



GRAIN

Salads

Rocket and pear salad

With watercress and fennel. (v) (g)

Blistered corn salad

Served with roasted cauliflower and bean salad with a honey mustard dressing. (g) (v)

Grilled prawn salad

With cucumber, crispy noodles, fresh orange and Asian greens.

Caesar salad

Cos lettuce, crispy bacon, garlic croutons, shaved parmesan, aioli, anchovies, grilled free range chicken and a poached egg.

Roast pumpkin and couscous salad

With minted yoghurt, pepita seeds, dried figs, rocket, dried apricots and walnuts. (v)

Pasta

Spaghetti

with asparagus, spinach and pesto sauce. (v)

Gnocchi

With scallops, ricotta and burnt almond butter sauce.

Linguini with fresh picked crab meat

Diced zucchini, in a lemon and chilli infused olive oil sauce

Trio of wild mushroom risotto

Rocket, parmesan and micro herb salad. (v) (g)

Spaghetti Bolognese

Rich homemade Bolognese sauce, topped with grated grana padano parmesan.

Fettuccini pollo

Sautéed chicken, roasted capsicum, pine nuts and garlic, flambéed with brandy in a light creamy sauce and finished with rocket.

Snacks

Grilled Pita bread

With vegetable crudities, roasted beetroot dip and raita. (v)

Tomato Brushcetta

With basil oil and Balsamic reduction. (v)

Chicken Quesadilla

Filled with Swiss cheese, chilli and spinach.

Hot chips

With tomato sauce and oil. (g)

Nacho's

Beef chilli bean mix, guacamole & sour cream. (vegetarian option available)