



# Lite Meal



## Roasted winter vegetable salad

Served with lentils, mint, spinach and tahini dressing

GF, DF, VEGAN

16.5

## S & P Calamari

Served w/ salad garnish, aioli & citrus

DF

17

## Weekly Soup Special

Ask staff for details

GFO

## Sides

Grilled Chicken 5

Grilled Steak Pieces 6

Grilled Prawns 6

Calamari 6

Sweet Potato Fries 5

Wedges 5

Fries 4

Grilled Haloumi 4

Garden Salad 4

## Grill & Pasta

### 250g Rump STEAK

Lyonnais Potato, grilled onions, dressed rocket & parmesan salad with a beef & wine jus

28

### Dan Fried Salmon

Steamed rice, seasoned asian veg & a green nam jim beurre blanc GF

28

### Chicken Parma Skillet

Napoli sauce, melted cheese, served with a dressed rocket & parmesan salad

22

### Slow Roasted Lamb Pasta

Slow roasted lamb in a rich tomato sauce on pappardelle pasta with parmesan, olive oil and herbs

22

### Creamy Garlic Prawn Pasta

Garlic prawns with herb & lemon pan gratata

24

### Vegetarian Gnocchi

Brussel sprouts, caramelised onion, blue cheese, rocket & apple VEGO

20