

EARLY MORNING SMOOTHIES UNTIL 11 30

PEANUT BUTTER CUP / 85

Banana, Peanut Butter, Nutella With Almond & Coconut Milk

PINK BERRY MACA / 85

Banana, Berries, Maca Powder, Oats, & Almond & Coconut Milk

ALL HAIL KALE / 85

Banana, Avocado, Pineapple, Kale, Spinach, Spirulina & Coconut Water

BREAKFAST - UNTIL 11 30

BIG BREKKY / 19.9

Fried, Poached or Scrambled Eggs With Rindless Bacon, Field Mushrooms, Chorizo Sausage, Tomato & Hashbrown

BACON & EGGS / 15.9

SMOKED SALMON BAGEL / 16.9
With Fresh Avocado & Cream Cheese

APPLE CRUMBLE FRENCH TOAST (V) / 13.5

With King Island Thickened Cream

MEDITERRANEAN CLAYPOT / 14.5

Barossa Valley Chorizo With Free Range Poached Eggs, Home Grown Basil In A Napolitana Sauce, With Rye Bread

SMASHED AVOCADO / 15.9

With Poached Eggs, Feta & Rye Bread

LAYERED TOASTED MUESLI (V) / 10.9

With Coconut Cream Yoghurt, Seasonal Fruit, Roasted Almond Flakes & Passionfruit Puree

ENGLISH MUFFINS / 13.9

With Turkey Breast, Poached Free Range Eggs & Hollandaise Sauce

EXTRAS / Egg / Bacon / Chorizo / Hashbrown / Mushroom / Avocado / Tomato

HERBED PIADINA FLAT BREAD - LUNCH TIME ONLY

SPARGOS / 14.9

Italian Sopressa Salami with Baby Bocconcini, Garden Rocket & Semi-Sun Dried Tomatoes

POLLO / 14.9

Chicken Breast with Semi Sun Dried Tomatoes, Provolone Cheese & Garden Rocket

VEDURA (V) / 14.9

Oven Roasted Garden Capsicum with Greek Feta Roasted Pumpkin & Basil Pesto

FOCCACIA - LUNCH TIME ONLY

CHICKEN / 13.9

Roasted Chicken Breast With Fresh Avocado, Home Made Mayonnaise & Garden Lettuce

TURKEY / 13.9

Smoked Turkey With Cream Cheese, Cranberry Sauce & Garden Lettuce

CHICKEN CAESAR / 13.9

Barossa Valley Bacon With Roasted Chicken Breast, Cos Lettuce, Italian Parmesan & Home Made Garlic Aioli

SALMON / 14.9

Tasmanian Smoked Salmon With Cream Cheese & Spanish Onion

LAMB / 13.9

Grilled Lamb Backstrap With Fresh Garden Lettuce, Tomatoes & Spanish Onions With Greek Tzatziki

PASTA - OPTIONAL GLUTEN FREE PENNE + 4

CHORIZO / TAGLIATELLE / 23.9

Prawns, Spanish Chorizo, Fresh Tomatoes, Onion Pinenuts & Pesto

AMATRICIANA / RIGATONI / 22.9

Thin Bacon Slices With Onion Chilli & Pecorino Cheese In A Napolitana Sauce

ITALIANO / RIGATONI / 23.9

Chicken Breast, Thinly Sliced Pancetta, Garden Mushrooms, Onions, Garlic, Baby Spinach In A Rose Sauce

SALMONE / TAGLIATELLE / 23.9

Tasmanian Smoked Salmon With Spring Onions Avocado & Dill With A White Wine Cream Sauce

POLLO / RIGATONI / 23.9

Marinated Chicken Breast With Barossa Valley Bacon, Roasted Capsicums, baby Spinach In A Rose Sauce

VEGETARIAN / GNOCCHI (V) / 21.9

Garden Vegetables Of Eggplant, Zucchini & Broccoli With Semi Sun Dried Tomatoes & Napolitana Sauce

ORIENTAL / GNOCCHI / 23.9

Chicken Breast, Broccoli Pumpkin & Spring Onion With A Honey Mustard Cream Sauce

GAMBERI / RIGATONI / 22.9

Prawns, Chilli, Baby Spinach With Garlic In A Rose Sauce

POLLO AVOCADO / LINGUINI / 23.9

Linguini / Chicken Breast With Avocado Slices, Semi Sun Dried Tomatoes With White Wine & Cream

LUCIANA / LINGUINI / 25.9

Prawns Crab Meat & Scallops With Baby Spinach In A Rose Sauce

CARBONARA / LINGUINI 22.9

Bacon, Egg, Cracked Black Pepper, Parmesan Cheese & Cream

BURGERS

VEGI BURGER / 19.9

Haloumi Hashbrown, Kale Aioli, Balsamic Mushroom, Tomato Relish, Carrot & Rocket Served On A Brioche Bun With Wedges

