

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
- SWEET CORN & ZUCCHINI FRITTERS** GF 23
Halloumi, poached eggs, avocado, lemon hollandaise & aleppo pepper
ADD - BACON OR SALMON +4
- BREKKIE BURGER** 24
Fried egg, bacon, tomato compote, pork sausage, roasted field mushrooms, 3 cheeses & polenta chips
- BIG BREKKIE** GF ON REQUEST 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

- SPRING GREENS BOWL** GF | DF 24
Dukkah, avocado, asparagus, broccolini, radishes, peas, sliced zucchini, soft boiled egg, almonds & ajo blanco
- MIDDLE EASTERN CHICKEN BOWL** DF 26
Pearl cous cous, chickpeas, pumpkin, cauliflower, tahini pomegranate & cashews
- WILD RICE BOWL** GF | DF | VG 23
Chilli tofu, kimchi, chopped greens, pickled daikon, avocado & roast pumpkin, chilli roast peanuts, Thai basil, soy & sesame dressing

ADD protein 5

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



SIDES

- CHERRY TOMATOES, FETA & BASIL** 6
- CHILLI BAKED BEANS** GF | DF 6
- SAUTEED SPINACH** Pine nuts & parmesan 6
- HALLOUMI** Honey & sesame 6
- HASH BROWNS** Chilli mayo 5
- FRIED POLENTA CHIPS** GF 7
Jalapeño mayo
- ½ AVOCADO** Lemon oil & mint 4
- POACHED EGG** 3
- BACON** 6

FROM the KITCHEN

- BUTTERMILK FRIED CHICKEN** 26
Slaw, pickles & hot sauce
- WARM CORNED BEEF SANDWICH** 26
Horseradish cream, slaw, pickles, swiss cheese & shoestring fries
- TEMPURA WHITING TACOS** DF 24
Mango salsa, corn, avocado, jalapeño, slaw, coriander & lime aioli
- SEAFOOD TAGLIATELLE** 28
Prawn, sand crab, cherry tomatoes, peas, fennel, chilli, herbs, capers & pine nuts
- SPICED LAMB LOIN** GF | DF 29
Grilled onions, hommus, warm Mediterranean salad & salsa verde
- SEARED MOOLOOLABA ALBACORE TUNA** GF | DF ON REQUEST 28
Dill, labneh, zucchini, fennel, baby potatoes, cucumber, capers & cornichons
- PORK & FENNEL SAUSAGE ROLL** 24
Pickle sauce, green beans & fennel remoulade
- FIVE SPICE ROAST ½ CHICKEN** GF | DF 26
Mushrooms, Asian greens, ginger & shallot relish
- MUSHROOM, ASPARAGUS & GRUYERE TART FINE** 24
Garden salad & hazelnut vinaigrette

THE GROUNDS BEEF BURGER

Ground Wagyu beef patty, cheese, lettuce, dill & cornichons mayo, brioche bun, served with fries 25

Fresh juices

STRAIGHT UP OJ.	8
Freshly squeezed orange juice	
TROPICAL	9
Pineapple, watermelon, passionfruit & OJ	
IMMUNE BOOSTER	9
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	

DRINKS

GROUNDS wines

AVAILABLE FROM 10AM

SPARKLING	120ML GLASS	BOTTLE
BRUT	11	55
The Grounds & Talinga Park South Eastern Australia		
WHITES	140ML GLASS	BOTTLE
SAUVIGNON BLANC	10	45
The Grounds & Talinga Park Goulburn Valley, NSW		
PINOT GRIGIO	11	52
Nugan Estate, 'Annelise' Riverina, NSW		
CHARDONNAY.	12	60
Margan, Single Vineyard Hunter Valley, NSW		
ROSÉ	140ML GLASS	BOTTLE
ROSÉ	10	45
The Grounds & Talinga Park Riverina, NSW		
REDS	140ML GLASS	BOTTLE
CABERNET MERLOT	10	45
The Grounds & Talinga Park South Eastern Australia		
SHIRAZ	12	60
Maxwell 'Silver Hammer' McLaren Vale, SA		
PINOT NOIR	11	52
Talinga Park Goulburn Valley, NSW		



HOUSE COCKTAILS

AVAILABLE FROM 10AM

PEACH BELLINI	12
Sparkling wine & peach pureé	
MIMOSA	12
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	8
With fresh lime	
ALOE MATE SODA	8
With aloe vera, cucumber, lime & honey	
ANTIPODES WATER	9
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.