



LUNCH MENU
FRESHLY MADE PANINI / PASTA / SALAD

MEATY PANINI \$15
(SERVED W CHIPS OR SALAD)

CUBANO:
PULLED PORK, HAM, CHEESE, COLESLAW, & SPICY PINEAPPLE RELISH.

REUBEN:
CORNED BEEF, SAUERKRAUT, MUSTARD & CHEESE.

PORCHETTA:
SLICED PORK BELLY, HOME MADE ONION JAM, 4 CHEESES & LETTUCE.

GRILLED CHICKEN,
SMASHED AVOCADO, CHEESE & FETA.

CHICKEN SCHNITZEL, FRESH LETTUCE, AIOLI SAUCE, FRESH TOMATO & PROVOLONE CHEESE.

MEATLOAF:
NAPOLI SAUCE, MOZZARELLA & BASIL.

TUNA:
NICOISE SALAD, BOILED EGG, GREEN BEANS, PICKLED ITALIAN VEGETABLES & MAYO.

PULLED LAMB:
LENTILS STEW, MINT YOGURT & ROCKET.

VEGGIES PANINI \$15
(SERVED W CHIPS OR SALAD)

SMASHED AVOCADO,
SPINACH, WILD MUSHROOMS & FETA.

GRILLED MIXED VEGGIES, HUMMUS & FETA.

CAPRESE:
FRESH TOMATOES, MOZZARELLA CHEESE, & HOME MADE PESTO.

EGGPLANT PARMIGIANA:
NAPOLI SAUCE & ROCKET

HUMMUS, GRILLED HALLOUMI, FRESH TOMATOES & BRAISED CAPSICUM.

BURGER \$16
(SERVED W CHIPS)

CHICKPEAS:
GRILLED W LETTUCE, TOMATO & MAYO.

BLT:
BACON, LETTUCE, TOMATO, BEEF PATTIE & EGG

SALAD \$15

CAESAR: LETTUCE, CHEESE. BACON, POACHED EGG & HOME MADE DRESSING.

GREEN GODDESS:
SNAP PEAS, SPINACH, AVOCADO, GREEN BEANS, GRILLED BROCCOLINI, BEETROOT & TZATZIKI SAUCE.

CAPRESE: FRESH TOMATOES, BUFFALO MOZZARELLA, & HOME MADE PESTO.

FARRO: ANCIENT GRAINS, ISRAEL COUS COUS, BUCKWHEAT, SPELT, HOME MADE PESTO, GRILLED MIXED VEGGIES & FETA.

LAMB SALAD:
QUINOA, COLESLAW, KALAMATA OLIVES, MINT & LAMB

ADD:
SALMON \$6
CHICKEN \$5
FRIED CALAMARI \$5

PASTA & MAIN

EGGPLANT PARMIGIANA \$15

ORECCHIETTE:
LITTLE SHELL PASTA IN A CREAMY SAUCE W BROCCOLINI, BROAD BEANS, PEAS, HOME MADE PESTO & PISTACHIO \$15

FETTUCCINE CARBONARA \$15

PENNE CALABRESE:
SPICY NAPOLI SAUCE W CURED MEAT, CAPSICUM & OLIVES. \$15

GNOCCHI BOLOGNESE \$18

GREEN RAVIOLI:
SPINACH & RICOTTA FILLED PASTA IN A NAPOLI SAUCE \$15

BEEF LASAGNA \$16

CHICKEN PARMA \$18
(SERVED W CHIPS)