

## Healthy Choices & Salads

### Baked Salmon 19.50

Served with brown rice, sautéed spinach, rustic Puttanesca sauce and lemon yoghurt dip

### Grilled Tuna Steak 21.00

Sashimi grade tuna with zucchini ribbons, rocket, salsa verde and mint oil

## Salads - build your own

### 1 Base *(All vegetarian)*

#### Romaine 10.00

Romaine lettuce, cherry tomatoes, aged parmesan and croutons

#### Raw 10.00

Rocket, shaved beets, carrot, broccoli, fine beans and almond flakes

#### Roasted 10.00

Rocket, sweet potato, pumpkin, toasted walnuts and aged parmesan

#### Grain 10.00

Quinoa, brown rice, fresh mint, scallion, cucumber, tomato and toasted sunflower seeds

### 2 Protein

Baked salmon 8.00

Parma ham 6.00

Minute steak (100g) 8.50

Grilled chicken 5.00

Grilled halloumi 5.50

### 3 Dressing *(All vegetarian)*

Herb vinaigrette

Sweet basil

Green pesto

Olive oil & Balsamic vinegar

Green Goddess

Caesar

## Burgers - made to order

### 1 Base

#### Beef 18.00

Chargrilled Black Angus beef, tomato, coleslaw, lettuce, onion relish and honey mustard  
- **extra patty add 8.00**

#### Lamb 19.50

Chargrilled lamb, lettuce, tomato, lime yoghurt and hummus  
- **extra patty add 9.00**

#### Chicken 17.00

Chargrilled chicken breast, tomato, sweet green chillis, lettuce, spicy sambal and sour cream

#### Fish 18.00

Grilled fish, shredded carrot, beetroot, lettuce, tomato, garlic aioli and onion relish

#### Veggie 15.00

Baked patty of quinoa, spinach, sweet potato and beetroot. Tomato, lettuce, sour cream and onion relish

### 2 Buns *(pick one)*

Rustic sourdough

Wholewheat and flax seed

Gluten-free  
**made in-house - add 2.00**

### 3 Sides *(pick one)*

Rough-cut fries

Green salad  
Zucchini, cabbage, coriander, scallions, sunflower seeds with green goddess dressing

Sweet potato fries  
- **add 1.50**

### Add ons

Avocado 2.00

Cheddar cheese 1.00

Grilled bacon 1.50

Coleslaw 1.00

## Hearty Specialties

- served with fries and salad

### ERWIN'S Steak Sandwich 22.50

Black Angus rib eye, rocket, onion jam with cheddar cheese and honey mustard, served on sourdough bread

### Fish & Chips 16.50

Crispy beer battered fish served with caper mayo

### Rib Eye Steak 22.50

Black Angus minute steak (200g), served with peppercorn sauce

### Chicken Parmigiana 19.00

Crumbed chicken breast smothered in Napoletana sauce and mozzarella

## Sides *(All vegetarian)*

### Baked Garlic Bread 6.00

Pide bread smothered in garlic butter

### Crispy Potatoes 9.00

Fried baby potatoes, rosemary salt and garlic aioli

### Fries 9.00

Rough-cut, herb salt, ketchup and garlic aioli

- **add truffle parmesan or Nacho cheese 2.00**

### Sweet Potato Fries 11.00

Rough-cut, herb salt and garlic aioli

### Onion Rings 7.00

Beer battered and shallow fried until crisp

### Mac & Cheese 8.00

Macaroni pasta tossed in mozzarella sauce

### Cup of Soup 5.00

Choice of either cream of mushroom or tomato & basil

### Steamed Veggies 8.50

Baby corn, carrot, broccoli and sweet peas

## Dessert *(All vegetarian)*

### Apple Crumble 8.00

Topped with berry compote, custard and vanilla ice cream

### Homemade Brownie 9.00

Served warm with vanilla ice cream

**Check our pastry counter for freshly baked pastries!**

## Homemade Pasta & Risotto


### Carbonara 16.00 *(Gluten free & vegetarian option available)*

Homemade Linguine pasta, mushrooms and bacon, tossed in a creamy parmesan sauce

### Traditional Lasagne 19.00

Homemade pasta, baked with beef Bolognese sauce, mozzarella and parmesan cheese

### Aglio e Olio 14.00 *(Gluten free option available)*

Homemade Linguine pasta, chilli flakes, garlic, parsley and olive oil  
- **add crab meat 4.00**  
- **add grilled mushrooms 2.00** 

### Mushroom Risotto 17.00

Creamy risotto with grilled mushrooms, aged parmesan, confit garlic and truffle cream

## Pizza - 10" thin crust

### Margherita 16.50

Mozzarella, fresh basil and Napoletana sauce

### Hawaiian 18.00

Smoked ham, pineapple, mozzarella and Napoletana sauce

### Truffle Mushroom 17.50

Mushrooms, mozzarella and Napoletana sauce, drizzled with truffle oil

### Pepperoni 18.00

Salami, mozzarella and Napoletana sauce