

BREAKFAST / UNTIL 11:30AM

EGGS YOUR WAY (V) / 12.9

Poached, Scrambled or Fried Free Range Eggs / Toasted Milanese / Baby Spinach / Salted Butter

BREAKFAST ROLL / 15.5

Fried Free Range Eggs / Bacon Rashers / Cheese / Tomato Relish

PANCAKE (V) / \$16.0

Staked Fluffy Buttermilk Pancakes / Mix Berries / Berries Coulis / Vanilla Ice Cream

NONNA'S BREAKFAST BRUSCHETTA (V) / 16.9

Medley of Vegetables / Scrambled Eggs / Italian Spices on Toasted Milanese

EGGS BENE / 17.50

Poached Free Range Eggs / Smoked Leg Ham / Baby Spinach / on Toasted Milanese / Hollandaise Sauce / **Bacon Instead of Ham +\$2**

CANADIAN BREAKFAST / 18.9

Fluffy Buttermilk Pancake / Bacon Rashers / Fried Free Range Eggs / Canadian Maple Syrup

OMLETTE / 18.9

3 Free Range Eggs / Ham / Mushroom / Spinach / Tomato / Spanish Onion / Mozzarella / Toasted Milanese

SMASHED AVOCADO (V) / 20.50

Freshly Smashed Avocado / Poached Free Range Eggs / Milanese Toast / Pomegranate / Super Seeds / Rocket / Feta / Onion

EGG ROYAL / 19.9

Tasmanian Smoked Salmon / Poached Eggs / Sautéed Spinach / Hollandaise / Toasted Milanese

SPARGO'S BREAKFAST / 20.9

Smoked Tasmanian Salmon / Poached Eggs / Milanese Toast / Sweet Balsamic / Rocket Parmesan & Pear Salad

BIG B / 21.9

Poached, Scrambled or Fried Free Range Eggs / Bacon Rashers / Continental Sausage / Baked Mushroom / Tomato / Baby Spinach / Toasted Milanese

EXTRAS

+\$2 / Egg (Poached / Scrambled or Fried) / Hash Brown / Mushroom / Tomato
+\$3 / Bacon Rasher / Continental Sausage / Avocado / Smoked Salmon

HERBED PIADINA FLAT BREAD / LUNCH TIME ONLY

SPARGO'S / 15.5

Italian Sopressa Salami / Baby Bocconcini / Wild Rocket / Roasted Capsicum

POLLO / 15.9

Roasted Chicken Breast / Semi Sun-Dried Tomato / Fior Di Latte / Baby Spinach

PIADINA VERDURA (V) / 15.5

Oven Roasted Capsicum / Pumpkin / Olive / Feta / Basil Pesto

FOCACCIA / LUNCH TIME ONLY

ROASTED CHICKEN / 15.0

Roasted Chicken Breast / Fresh Avocado / Iceberg Lettuce / Garlic Aioli

SMOKED TURKEY / 15.0

Wood-Smoked Turkey / Cream Cheese / Cranberry Sauce / Iceberg Lettuce

CLASSIC CAESAR / 15.5

Char-Grilled Bacon / Roasted Chicken Breast / Iceberg Lettuce / Italian Parmesan / House-made Caesar Dressing

SMOKED SALMON / 15.9

Tasmanian Smoked Salmon / Capers / Lettuce / Spanish Onion / Cheese Sour Cream

GREEK LAMB / 15.9

Greek Style Marinated Grilled Lamb / Iceberg Lettuce / Tomato / Spanish Onion / House-made Tzatziki

