

LUNCH



ALL DAY

Breakfast

AVO ON TOAST 22

V | DF | GF ON REQUEST +2

Poached egg, beetroot, tomato, cucumber, mint, capers, labneh, za'atar, spanish onion, crumbled feta, nuts & seeds

THE GROUNDS SPICED BREKKIE 24

GF ON REQUEST | V

Cannellini beans, chickpeas, spiced tomato stew, labneh, broken eggs, cherry tomatoes, Kalamata olives, goats cheese, toasted cashews & herb toast

BREKKIE BURGER 24

Fried egg, bacon, tomato compote, pork sausage, roasted field mushrooms, 3 cheeses & polenta chips

BIG BREKKIE. 29

Turmeric spiced zucchini & corn fritters, potatoes, cannellini bean stew, maple roast pork loin, pork sausage, field mushrooms, roasted tomatoes, 2 poached eggs, crumpet, honey roast halloumi, avocado & hollandaise

GARDEN BOWLS

MIDDLE EASTERN SPICED

CHICKEN SALAD. 26

Freekeh, lentils, chickpeas, maple roasted sweet potato, hommus, pomegranate, kale, red onion, pumpkin seed, dukkah & turmeric labneh

CRUNCHY VIETNAMESE SLAW GF | DF 25

Poached chicken, vermicelli noodles, bean sprouts, coconut flakes, cashews, mint, coriander, lime & Nuoc cham dressing

BLACKENED SALMON FILLET 26

Roasted cauliflower, pearl couscous, seeds, herbs, preserved lemon, yoghurt & harissa dressing

WILD RICE BOWL V | GF | DF 22

Chilli tofu, carrot & ginger puree, cucumber, avocado, corn, kimchi, shallots, pumpkin, turmeric pickled zucchini & chopped greens

ADD *protein* 5

GRILLED CHICKEN | HOT SMOKED SALMON | HALLOUMI
SEARED BEEF RUMP | SLOW COOKED BRISKET | CHILLI TOFU



FROM the KITCHEN

SLOW COOKED

PULLED CHICKEN TACO 24

Apple & kale slaw, pico de gallo, avocado, hot sauce, lime & coriander

TOASTED SPICED

LAMB FLATBREADS 26

Cheese, yoghurt, baba ganoush, fattoush salad, pickles & molasses

HALF ROASTED CHICKEN 26

Hummus, Andean potatoes, laffa bread glazed carrots & Paris butter

CRUMBED BARRAMUNDI BURGER 28

Iceberg lettuce, potato scallops, fennel, cabbage, dill sauce, tartare & green chilli aioli

SLOW BRAISED BEEF BRISKET PIE. 28

Peas, mash & gravy

CLASSIC CHICKEN PARMIGIANA 25

Broccoli, green beans & salsa verde

LAMB SHOULDER 27

Za'atar, cucumber, tomato, beetroot, hummus, tahini yoghurt, pickles & pita

SMOKED TROUT FETTUCCINE. 26

Parsley, creme fraiche, leek, lemon & dill

THE GROUNDS BEEF BURGER

Ground Wagyu beef patty, cheese, lettuce, dill cornichons mayo on toasted brioche bun, served with fries

25

SIDES

POLENTA CHIPS 7

GF | with jalapeño mayonnaise

BACON 5

AVOCADO & LEMON 4

SAUTÉED SPINACH 5

FRIES 7

with chilli aioli

HALLOUMI 5

GARLIC BREAD 7

POACHED EGG. 3

SIDE OF TOAST. 3

DRINKS

Fresh juices

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

SHAKES AND SMOOTHIES

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

GROUNDS wines

AVAILABLE FROM 10AM

SPARKLING	120ML GLASS	BOTTLE
BRUT	9	50
The Grounds & Talinga Park South Eastern Australia		
WHITES	140ML 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	140ML GLASS	BOTTLE
ROSÉ	8	45
The Grounds & Talinga Park Riverina, NSW		
REDS	140ML GLASS	BOTTLE
CABERNET MERLOT	8	45
The Grounds & Talinga Park South Eastern Australia		
SHIRAZ	12	60
Maxwell 'Silver Hammer' McLaren Vale, SA		
PINOT NOIR	10	50
Talinga Park Goulburn Valley, NSW		



HOUSE COCKTAILS

AVAILABLE FROM 10AM

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

BEERS AND CIDERS

355ML

YOUNG HENRYS	9.5
Newtown Pale Ale, NSW	
ROCKS BREWING CO	10
Alexandria Lager, NSW	
YOUNG HENRYS	10
Apple Cider, NSW	

Sodas and water

PINEAPPLE SODA	7
With fresh lime	
ALOE MATE SODA	7
With aloe vera, cucumber, lime & honey	
PUREZZA FILTERED WATER	3PP
Still or Sparkling	

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.