

## LUNCH MENU

### **STARTERS & LIGHT MEALS**

**SOUP OF THE DAY** w grilled breads (check specials board)

Large \$10.00 Small \$8.00

**BEER BATTERED CHIPS** w mushroom sauce & chicken seasoning

Large \$7.50 Small \$5.00

**SWEET POTATO CHIPS** w Sour cream Large \$10.00 Small \$7.00

**TOASTED GRILLED CHICKEN WRAP** w Fresh salads & house aioli \$9.90

**TAPAS** – one selection \$6, two selections \$11 or three selection \$16

1. Homemade pork spring roll (3 in serve) w Asian dipping sauce
2. Pumpkin & Ricotta aranchini balls (3) w aioli (V)
3. Lemon Peppered calamari (5) w aioli
4. Panko crumbed whiting (4) w aioli
5. Japanese Fried chicken (6) w mayo
6. Steamed Prawn & Ginger dumplings (4) w Asian dipping sauce
7. Pakoras (4) w yogurt sauce (V)

### **FRESH GOURMET SALADS** (Gluten free available)

**PUMKIN & QUINOA** w Charred pumpkin, Spanish onion, ricotta cheese, pepita, baby spinach, & Sherry vinaigrette \$14.90 (GF) (V)

**CAESAR** w Baby Cos Lettuce, garlic croutons, crispy bacon, Anchovy dressing, parmesan cheese & soft egg \$13.90

**BEETROOT SALADS** w Goats cheese, toasted walnuts, baby spinach, Spanish onion, glazed dressing \$13.90 (GF) (V)

**ROCKET SALADS** w Cherry tomatoes, cucumber, Spanish onion & Avocado in Aioli & Lemon sauce \$12.90 (GF) (V)

### **SALADS' TOPPERS**

Avocado \$3.00 Lemon Myrtle Chicken Breast \$4.00 GF

Moroccan Chicken Breast \$4.00 GF Atlantic Smoked Salmon \$4.00 GF

Grilled Haloumi \$4.00 GF Rib Fillet \$6.00 GF Calamari \$6.00

## **SEAFOOD** (w salads & chips)

**GRILLED FISH OF DAY** – Selected market fresh fish grilled in lemon butter \$16.90

**LEMON PEPPERED CALAMARI** – Lightly dusted & fried & house aioli \$14.90

**CRUMBED LOCAL WHITING** – Panko & herb crumbed w aioli \$15.90

## **MAINS**

**CURRY OF THE DAY** w steamed jasmine rice \$13.90

**PASTA OF THE DAY** – 3 selections on specials board \$14.90 (Vegetarian incl)

**PANKO CRUMBED CHICKEN SCHNITZEL** w Chips & Mushroom sauce \$15.90

**TOASTED CLUB SANDWICH** – Triple deck of breads w turkey, bacon, Swiss cheese, lettuce, tomato & aioli with chips \$14.90

**CLUB STEAK SANDWICH** – Triple deck of breads w steak, bacon, cheese, lettuce, tomato & aioli with chips \$17.90

## **ESSENCE BURGERS** (Gluten free available) (V: Vegetarian)

All served on lightly toasted Brioche bun with salad mix

**BLT** – Bacon, tomato, lettuce & aioli \$7.90

**ANGUS BEEF** w Tomato, beetroot, cheese, red onion, tomato relish & BBQ \$9.90

**QLD CHICKEN** – Grilled chicken breast, brie cheese, cranberry sauce, tomato, Spanish onion & herb mayo \$10.90

**PARMESAN CRUMBED CHICKEN** – Panko crumbed chicken breast, tomato, red onion, BBQ & herb mayo \$11.90

**CLASSIC RIB FILLET** – Marinated rib fillet, tomato relish, tomato, beetroot, caramelised onion, Swiss cheese & Smoky BBQ \$12.90

**FIELD MUSHROOM BURGER** – Filled mushroom, rocket, beetroot, grilled pineapple, fried eggs, sweet relish & herb mayo \$11.90 (V)

**GRILLED HALOUMI BURGER** – Grilled haloumi, lettuce, tomato, cucumber in red pepper relish & herb mayo \$11.90 (V)

**GRILLED LENTIL & HOMOUMUS** – House made lentil patty, lettuce, tomato, cucumber, beetroot & hommus & mayo \$11.90 (V)

## **EXTRAS**

Chips \$3.00 Sweet Potato chips \$5.00 Bacon \$2.00 Egg \$2.00 Pineapple \$1.50

Burger cheese \$1.00 Haloumi \$4.00

Sauce (\$1.00 for Aioli, tomato, BBQ, Sweet chilli \$2.00 for mushroom sauce)