

## Lower Carb Menu

### Entrée

**Grilled Calamari & Aioli (GF)** \$18.00

**Chilli Garlic Prawns (GF)** \$20.00

Prawns pan fried & tossed with butter, chilli & garlic

### Salad

**Caesar Salad (GF)** \$22.00

Lettuce, Bacon, Parmesan Cheese & Boiled Egg.

*Add Grilled Chicken or Calamari \$7.00*

**Greek Salad (V,GF)** \$21.00

Tomato, Red Onion, Feta Cheese, Cucumber, Kalamata Olives, Capsicum & Lettuce.

*Add Grilled Chicken or Calamari \$7.00*

### Sides

**Cauliflower Mash (GF)** \$12.50

**Seasonal Veggies (GF)** \$11.00

### Naked Burgers

**Aussie Beef Burger(GF)** \$27.00

GF Beef Pattie, Lettuce, Tomato, Bacon, Onion, Beetroot, Pickles, Cheese, Mustard & Tomato Sauce, Veg OR Salad.

**Add Egg \$2.50**

**Parma Burger(GF)** \$27.00

Grilled Chicken, Napoli, Cheese, Lettuce, Tomato, Mayo & Choice of Vegetables or Salad.

**Mushroom Burger(GF)** \$28.00

Sauteed Mushroom, Egg, Lettuce, Feta Cheese, Spinach, Tomato, Onion & Choice of Salad or Vegetable.

### Mains

**Calamari Sale e Pepe (GF)** \$35.00

Grilled Calamari with Parsley, Salt & Pepper & Choice of Salad or Vegetable medley & Aioli.

**Grass Fed Scotch Fillet (GF, G & OF)** \$48.00

Scotch Fillet Steak, Cauliflower Mash & Vegetable medley, with your choice of Mushroom or Peppercorn Sauce.

**Lamb Shank (GF, G & OF)** \$39.00

Slow cooked Shank with Cauliflower Mash, Vegetables & house made Mediterranean gravy

**Sorpressa Di Mare (GF, G & OF)** \$45.00

Grilled Barramundi & Salmon, Cauliflower Mash, Pickled Orange & Dill, Vegetables, Onion & Citrus Vinaigrette.

**Scaloppine Di Pollo (GF)** \$35.00

Scalloped Chicken Breast in a creamy Mushroom, Onion & Garlic Sauce, with Roast Cauliflower & Vegetable medley.

### Dessert

**Cheesecake Frozen Fat Bomb (GF)** \$16.00

Low Carb frozen Cheesecake inspired dessert.

**GF= Gluten Free, G & OF= Garlic & Onion Free.  
All meals can be modified to suit most Allergies.**