SPARGO'S BLT / 15.0

Bacon Rashers / Iceberg Lettuce / Tomato / Mozzarella Cheese / Smoky BBQ Sauce

CALABRESE / 15.0

Italian Salami / Olive / Capsicum / Chilli / Mozzarella / Lettuce

MINI ME FOR KIDS / 12 YEARS & UNDER

PENNE NAPOLITANA (V) / 13.7

GF AVAILABLE
Napolitana Sauce / Basil / Parmesan

CHICKEN NUGGETS + CHIPS / 13.5

Chicken Nuggets & Chips / Tomato Sauce

CHEESY PASTA / 13.9

Penne or Linguine in Creamy Cheese Sauce

LITTLE LION PIZZA / 13.5

Roasted Chicken / Bacon / Mozzarella Cheese

MINI HAWAIIAN / 13.5

Pizza sauce / Shaved Ham / Juicy Pineapple / Mozzarella Cheese

KIDDY FISH & CHIPS / 13.9

Beer Battered Fish / Tartar Sauce / Lemon Wedge

KIDS JUICES / 4.2

Apple / Orange / Apple & Blackcurrant

SOFT DRINKS

300ml / 4.9
PEPSI / PEPSI MAX / LEMONADE /
SODA WATER / SOLO LEMON

SUNKIST 375ML CAN / 4.9
LEMON LIME & BITTERS / 5.0
SODA LIME & BITTERS / 5.0
GINGER BEER / 4.9

WATERS

COOL RIDGE NATURAL SPRING WATER / 3.9
SCHWEPES SPARKLING 300ml / 4.5
SCHWEPES SPARKLING 750ml / 8.9
COCONUT WATER / 4.5

FLAVOURED SPARKLING MINERAL WATER

ORANGE & MANGO / 4.7
BLOOD ORANGE / 4.7
SCHWEPES INDIAN TONIC WATER / 4.7
DRY GINGER ALE / 4.7

JUICES

SPRING VALLEY MANGO BANANA JUICE / 5.9
SPRING VALLEY PINEAPPLE JUICE / 5.9
CHARLIE'S HONEST SQUEEZED
ORANGE JUICE / 6.5
CHARLIE'S HONEST PRESSED
APPLE JUICE / 6.5

SHAKES

CHOCOLATE / VANILLA / STRAWBERRY /
CARAMEL / BANANA / 6.7

LIPTON ICE TEA

LEMON / PEACH / MANGO / 5.5

NATURAL JUICE SMOOTHIES

APPLE / BANANA / LYCHEE & MANGO / 5.9
APPLE / PEACH / KIWI / MANGO & LIME / 5.9
APPLE / GUAVA / BLACKCURRANT /
STRAWBERRY & BLUEBERRY / 5.9
APPLE / ORANGE / GUAVA / BANANA /
PINEAPPLE & PAW PAW / 6.9
CHARLIE'S FRUIT FIX MANGO, COCONUT
WITH BANANA, APPLE & ORANGE / 6.9

SPARGO'S FRESH SMOOTHIES

RED FOR ANTIOXIDANT / 7.5

STRAWBERRY / BANANA /
RASPBERRY / POMEGRANATES / DATES

GREEN FOR DETOX / 7.5

KALE / SPINACH / KIWI /
PINEAPPLE / AVOCADO

YELLOW FOR ENERGIZE / 7.5

BANANA / APRICOT / MANGO /
TURMERIC / HONEY

PURPLE FOR IMMUNE / 7.5

BLUEBERRY / DRAGON FRUIT /
BEETROOT / PINEAPPLE / GINGER

MILK OR WATER

COCONUT MILK / ALMOND MILK /
SOYMILK / ZYMIL / 1.0

COFFEE & TEA

LONG MACCHIATO / CAPPUCCINO / 3.9
FLAT WHITE / LONG BLACK / LATTE / 3.9
HOT CHOCOLATE / 3.9
CHAI LATTE VANILLA / CHAI LATTE SPICE / 4.9
VIENNA COFFEE / VIENNA CHOCOLATE / 4.9
MOCHA / 4.8
ICED CHOCOLATE / ICED COFFEE / 6.0
AFFOGATO / 6.0
SHORT BLACK / 3.5
SHORT MACCHIATO / 3.5
BABYCINO / 1.3

COFFEE ADDITIONS

MUG UPGRADE / 1.1
ALMOND MILK / FLAVOURS / 1.2
EXTRA ESPRESSO / 1.0
SOY MILK / ZYMIL MILK / 1.0
EXTRA ICE CREAM / 1.0

TEA

ENGLISH BREAKFAST / CHAMOMILE / 3.9
PEPPERMINT / EARL GREY / 3.9
GREEN TEA / 3.9
GINGER & LEMONGRASS / 3.9

GLASS OF JUICE

ORANGE / APPLE / 4.9



SPARGO'S ^{cafe} + _{bar}

Food & Drinks



(V) Vegetarian / (GF) Gluten Free. Some dishes may have ingredients not listed. Please let us know if you have any allergies & check with staff before ordering.

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PASTA / LINGUINE OR PENNE

OPTIONAL GLUTEN FREE PENNE +3 / HOMEMADE POTATO GNOCCHI +2

TURKEY ALLA PANNA / 23.7

Smoked Turkey Breast / Mushroom / Onion / Parmesan Cheese / Creamy White Wine Sauce

CARBONARA / 24.9

Bacon / Egg / Garlic / Cracked Black Pepper / Parmesan Cheese / Double Cream

TUSCANY / 24.5

Chicken Breast / Mushroom / Sun-Dried Tomato / Olives / Onion / Creamy Pesto Sauce

