

We are now
LICENCED
&/or
BYO WINE

sea salt & vine

LUNCH MENU

11.30 – 2.00 (WEEKDAYS) 11.30 – 2.30 (WEEKENDS)

PLEASE ORDER AT COUNTER

SORRY NO ALTERATIONS TO MENU ON A SUNDAY ☹️



SOMETHING LIGHT

- BEER BATTERED CHIPS** – served with aioli.....6
- GARLIC BREAD (v)** – generous serving for 2.....7
- SWEET POTATO FRIES** – seasoned with rosemary salt and served with aioli.....10
- PUMPKIN & SAGE ARANCINI BALLS** – served with our special blue cheese aioli.....13
- CALAMARI** – flash fried calamari served with our special tartare sauce.....13

MAINS

- ARANCINI BALLS (v)** –house made pumpkin & sage arancini balls served with a blue cheese aioli and a rocket, beetroot, red onion, walnut & pear salad.....18
- 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 FILO PARCEL** –Bacon, chicken & mushroom filo parcel served with beer battered chips and garden salad..21
- 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 fillets encased in a light batter served with beer battered chips, salad & our tartare sauce.....19
- CRISPY SKIN BARRAMUNDI (gf**)** – served grilled with a medley of autumn seasonal roasted veges or fresh garden salad & beer battered chips.....24
- ATLANTIC SALMON (gf**)** – Please check our specials board for our seasonal salmon dish.....24

GARDEN FRESH SALADS

- 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, honey mustard aioli & beetroot relish on toasted sourdough.....17
- CHICKEN WRAP OR BURGER (gf**)** – Breast chicken served with bacon, beetroot relish, avocado, lettuce & tomato, sweet chilli aioli sauce in a wrap or on a soft flour bun.....18
- WAGYU BURGER** – juicy wagyu beef pattie, cheese, lettuce, tomato, caramelized onion, honey mustard aioli & 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**)** – soft poached eggs & baby spinach on sourdough toast topped with hollandaise sauce
Served with your choice of crispy bacon17
Served with slices of smoked salmon or leg ham.....18
- CORN FRITTER STACK (v, gf)** – corn fritters stacked with grilled haloumi, basil pesto and wilted baby spinach.....18

KIDS LUNCH OPTIONS

- KIDS FISH'n'CHIPS** – two pieces of crumbed whiting served with beer battered chips and side of tomato sauce8
- CHICKEN NUGGETS** – five 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.