

GLUTEN FREE MENU

Please specify when ordering if you require your meal gluten free

SHARE PLATES & STARTERS

(11am til late)

Chicken, Zucchini & Sweet Chili Soup –

Served with gluten free toast.....**Small** \$15.50**Large** \$19.00

*Salt and Pepper Calamari

(NB: This dish is cooked in oil that may contain traces of gluten)

Fried squid, spinach, cherry tomato and parmesan with citrus aioli.....

\$20.00

Herb Pizza

Served with sweet chilli and sour cream.....\$22.00

*Tempura Prawns

(NB: This dish is cooked in oil that may contain traces of gluten)

With a pickled vegetable salad and drizzled with a spiced honey dressing.....

\$20.00

*Popcorn Chicken

(NB: This dish is cooked in oil that may contain traces of gluten)

Served with kewpie mayonnaise.....\$19.50

Lunch

(11am til 5.30pm)

Toasted Sandwich (The Old Favourite)

Chicken breast, avocado, semi-dried tomato, cheese and aioli served with garden salad..... \$16.50

Soup 'N Sandwich

Chicken, zucchini & Sweet Chili Soup Served with a chicken breast, avocado, semi-dried tomato, cheese & aioli toasty.....\$26.00

Club Sandwich

Bacon, egg, turkey, tomato, cheese, lettuce and aioli in a toasted club sandwich served with garden salad\$20.00

Lunch Parmigiana

½ hand crumbed chicken breast topped with Virginian ham, cheese, tomato & basil salsa served with crispy parmesan potatoes & salad\$23.90

Sides

Steamed Vegetables\$ 9.50

Garden Salad.....\$ 8.50

Crispy Parmesan Potatoes.....\$14.50

Please note: a 1.2% surcharge applies on all card transactions
15% surcharge applies on Public Holidays

We take extreme care when preparing special dietary needs however, our kitchen uses nuts, sesame seeds, dairy products, eggs, soy & wheat therefore we cannot guarantee no traces of these allergens

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Light & Healthy

(11am til late)

Warm Veg & Haloumi Salad

Roast pumpkin, broccoli, beans, spinach, seed mix & grilled haloumi, topped with a poached egg & drizzled with extra virgin olive oil.....\$23.50

Salmon Buddha Bowl

Grilled salmon, brown rice, cherry tomatoes, pickled vegetables, avocado, cucumber with teriyaki sauce.....\$28.50

Full Salmon Fillet\$42.00

Warm Chicken Salad

Grilled chicken tenderloins served on roasted butternut pumpkin with bacon, avocado and cos leaves dressed with a sweet honey mayo\$28.00

Nourish Bowl

Moroccan chicken, roasted beetroot & maple sweet potatoes, spinach, mixed seeds topped with a balsamic glaze & Greek yoghurt.....\$27.00

Mains

(11am til late)

Butter Chicken

Cooked in a traditional rich onion, tomato & cashew gravy with herbs & spices on a side of jasmine rice. Garnished with fresh cream & coriander.....\$35.00

Roasted Pumpkin Risotto

Roasted pumpkin, goat's cheese, baby spinach, garlic and shallots with toasted pine nuts, finished with white wine and parmesan.....\$29.00

Add Chicken\$34.00

Salt and Pepper Calamari

(NB: This dish is cooked in oil that may contain traces of gluten)

Fried squid, spinach, cherry tomato and parmesan with citrus aioli.....\$31.50

Chicken Parmigiana

Hand crumbed chicken breast topped with Virginian ham, cheese & tomato and basil salsa served with crispy parmesan potatoes & with salad.....\$32.00

Atlantic Salmon

Grilled salmon, crispy parmesan potatoes, asparagus, green peas with a citrus & tomato butter sauce.....\$42.00

Eye fillet

Cooked medium served with a fresh garden salad & crispy parmesan potatoes and mushroom sauce.....\$47.00

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Pizza

(11am til late)

Margherita

Napoli sauce, fresh basil, & bocconcini.....\$25.00

Hawaiian

Napoli sauce, Virginian ham, pineapple & mozzarella.....\$27.00

Hot Salami

Napoli sauce, mozzarella, hot salami, roasted capsicum, garlic and chilli flakes.....\$29.50

Vegetarian

Napoli sauce, spinach, feta, chilli flakes, capsicum, mushroom, and sliced tomatoes.....\$29.00

Tandoori Chicken

Napoli sauce, tandoori chicken, mozzarella, onion, spinach & roasted capsicum. Served with a side of mint yoghurt\$31.00

BBQ Chicken

House made BBQ sauce, roast chicken, rosemary, roasted capsicum, bacon & mozzarella. Finished with garlic aioli\$31.00

Kids Menu

Kids Toasty (Available until 5.30pm)

Cheese or Vegemite & Cheese\$ 7.50

Ham and Pineapple Pizza\$16.00

Margarita Pizza\$16.00

Homemade Popcorn Chicken with Salad.....\$15.00

(NB: This dish is cooked in oil that may contain traces of gluten)

Chicken Parmigiana

Served with crispy parmesan potatoes & salad.....\$23.90

Desserts

Please see our daily specials for more sweet and savory gluten free options

Gluten Free Chocolate Brownie

Served with double cream.....\$ 5.50

Orange Cupcake

Served with double cream.....\$ 6.00

Pavlova Roll

Served with seasonal fruit and double cream\$12.00

Olive Oil & Chocolate Cake

Served warm (Gluten Free, Dairy Free)\$8.50

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BREAKFAST
(Served Until 11am)

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Freshly Squeezed Orange Juice.....\$ 8.50

Eggs Benedict

Poached eggs, shaved ham on gluten free toast
with hollandaise.....\$24.00

Bacon & Eggs on Toast

Two eggs, served with bacon on gluten free toast.....\$20.00
Children's serve.....\$12.50

Warm Veg & Haloumi Salad

Roast pumpkin, broccoli, beans, spinach, seed mix &
Grilled haloumi, topped with a poached egg & extra
virgin olive oil.....\$23.50

Vegetarian Breakfast

Two eggs, pan fried cherry tomatoes, spinach,
field mushrooms, avocado on gluten free toast.....\$25.00

Oscars Breakfast

Two eggs, pan fried cherry tomatoes, spinach, bacon,
avocado, field mushroom on gluten free toast.....\$29.90

Extras -

Egg, pan fried cherry tomatoes, field mushroom, spinach,
hollandaise sauce.....\$ 4.50
Bacon, pulled pork, avocado.....\$ 5.50

PLEASE NOTE: Oscars use only Millbrook Free Range Eggs

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