POLLO / 26.7

Roasted Chicken / Bacon / Roasted Capsicum / Spanish Onion /

Baby Spinach / Rosé Sauce

GAMBERI / 26.9

Tiger Prawns / Onion / Garlic / English Spinach / Rosé Sauce / Touch of Chilli

BOSCAIOLA / 24.5 (V)

Swiss Brown Mushroom / Onion / Baby Spinach / Parmesan Cheese /

Creamy White Wine Sauce

OSSO BUCCO RAGOUT / 24.7

Slow Cooked Osso Bucco in Spiced Tomato Sugo

POLLO AVOCADO / 24.9

Roasted Chicken Breast / Fresh Avocado / Semi Sun-Dried Tomato / White Wine /

Cream Sauce

MARINARA / 29.0

Prawns / Crab Meat / Squid / Mussels / White Wine / Extra Virgin Olive Oil / Touch of Chilli

PUTANESCA / 24.5

Anchovies / Tomato / Olives / Capers / Onion / Garlic / in Tomato Sugo / Touch of Chilli

VERDURE / 23.5 (V)

Sundried Tomato / Zucchini / Capsicum / Onion / Baby Spinach / Roasted Tomato Sauce /

Dash of Cream

RISOTTO

FUNGHI (GF) / 24.5

Medley of Mushroom / Onion / Parmesan Cheese / Porcini Stock / Dash of Cream

DI POLLO (GF) / 25.5

Chicken Breast / Roasted Capsicum / Onion / Rocket / Chicken Stock / Cream

DI MARE (GF) / 28.9

Medley of Seafood / Tomato / Onion / Chilli / Fish Stock / Sugo

SEAFOOD

ATLANTIC SALMON (GF) / 29.9

Lemon Pepper Crusted Atlantic Salmon Fillet / Sautéed Broccoli / Confit Potato /

Café De Paris

FISH 'N CHIPS / 27.9

Cooper's Ale Battered Local Flathead / Spargo's Chips / Garden Salad / House-made Tartare

GARLIC PRAWNS (GF) / 27.9

Pan Fried Tiger Prawns / Creamy Garlic Sauce / Steamed Rice / Side Garden Salad

BARRAMUNDI (GF) / 29.5

Oven Baked Barramundi Fillet / Rosemary Potato / Creamy Lemon Veloute /

Rocket Pear & Parmesan Salad

SALT AND PEPPER SQUID / 27.5

Fried Tender Local Squid Fillet / Spargo's Chips / Garden Salad / Sweet Salsa Aioli

ON THE SIDE

BASKET OF POTATO CHIPS / 11.5 with Tomato Sauce

SPICED POTATO WEDGES / 12.5 with Sour Cream & Sweet Chilli

SWEET POTATO CHIPS / 12.9 with Sour Cream & Sweet Chilli

BRUSCHETTA POMODORO / 14.5

Tomato / Spanish Onion / Parsley / Basil / Garlic / Bocconcini / Balsamic Reduction /

Toasted Sourdough

GARLIC BREAD / 7.0

GRAVIES & SAUCES / 2.0

Traditional / Green Peppercorn / Mushroom / Dianne / Hollandaise



TRADITIONAL PIZZA / SAN MARZANO TOMATO BASED

OPTIONAL GLUTEN FREE PIZZA BASE +4

TUSCANY / 23.7

Roasted Chicken Breast / Semi Sun-Dried Tomato / Kalamata Olives /

Mushroom / Fior Di Latte / Basil Pesto Base

MARGHERITA (V) / 19.7

Freshly Sliced Tomatoes / Mozzarella / Handpicked Basil Leaves /

Cracked Black Pepper / Bocconcini

QUATRO FORMAGIO (V) / 20.7

San Marzano Tomato Sauce / Mozzarella / Fior Di Latte / Parmesan / Fetta

HAWAIIAN / 20.90

Triple Smoked Shaved Leg Ham / Mozzarella / Sweet Pineapple

DI POLLO / 23.7

Roasted Chicken Breast / Bacon / Mozzarella / Fresh Spinach /

Roasted Capsicum / Onion / Oregano

THE GREEK / 23.9

Low & Slow Cooked Greek Style Marinated Lamb / Mozzarella / Fresh Tomato /

Spanish Onion / House-made Tzatziki

WOODSTOCK (V) / 21.7

Semi Sun-Dried Tomato / Mozzarella / Roasted Capsicum / Roasted Pumpkin / Olives /

Baby Spinach / Roquette Leaves

TANDOORI / 23.75

Marinated Tandoori Chicken Breast / Mozzarella / Garden Spinach / Spanish Onion /

