



Dinner Menu

Vegetarian

Baked Eggplant Involtni | chargrilled eggplant filled with basil ricotta, topped w fresh tomato napoli sauce, buffalo mozzarella and parmesan – GF 26

Buddha Bowl | a bed of 3 seeds organic quinoa, Brussel sprout, broccoli mushroom, corn, sauerkraut, cherry tomato, cucumber and slivered almonds w miso dressing – vegan + GF 28

Sweet Potato Burger | house made sweet potato patty, onion pickle, avocado, beetroot and aioli, served on a bun w sweet potato fries 22

Chicken, Pork + Beef

Balsamic Honey Chicken Stir Fry | asparagus, red pepper, ginger, garlic, mushroom, spanish onion cooked in sesame oil served w fresh chilli, cilantro and shallots – GF 24

Chicken Supreme | served w a creamy garlic and bacon sauce and a confit garlic mash – GF 26

Paleo Meatballs w Organic Pasta | house made pork mince meat balls, made with onions, ginger, shallots and carrot, cooked in fresh tomato napoli sauce and served with broccolini, carrot, cherry tomatoes and shallots – GF 26

Slow Cooked Skirt Steak | cooked in red wine vinegar, celery, herbs and spices served w confit garlic mash – GF 32

Seafood

Seafood Risotto | garlic prawns, scallops and fresh marinara mix, cooked in saffron, smoked paprika and tomato puree, served w parmesan cheese – GF 29

Fish of the Day | ask the server – grilled fish, served with seasonal vegetables, confit garlic mash and garlic sauce – GF 28

Soup

Soup of the Day | ask the server – served with buttered three mills toast, or house made paleo toast (extra \$2) 15

To Share

Zucchini and Carrot Bread | served with fresh tomato, goats cheese, rocket, balsamic and dukkha – GF 20

Antipasto Board | piquillo, artichokes, olives, house made pickles, prosciutto, salami, feta and bread 28

Oysters |

Fresh with Lemon – half a dozen 16 Kilpatrick – half a dozen 18

Fresh with Lemon – a dozen 30 Kilpatrick – a dozen 34

Sesame Seared Tuna | with wasabi, ginger and soy dipping – GF 22

Pizza Fritta | bite size bread with fresh ricotta and nduja, or served on housemade paleo bread (extra \$2) 18

Nacho Bowl | oven baked corn chips, black bean beef chilli, guacamole, jalapenos, tomato salsa and sour cream. 20

Sliders | Lamb + Beef 22

Sides

Confit Garlic Mash 7 Sweet potato fries w aioli 5

Kale 6 Shoestring fries w aioli 5

Seasonal Grilled Vegetables 6 Spicy wedges w sweet chilli and sour cream 8