage, garlic, crushed chili, spicy tomato sauce, fennel seeds and Parmesan cheese

## Gnocchi (G)

Pumpkin chunks cooked in a fresh puree of pumpkin, topped with pumpkin seeds

## Mushroom Risotto (SHF)

Arborio rice cooked with caramelized onions, mushrooms, garlic and white wine, finished off with shredded vegan cheese

## Smokehouse Burger (G)(M)(E)

170g homemade beef patty, grilled and topped with horseradish mayo, caramelized onions, applewood cheese, shredded bacon, and mushrooms, served in a brioche bun, accompanied with French fries

## Crispy Chicken Burger (G)(CL)(E)

250g chicken thighs, marinated with paprika and crispy fried, chipotle mayo and red cabbage slaw in a brioche bun, served with French fries

## Vegan Burger

180g black bean, onion, carrots and bell pepper patty, grilled and topped with smashed avocado and fresh tomato slices, served in a gluten free bun with French fries

## Pesto Parma Ciabatta (G)(M)(N)

Slices of Parma ham, mozzarella di bufola and fresh tomatoes with homemade basil pesto, served in a toasted ciabatta with quinoa salad

 denotes Vegan dishes

 denotes Vegetarian dishes

### Food Allergens

Cereals containing gluten (G)

Crustaceans (CR)

Fish (F)

Sulphites (SFH)

Peanuts (P)

Soya (SY)

Celery (CL)

Milk including lactose (M)

Tree nuts (N)

Lupin (L)

Mollusks (MOL)

Sesame (SES)

Egg (E)

Mustard (MU)

Please advise us of any dietary requirements. We will do our best to accommodate your needs. Please be advised that all our products are prepared in an environment where gluten, peanuts, nuts, dairy, eggs, shellfish and other known allergens are also being prepared.