House-made Raita

PEPPERONI / 20.9

Pepperoni / Fresh Tomato / Mozzarella / Pecorino / Touch of Chilli

GOURMET PIZZA

TEX MEX / 23.9

San Marzano Tomato Sauce / Spicy Seasoned Beef Mince / Mozzarella / Bacon /

Jalapeno / Mushroom / Spanish Onion / Chipotle BBQ

BBQ CHICKEN / 23.9

San Marzano Tomato Sauce / Roasted Chicken Breast / Mozzarella /

Virginia Ham / Bocconcini / Smoky BBQ Sauce

SPARGO'S / 23.9

San Marzano Tomato Sauce / Italian Salami / Triple Smoked Ham / Mozzarella /

Garden Mushroom / Sweet Pineapple / Roasted Capsicum / Anchovies

FRUTTI DI MARE / 25.5

San Marzano Tomato Sauce / Prawns / Squid / Smoked Oyster / Anchovies / Tomato /

Onion / Romesco Sauce

CARNIVORE / 23.9

San Marzano Tomato Sauce / Spiced Mince Beef / Chicken Breast / Mild Salami /

Bacon / Triple Smoked Leg Ham / Chimmichurri

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MAINS

CHICKEN BREAST SCHNITZEL / 22.7 / SAUCE + 2

Panko Crumbed Chicken Breast / Spargo's Chips / Garden Salad

CHICKEN PARMAGIANA / 24.8

Panko Crumbed Chicken Breast / Napolitana Sauce / Melted Mozzarella Cheese /

Spargo's Chips / Garden Salad

SPARGO'S PARMAGIANA / 25.8

Panko Crumbed Chicken Breast Topped / Smokey Bacon / BBQ Sauce /

Mozzarella Cheese / Spargo's Chips / Garden Salad

EGGPLANT PARMAGIANA / 21.9

Panko Crumbed Eggplant / Sugo / Parmesan / Mozzarella / Spargo's Chips / Garden Salad

GREEK SHASHLIK / 26.5

Greek Style Chargrilled Marinated Beef Skewer / Greek Salad / Pita Bread / Tzatziki

CHARGRILLED SCOTCH FILLET (GF) / 32.9

Chargrilled Grain Fed Scotch Fillet / Rosemary Potato / Rocket / Red Wine Shallot Jus

POLLO ZINGERELLA (GF) / 27.9

Sous Vide Chicken Breast / Confit Potato / Sautéed Zucchini / Capsicum / Spinach /

Creamy Honey Mustard Sauce

BURGERS / SERVED ON BRIOCHE BUN WITH CHIPS / GF AVAILABLE +2

ANGUS BEEF BURGER / 23.7

Premium Grade Angus Beef Patty / American Cheese / Bacon / Lettuce / Sliced Tomato /

Chef's Special Sauce

CHICKEN BURGER / 22.5

Grilled Chicken Breast / Cheese / Smashed Avocado / Baby Spinach / Sweet Salsa Aioli

VEGGIE BURGER (V) / 21.9

Vegetables Patty / Roasted Capsicum / Onion / Cheddar / Lettuce / Pesto Aioli

SALADS

ROASTED VEGGIE SALAD (GF) / 19.5

Roasted Carrot / Parsnip / Beetroot / Pumpkin / Spiced Hummus / Baby Spinach /

Roquette. Add Chargrilled Chicken +4

CHICKEN CAESAR SALAD / 23.5

Chicken Breast / Poached Egg / Crisp Cos Lettuce / Anchovies / Bacon /

Italian Parmesan / Home-Made Croutons / Caesar Dressing

GREEK LAMB SALAD (GF) / 23.70

Lamb Souvlaki / Lettuce / Cucumber / Tomato / Capsicum / Onion / Olive / Feta /

Drizzled Lemon Vinaigrette

SUMMER SALMON SALAD (GF) / 23.9

Smoked Salmon / Baby Spinach / Roasted Capsicum / Beetroot / Tomato /

Smashed Avocado / Onion / Roasted Sesame Dressing

VEGAN MENU / 100% PLANT BASE

VEGAN SCHNITZEL (V) / 23.5

Plant Based Schnitzel / Crunchy Chips / Garden Salad

ORIENTAL LINGUINE (V) / 22.5

Wok Tossed Vegan Duck Meat / Zucchini / Capsicum / Onion /

Spargo's Special Oriental Sauce

SPARGO'S VEGAN BURGER (V) / 22.5

100 % Plant Base Burger Patty / Vegan Cheese / Tomato / Lettuce / Vegan Aioli /

Crispy Chips

ABSOLUTE VEGAN PIZZA (V) / 22.9

Pesto Base / Vegan Cheese / Roasted Pumpkin / Capsicum / Mushroom / Onion /

Spinach / Sweet Salsa / Roquette

KIDS MENU ON BACK PAGE