

We are  
**LICENCED**  
&/or  
**BYO WINE**

# sea salt & vine

## LUNCH MENU



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

Order at café register or at your Table QR Code

### SHARE PLATES

<b>BOWL OF CHIPS (GF)</b> – served with aioli	9
<b>GARLIC BREAD</b> – generous serving for 2	9
<b>PRAWN SPRING ROLLS (4)</b> – with sweet chilli	15
<b>FLASH FRIED CALAMARI (GFO)</b> – lightly seasoned with sumac, served with lemon & tartare sauce	16
<b>ARANCINI BALLS (V)</b> – wild mushroom arancini served with parmesan & aioli	15

### MAINS

<b>CALAMARI (GF)</b> – flash fried squid tubes served with a side salad, lemon, tartare and chips	23
<b>PANKO CRUMBED PRAWNS</b> – served with salad, chips and tartare	23
<b>CRUMBED WHITING</b> – 5 butterflied crumbed whiting served with chips, salad & tartare	24
<b>BATTERED FISH (GF)</b> – tempura battered cod served with chips, salad & tartare	26
<b>PARMIGANA</b> – panko crumbed chicken breast, Napoli sauce, shaved ham, mozzarella, served with garden salad & chips	26
<b>GRILLED BARRAMUNDI (GF)</b> – Humpty doo barra served with a parsnip puree, broccolini, spinach and a leek and caper pan sauce or chips and salad	34
<b>BEEF RAGU</b> – slow braised beef chuck, rich tomato and red wine sauce, pappardelle pasta, gremolata, grana Padano	28
<b>SEAFOOD PARCEL</b> – salmon, prawns and barra in a dill mornay sauce, wrapped in filo pastry served with side salad, lemon, hollandaise & chips	28
<b>GNOCCHI (VGO, V)</b> - potato gnocchi, tomato sugo, wilted spinach, basil, salsa verde, parmesan, hazelnuts	22

### KIDS LUNCH OPTIONS

<b>CHICKEN NUGGETS</b> – five chicken nuggets with supa crunch chips & side tomato sauce	10.5
<b>KIDS BURGER (GFO)</b> - beef patty, cheese and sauce on a bun with chips	10.5
<b>KIDS FISH</b> - crumbed fish with chips & sauce	10.5

Gluten Free & Vegan Disclaimer: We strive to ensure that our gluten-free and vegan items are safe for your diet; we cannot guarantee that cross-contamination between ingredients will not occur. Our gluten free meals & vegan meals are cooked & prepared using the same cooking facilities as our other menu items

### SALADS

<b>PRAWN &amp; CITRUS SALAD (GF)</b> - Garlic prawns, pickled red onion, orange segments, radicchio, cos, lemon & herb dressing	23
<b>KALE &amp; CHICKPEA SALAD (VE, GF)</b> – Kale, crispy chickpeas, avocado, grilled capsicum, cauliflower with a garlic & tahini dressing	22

### SIDES (ADD TO A SALAD OR MAIN)

Grilled Chicken - 7	Haloumi - 6
Calamari - 8	Avocado (1/2) - 5

### BURGERS & TACOS

Replace any protein with haloumi or mushroom for vegan/vegetarian option

<b>SMASH BEEF BURGER (GFO)</b> – double smash beef patty, tomato relish, caramelised onion, cos, tomato, cheese & mayo on a potato bun, served with chips	24
<b>PERI-PERI CHICKEN (GFO)</b> - grilled chicken thigh, peri peri sauce, cos lettuce, tomato, roasted capsicum & mayo on a toasted potato bun, served with chips	23
<b>B.L.A.T. (GFO)</b> – crispy bacon rashers, tomato, lettuce, beetroot relish, avocado & aioli served on toasted ciabatta with chips	24
<b>STEAK SANDWICH (GFO)</b> – 180gm rump steak, sauteed mushrooms, rocket, Swiss cheese & aioli served on toasted ciabatta	26
<b>Add crispy bacon to any of above</b>	3
<b>FISH TACOS (GF)</b> – Tempura whiting, tomato bruschetta, avocado, cos lettuce, siracha mayonnaise & lemon on three blue corn tortillas	24

### ALL DAY BREAKFAST

<b>BACON AND EGGS (GFO)</b> – two rashers of bacon & poached eggs served on toasted sourdough	17.5
<b>EGGS BENEDICT (GFO)</b> – soft poached eggs & baby spinach on sourdough toast topped with hollandaise sauce. Served with crispy bacon	22
Served with smoked salmon	25
<b>CAPRESE CORN FRITTER (V, VGO, GFO)</b> – corn fritters, green pesto, tomato bruschetta, grilled haloumi & fresh rocket	22

Please notify staff of any dietary requirements

GF = low gluten on modification +\$1 V = vegetarian VO = vegetarian on modification VG = vegan VEO = vegan option on modification