



# GRAIN

## *Salads*

### **Grilled prawn and watermelon (89)**

With tofu, cucumber, radish and nam jim dressing. (g)

### **Crispy rice ball and curry fish salad (87)**

Warm salad with shredded Asian greens bean sprouts. (g)

### **Roast pumpkin and couscous salad (88)**

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

### **Chargrilled Vegetable Salad (84)**

chargrilled zucchini, asparagus, capsicum & button mushrooms, sauté baby potato, water spinach, cheese, olive oil & white wine vinegar dressing. (v)(g)

### **Super human salad (107)**

Avocados, broccoli, red rice, pepita seeds, dried cranberries, boiled egg, grilled salmon, kale, kiwifruit, mixed with a chili, caramel dressing. (g)

### **Caesar salad (98)**

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

### **Poke Bowl (85)**

Fresh raw tuna or salmon served on bed of rice with organic vegetables, salted edamame, finely sliced pickled ginger, fried nori roll and japanase dressing. (g\*)

## *Pasta*

### **Roasted beetroot risotto (75)**

With shimeji mushrooms, goats cheese and microherb salad. (g\*)

### **Spaghetti (88)**

With asparagus, spinach and pesto sauce. (v) (g\*)

### **Spaghetti Bolognese (106)**

Rich home-made Bolognese sauce, top with grated grana padano parmesan. (g\*)

### **Fettucini pollo (106)**

Sautéed chicken, roasted capsicum, peanuts and garlic, flambéed with brandy in a light creamy sauce and finished with rocket. (g\*)

### **Parmesan risotto (100)**

With grilled prawn and pomegranate, radish, basil salsa and grilled lime. (g\*)

### **Rich lamb ragu Pappardelle (104)**

With braised lamb leg, radicchio, button mushrooms, caramelised onion, crushed peanuts in a Rich tomato sugo. (g\*)

## *Sharing*

### **Grilled Pita bread (95)**

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

### **Tomato Brushcetta (85)**

With basil oil and balsamic reduction. (v) (g\*)

### **Chicken Quesadilla (95)**

Filled with swiss cheese, chili and spinach.

### **Hot chips (50)**

With tomato sauce and aioli. (g)

### **Nacho's (95)**

Beef chili beans mix, guacamole & sour cream. (vegetarian option available) (g)