

# Fresh Plate

## CHOOSE YOUR FEATURE: (Single/Double)

**Char-Grilled Chicken Breast 42/74**  
Grilled OR crumbed | Choice of tzatziki OR mushroom sauce

**Chicken Stir Fry 39/67**  
Ginger & soy julienne pepper stir fry

**Rump Tagliata 98**  
Grilled sliced rump | Chimichurri

🍷 **Sesame-Crusted Tofu 48**  
Spicy soy

🍷 **Pealafel Fritters (5pc) 32**  
Pea, corn, chickpea & sesame fritters | Avo\* | Hummus

**Salmon & Sweet Potato Fish Cakes 55/89**  
Ginger, garlic, chilli & soya dressing

## CHOOSE YOUR SIDE: (V)

🍷 **Baby Marrow Linguine 32**  
Bok choy | Spinach | Peas | Broccoli

**Caprese & Avo\* Salad 46**  
Fresh mozzarella | Tomato | Basil pesto | Avo\* | Red onion

**Sweet Potato Crush 28**  
Baked sweet potato | Feta cream | Crispy chickpeas | Spring onion

🍷 **Asian Slaw 27**  
Cabbage | Cucumber | Carrot | Asian dressing | Sesame seeds

**Bean Salad 34**  
Edamame beans | Green beans | Kidney beans | Cannellini beans | Pickled red onion | Honey mustard dressing

🍷 **Power Salad 34**  
Beetroot | Seed nut & goji berry mix | Mange tout | Edamame beans | Cabbage | Avo\* | Radish | Quinoa & bulgur wheat mix | Lemon berry coconut dressing

**House Salad 32**  
Rocket | Mixed greens | Cucumber | Avo\* | Shaved parmesan | Balsamic Reduction

**Zucchini Gratin 26**  
Roasted zucchini | Parmesan pangrattato

## Lunch Lights

### Hot Pressed Ciabatta Sandwich:

- Chicken mayo | Basil pesto | Mozzarella | Hand cut chips 86

- Country ham | Cheddar | Tomato chilli jam | Hand cut chips 80

- Pulled beef short rib | Whole grain mustard | Mozzarella | Hand cut chips 90

### Prego Pollo 86

Char-grilled chicken breasts | Lettuce | Tomato | Peri peri mayo | Wood-fired Turkish bread | Hand cut chips

### 🍷 Haloumi & Roast Veg 87

Rye | Herbed cream cheese | Tomato | Avo | Roasted vegetables | Grilled haloumi | Rocket

### Grilled Rump Flatbread 98

Hummus Tzatziki | Shaved chilli steak | Roasted red pepper | Salsa | Danish feta | Cos lettuce

### Mexican Chicken Wrap 79

Shredded chicken breast | Chipotle dressing | Tomato & bean salsa | Guacamole | Cheddar cheese | Lettuce

### 🍷 Nomad Vegan Wrap 64

Pealafel fritters | Hummus | Salsa | Cos lettuce | Radish | Tahini dressing | Crispy chickpeas | Mange tout | Carrot | Cucumber

### Herb Frittata 60

Cherry tomatoes | Fresh mozzarella | Sundried tomato pesto | Basil | Red onion | Baby spinach salad

### Trio of Tacos 59

Your choice of 3 tacos