CHICKEN BURGER / 20.90

Cajun Chicken On A Brioche Bun With Bacon, Cheese, Guacamole, Tomato & Lettuce. Served With Chips

LAMB BURGER / 21.90

Herbed Spiced Lamb With Tzatziki, Tomato Relish, Lettuce & Onion Rings On A Brioche Bun With Battered Chips

FIRE & STONE PIZZA

OPTIONAL GLUTEN FREE PIZZA BASE + 4

CALZONE (PIZZA POCKET) / 23.9

Garden Tomatoes With Italian Salami, Mushrooms, Mozzarella & Kalamata Olives, Topped With Napolitana Sauce

TUSCANY / 22.9

Semi Sun Dried Tomatoes With Roasted Chicken Breast, Garden Mushrooms, Kalamata Olives, Goats Cheese On A Pesto Base.

MARGARITA (V) / 18.9

Fresh Garden Tomatoes with Home Grown Basil Leaves & Cracked Black Pepper

TROPICANA / 19.9

Virginia Ham & Sweet Pineapple

CAJUN CHICKEN / 22.9

Marinated Chicken Breast With Fresh Spinach, Avocado, Capsicum & Sweet Chilli Salsa

BBQ CHICKEN / 22.9

Roasted Chicken Breast With Virginia Ham, Barossa Valley Bacon & BBQ Sauce

SPARGO'S / 21.9

Italian Salami, Virginia Ham, Garden Mushrooms, Sweet Pineapple & Roasted Capsicums

LAMB / 22.9

Lamb Backstrap With Fresh Tomatoes, Spanish Onion & Tzatziki

VEGETARIAN / 20.9 / (V)

Semi Sun Dried Tomatoes With Capsicums, Pumpkin, Artichoke Hearts & Rocket Leaves

INDIA / 22.9

Marinated Tandoori Chicken Breast With Garden Spinach, Spanish Onion & Fresh Yoghurt

CHORIZO / 22.9

Chorizo Sausage, Beetroot, Basil Pesto, Pinenuts, Fetta & Rocket

MAINS

OPEN LAMB YIROS / 24.9

Fresh Greek Salad, Tzatziki & Pita Bread

OVEN BAKED ATLANTIC SALMON (GF) / 28.9

Fennel & Potato Salad With Grilled Asparagus & Lemon Infused Olive Oil

EYE FILET STEAK / 32.9

With A Roasted Pumpkin, Sautéed Onion & Sun Dried Tomato Stack With A Mushroom Cream Sauce

CHICKEN BREAST SCHNITZEL / 20.5 / SAUCE +2

With Battered Chips & Garden Salad

CHICKEN BREAST PARMIGIANA / 22.5

A Rich Napolitana Sauce, Fresh Mozzarella, Battered Chips & Garden Salad

FISH N CHIPS / 26.90

Australian Whiting With Beer Battered Chips & Greek Salad

SPARGO'S PARMIGIANA / 24.50

With Smokey Bacon, BBQ Sauce & Mozzarella Cheese Served With Battered Chips & Salad

FROM THE GARDEN

ORIENTAL THAI BEEF SALAD / 22.9

With Rice Noodles, Fried Shallots, Peanuts With An Asian Style Ginger Lemon & Lime Dressing

CHICKEN CAESAR SALAD / 21.9

With A Free Range Poached Egg, Crispy Cos Lettuce, Anchovies, Barossa Valley Bacon, Italian Parmesan & Home Made Croutons

QUINOA SALAD (V / GF) / 17.9

With Cabbage, Sesame Seeds, Flaked Almonds, Carrot & Spanish Onions (Add Chicken + 5)

SPICED CHICKEN BREAST / 23.5

With Almond & Cinnamon Bastille, Grain Salad, Mint Yoghurt, Coriander & Fresh Lime Dressing

LAMB SALAD / 22.9

With Baby Spinach, Avocado, Feta, Spanish Onion, Pinenuts & Pumpkin With A Lemon, Garlic & Olive Oil Dressing

ON THE SIDE

GARDEN SALAD / 8.9 / (V / GF)

With Balsamic Vinaigrette

WEDGES / 12.9

BATTERED CHIPS / 10.5

SWEET POTATO WEDGES / 12.9

GARLIC BREAD / 6

MINI ME - INCLUDES KIDS ACTIVITY PACK

CHICKEN BREAST NUGGETS + CHIPS / 12.9

HAM & PINEAPPLE PIZZA / 12.9

PENNE NAPOLITANA / 12.9 (V) GF Available

GRILLED CHICKEN WRAP / 13.9

Cucumber, Tomato & Plain Yoghurt