

Remember to
check our specials
board !!!

sea salt & vine

LUNCH MENU

11.30 – 2 (WEEKDAYS) 11.30 – 2.30 (WEEKENDS)

PLEASE ORDER AT COUNTER ☺



SOMETHING LIGHT

- GARLIC BREAD (v)** – generous serving for 2.....7
CALAMARI – flash fried calamari served with our special tartare sauce.....13
BEER BATTERED CHIPS – served with aioli.....6

MAINS

- ARANCINI BALLS (v)** – house made mushroom & parmesan arancini balls served with rocket & pear salad...17
HOUSE MADE QUICHE (v) – roasted pumpkin and spinach quiche made with light filo pastry and served with fresh garden salad & beer battered chips.....17
CHICKEN PARMIGIANA – 200g chicken breast fillet topped with napoletana sauce, leg ham & cheese, served with beer battered chips and garden salad.....18
BEEF LASAGNE – generous piece of house made lasagne served with our garden salad & beer battered chips.....18
CALAMARI – flash fried calamari served with beer battered chips, salad and our tasty tartare sauce.....18
PANKO CRUMBED PRAWNS – served with house garden salad, beer battered chips and our tasty tartare sauce.....19
CRUMBED WHITING – seasoned crumbed whiting served with beer battered chips, salad & our tartare sauce.....18
FISH'n'CHIPS – cod fillet encased in a light batter served with beer battered chips, salad & our tartare sauce.....19
CRISPY SKIN BARRAMUNDI (gf)** – grilled with lemon butter sauce & served with potato smash & seasonal greens or fresh garden salad & beer battered chips.....23
ATLANTIC SALMON (gf)** – Check our specials board for our seasonal salmon dish.....24

GARDEN FRESH SALADS

- ASIAN BEEF SALAD** – Asian marinated beef tossed through a salad of glass noodles, baby greens, fried shallots, cherry tomatoes and cucumber.....19
ROCKET & ROAST PUMPKIN SALAD (v,gf) combination of rocket, roast pumpkin, red onion, toasted pine nuts & shaved parmesan dressed with reduced balsamic dressing..16
GARDEN SALAD (v,gf) – fresh crispy lettuce, cherry tomatoes, carrot, cucumber, avocado, red onion and our delicious secret dressing.....14

SIDES (ADD TO OUR DELICIOUS SALADS OR MAINS)

- Grilled chicken (gf).....6 Haloumi.....6
Smoked Salmon.....6 Avocado.....4
Garden side salad.....6

BURGERS AND WRAPS

(All served with Beer Battered Chips)

- B.L.T. (gf**)** – crispy bacon rashers, tomato, lettuce and beetroot relish served on toasted sourdough16
CHICKEN WRAP OR BURGER (gf)** - Lemon thyme marinated chicken served with garlic aioli, cheese, avocado, lettuce & tomato served in a wrap or on a soft flour bun.....18
PULLED PORK BURGER (gf)** – 12 hours slow cooked marinated pork, coleslaw & sweet chilli mayo served on a soft brioche bun.....18
WAGYU BURGER – juicy wagyu beef pattie, cheese, lettuce, tomato, caramelized onion, Japanese mayo & tomato relish served on a soft flour bun.....18
Add crispy bacon - Yum.....2
STEAK SANDWICH (gf)** - tender 150g ribeye steak, cheese, caramelised onion, lettuce, tomato & mustard aioli served on toasted sourdough.....19

ALL DAY BREAKFAST

- BACON AND EGGS (gf**)** – two rashers of bacon & poached eggs served on lightly toasted sourdough.....14
EGGS BENEDICT (gf)** – two rashers of bacon, soft poached eggs & baby spinach on sourdough toast topped with hollandaise sauce.....17
CORN FRITTER STACK (v, gf) – corn fritters stacked with grilled haloumi, basil pesto and wilted baby spinach.....18

KIDS LUNCH OPTIONS

- FISH'n'CHIPS** – two pieces of crumbed whiting served with beer battered chips and side of tomato sauce8
CHICKEN NUGGETS – three chicken nuggets with beer battered chips & side tomato sauce.....8
BEEF LASAGNE – kids size portion & chips.....10

gf** = low gluten upon modification.....additional.....1

gf = gluten free upon modification.....additional.....1

v = vegetarian

Please notify our staff of any low gluten or gluten free requirements you may have ☺

Gluten Free Disclaimer: Though we strive to ensure that our gluten-free items are safe for your diet; we cannot guarantee that cross-contamination between ingredients will not occur.

Please be aware that our gluten free meals are cooked and prepared using the same cooking facilities as our menu items containing gluten.