

LUNCH



ALL DAY

Breakfast

SMASHED AVOCADO ON TOAST 22

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

ADD - POACHED EGG +3.5
VEGAN | DF | GF ON REQUEST

FARMER'S OMELETTE 21

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

ADD - BACON OR HOT SMOKED SALMON +4.5
GF

BREKKIE BURGER 23

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

BIG AUSSIE BREKKIE 28

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

GF ON REQUEST

GARDEN BOWL

MEXICAN BOWL 23

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 23

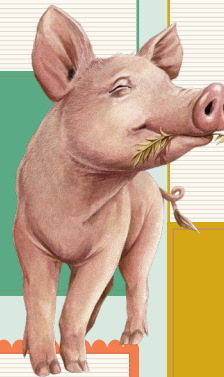
Pearl couscous with raisins, fattoush, tabbouleh, pickles, cucumber, red cabbage, tomato salsa, pomegranate, labneh, hummus, sumac, sesame, lemon, cabbage & tahini

DF ON REQUEST

ADD A *protein*

GRILLED CHICKEN +4.5 | HALLOUMI +4.5

SLOW COOKED BRISKET +4.5 | CHILLI TOFU +4.5



FROM the KITCHEN

MUSHROOM TAGLIATELLE 25

Buttered wood mushrooms roasted corn & creamed kale with garlic bread

16 HOUR BEEF BRISKET ROLL 26

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

FISH TACOS (3 PIECES) 23

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

CHICKEN PARMIGIANA 25

with panzanella salad

SIDES

POLENTA CHIPS 7.5
GF | with jalapeño mayonnaise

BACON 5.5

AVOCADO HALF 4.5

POTATO GEMS 6.5
with parmesan

FRIES 7.5

with chilli aioli

POACHED EGG 3.5

HALLOUMI 5.5

SIDE OF TOAST 3.5

THE GROUNDS BEEF BURGER

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

26

DRINKS

Fresh juices

STRAIGHT UP OJ.8
Freshly squeezed orange juice	
TROPICAL9
Pineapple, watermelon, passionfruit & OJ	
IMMUNE BOOSTER9
Green apple, cucumber, celery, kale, broccoli & ginger	

SHAKES AND SMOOTHIES

(DAIRY FREE OPTION ON REQUEST)

PASSION STATEMENT.	10
Pineapple, passion fruit, lime, agave, lemon sorbet	
DF	
BLUES BROTHERS9.5
Mixed berries, coconut sorbet, lime & honey	
DF	
MANGO TANGO9.5
Mango, vanilla ice cream & mango nectar	
THE BIG BANANA9.5
Here since the beginning & here to stay	
SUPER CHOCOLATE & HAZELNUT.	11
The chocciest, hazelnuttiest shake in town	

GROUNDS wines

AVAILABLE FROM 10AM

SPARKLING	120ML GLASS	BOTTLE
BRUT9.5	51
The Grounds & Talinga Park South Eastern, AUS		
WHITES	140ML GLASS	BOTTLE
SAUVIGNON BLANC	8.5	46
The Grounds & Talinga Park Goulburn Valley, NSW		
PINOT GRIGIO	10.5	51
Nugan Estate, 'Annelise' Riverina, NSW		
CHARDONNAY.	12.5	61
Margan, Single Vineyard Hunter Valley, NSW		
ROSÉ	140ML GLASS	BOTTLE
ROSÉ	8.5	46
The Grounds & Talinga Park Riverina, NSW		
REDS	140ML GLASS	BOTTLE
CABERNET MERLOT	8.5	46
The Grounds & Talinga Park South Eastern, AUS		
SHIRAZ	12.5	61
Maxwell 'Silver Hammer' McLaren Vale, SA		
PINOT NOIR	10.5	51
Talinga Park Goulburn Valley, NSW		



HOUSE COCKTAILS

PEACH BELLINI	12
Sparkling wine & peach pureé	
MIMOSA	12
Sparkling wine & orange juice	
BLOODY MARY.	17
With vodka or tequila	
VIRGIN MARY	11
Tomato juice with our own spice mix	

BEERS

355ML

YOUNG HENRYS	10
Newtown Pale Ale, NSW	
ROCKS BREWING CO	10.5
Alexandria Lager, NSW	
YOUNG HENRYS	10.5
Apple Cider, NSW	

Sodas

PINEAPPLE SODA	7.5
With fresh lime	
ALOE MATE SODA	7.5
With aloe vera, cucumber, lime & honey	

Our menus are subject to change without notice. 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.