

## 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 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

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

## 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

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

### SHAKES AND SMOOTHIES

(DAIRY FREE OPTION ON REQUEST)

<b>PASSION STATEMENT.</b> . . . . .	<b>9</b>
Pineapple, passion fruit, lime, agave, lemon sorbet	
DF	
<b>BLUES BROTHERS</b> . . . . .	<b>9</b>
Mixed berries, coconut sorbet, lime & honey	
DF	
<b>MANGO TANGO</b> . . . . .	<b>9</b>
Mango, vanilla ice cream & mango nectar	
<b>THE BIG BANANA</b> . . . . .	<b>9</b>
Here since the beginning & here to stay	
<b>SUPER CHOCOLATE &amp; HAZELNUT.</b> . . . .	<b>9</b>
The chocciest, hazelnuttiest shake in town	

### GROUNDS wines

AVAILABLE FROM 10AM

SPARKLING	120ML GLASS	BOTTLE
<b>BRUT</b> . . . . .	<b>9</b>	<b>50</b>
The Grounds & Talinga Park South Eastern, AUS		
WHITES	140ML GLASS	BOTTLE
<b>SAUVIGNON BLANC</b> . . . . .	<b>8</b>	<b>45</b>
The Grounds & Talinga Park Goulburn Valley, NSW		
<b>PINOT GRIGIO</b> . . . . .	<b>10</b>	<b>50</b>
Nugan Estate, 'Annelise' Riverina, NSW		
<b>CHARDONNAY.</b> . . . . .	<b>12</b>	<b>60</b>
Margan, Single Vineyard Hunter Valley, NSW		
ROSÉ	140ML GLASS	BOTTLE
<b>ROSÉ</b> . . . . .	<b>8</b>	<b>45</b>
The Grounds & Talinga Park Riverina, NSW		
REDS	140ML GLASS	BOTTLE
<b>CABERNET MERLOT</b> . . . . .	<b>8</b>	<b>45</b>
The Grounds & Talinga Park South Eastern, AUS		
<b>SHIRAZ</b> . . . . .	<b>12</b>	<b>60</b>
Maxwell 'Silver Hammer' McLaren Vale, SA		
<b>PINOT NOIR</b> . . . . .	<b>10</b>	<b>50</b>
Talinga Park Goulburn Valley, NSW		



### HOUSE COCKTAILS

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

### BEERS

355ML

<b>YOUNG HENRYS</b> . . . . .	<b>9.5</b>
Newtownner Pale Ale, NSW	
<b>ROCKS BREWING CO</b> . . . . .	<b>10</b>
Alexandria Lager, NSW	
<b>YOUNG HENRYS</b> . . . . .	<b>10</b>
Apple Cider, NSW	

### Sodas

<b>PINEAPPLE SODA</b> . . . . .	<b>7</b>
With fresh lime	
<b>ALOE MATE SODA</b> . . . . .	<b>7</b>
With aloe vera, cucumber, lime & honey	

Please note that a 1.5% surcharge applies to all card payments. A 10% service charge will apply to groups of 10 or more. A 15% surcharge applies on public holidays. Not all ingredients are listed on the menu. Please make your server aware of any dietary requirements before ordering. Please be aware that our menu contains allergens and is prepared in a kitchen that handles nuts, shellfish, gluten and eggs. Whilst all reasonable efforts are taken to accommodate guest dietary needs, we cannot guarantee that our food will be allergen free.