

LUNCH



ALL DAY

Breakfast

SMASHED AVOCADO ON TOAST 21

Feta, tomato, radish & lemon dressing, zaatar & chilli

ADD - POACHED EGG +3
VEGAN | DF | GF ON REQUEST

FARMER'S OMELETTE 19

Kipfler potato, roast cherry tomatoes, zucchini, spring onion, spinach & cheese

ADD - BACON OR HOT SMOKED SALMON +4
GF

BREKKIE BURGER 22

Bacon, fried free-range egg, avocado, lettuce, cheese, tomato relish & smoky mayo on a brioche bun

BIG AUSSIE BREKKIE 26

Bacon, chipolatas, avocado roast tomato, baked beans, field mushrooms & a poached egg cheese toastie

GF ON REQUEST

GARDEN

BOWL

ASIAN BOWL 21.5

Sesame wild rice with soy & honey, edamame, cucumber, broccolini, snow peas, satay sauce, pickled mushrooms, daikon, seaweed, carrot, peanuts, sprouts & soy

VEGAN | DF | GF

MEXICAN BOWL 22

Guacamole, sour cream, black beans, pico de galo, apple slaw, coriander, tomato salsa, spiced roasted sweet potato, jalapeño, guancillas & quinoa

VEGAN | DF ON REQUEST

EASTERN BOWL 22

Pearl couscous with raisins, fattoush, tabbouleh, pickles, cucumber, red cabbage, tomato salsa, pomegranate, labneh, hummus, sumac, sesame, lemon, cabbage & tahini

DF | GF ON REQUEST

ADD A *protein* 4

GRILLED CHICKEN | RAW SALMON TARTARE
HALLOUMI | SEARED BEEF RUMP
SLOW COOKED BRISKET | CHILLI TOFU



FROM the KITCHEN

MUSHROOM TAGLIATELLE 23.5

Buttered wood mushrooms roasted corn & creamed kale with garlic bread

BAKED EGGPLANT 22

Chilli chickpeas, tomatoes, peppers, herbs & labneh

ROAST CHICKEN SANDWICH 24

Avocado, heirloom tomato and chipotle mayo on wholemeal with fries

16 HOUR BEEF BRISKET ROLL 25

with black garlic aioli, mustard & dill mayo, cos lettuce, cheddar, toasted ciabatta roll with fries & French onion dip

FISH TACOS (3 PIECES) 21.5

with apple & kale slaw, avocado, hot sauce, lime & coriander

CHICKEN PARMIGIANA 24

with panzanella salad

THE GROUNDS BEEF BURGER

24.5 - Ground beef brisket, cheese, lettuce, dill cornichons & mayo on a toasted brioche bun, served with fries

SIDES

POLENTA CHIPS 7

GF | with jalapeño mayonnaise

BACON 5

AVOCADO HALF 4

SAUTÉED SPINACH 4

HALLOUMI 5

POTATO GEMS 6

with parmesan

FRIES 7

with chilli aioli

GARLIC BREAD 7

POACHED EGG 3

SIDE OF TOAST 3

DRINKS

Fresh juices

STRAIGHT UP OJ	7.5
Freshly squeezed orange juice	
TROPICAL	7.5
Pineapple, watermelon, passionfruit & OJ	
IMMUNE BOOSTER	8.5
Green apple, cucumber, celery, kale, broccoli & ginger	

SHAKES AND SMOOTHIES

PASSION STATEMENT	9
Pineapple, passion fruit, lime, agave, lemon sorbet	
BLUES BROTHERS	9
Blueberries, coconut sorbet, lime & honey	
MANGO TANGO	9
Back by popular demand!	
THE BIG BANANA	9
Here since the beginning & here to stay	
SUPER CHOCOLATE & HAZELNUT.	9
The chocciest, hazelnuttiest shake in town	

GROUNDS wines

SPARKLING	GLASS	BOTTLE
BRUT (120ML)	9	50
The Grounds & Talinga Park South Eastern, AUS		
WHITES	GLASS	BOTTLE
SAUVIGNON BLANC	8	45
The Grounds & Talinga Park Goulburn Valley, NSW		
PINOT GRIGIO	10	50
Nugan Estate, 'Annelise' Riverina, NSW		
CHARDONNAY	12	60
Margan, Single Vineyard Hunter Valley, NSW		
ROSÉ	GLASS	BOTTLE
ROSÉ	8	45
The Grounds & Talinga Park Riverina, NSW		
REDS	GLASS	BOTTLE
CABERNET MERLOT	8	45
The Grounds & Talinga Park South Eastern, AUS		
SHIRAZ	12	60
Maxwell 'Silver Hammer' McLaren Vale, SA		
PINOT NOIR	10	50
Talinga Park Goulburn Valley, NSW		



HOUSE COCKTAILS

PEACH BELLINI	10
Sparkling wine & peach pureé	
MIMOSA	8.5
Sparkling wine & orange juice	
BLOODY MARY	16
With vodka or tequila	
VIRGIN MARY	10
Tomato juice with our own spice mix	

BEERS

YOUNG HENRYS	9.5
Newtown Pale ale, NSW	
ROCKS BREWING CO	10
Alexandria lager	
YOUNG HENRYS	10
Apple Cider, NSW	

Sodas

PINEAPPLE SODA	7
With fresh lime	
ALOE MATE SODA	7
With aloe vera, cucumber, lime and honey	