

manns

# **GRILLED HALLOUMI. AVOCADO** & LIME SALAD

Grilled halloumi fingers served on a bed of baby spinach & rocket topped with avocado. Chargrilled zucchini & green peas, toasted pumpkin seeds served with balsamic lime dressing

## **ASIAN CALAMARI SALAD**

Grilled or fried Patagonian calamari tubes, served on a bed of lettuce, with pickled ginger, avocado, cucumber, cherry tomatoes, spring onion & sesame-lime dressing

## **BEER BATTERED FISH AND CHIPS**

Local beer-battered or grilled hake, tartar sauce and served with hand cut fries

### **PRAWN PASTA**

Prawns, rocket, cherry tomatoes, Grana Padano and flaked almonds in a white wine, olive oil, garlic & chilli sauce

# **POLLO PASTA**

Free range chicken strips, mushrooms, cherry tomatoes in a napolitana & cream sauce with Grana Padano & herbs

#### **SWEETIE BIRD BURGER**

Crispy chicken fillet with lime siracha and honey dressing on a toasted bun served with hand cut fries

### **GOOD VIBES BEEF BURGER**

180g homemade short rib beef patty with our house sauce on a toasted bun served with hand cut fries

- + add cheese
- + add bacon

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2 x 180g homemade short rib beef patties with our house sauce on a toasted bun topped with cheese, bacon, braised pork and finished with a deep fried skewered prawn tail on top served with hand cut fries

# **MARGHERITA**

Homemade tomato base, mozzarella cheese & italian herbs

### 120 **GOOD VIBES**

115

125

120

90

90

90

Homemade tomato base, mozzarella cheese, bacon, avo, feta

#### **MEDINA**

Homemade tomato base, mozzarella cheese, chilli chicken, topped with yoghurt, coriander & crispy onion

# **TASTY SWINE**

Homemade tomato base, mozzarella cheese, braised BBQ pork, fresh rocket, crispy onions & avo

# **BBO**

Homemade base, mozzarella cheese. chicken and bacon in a BBQ sauce

# **CREAMY DELIGHT**

Homemade base, mozzarella cheese. 15 chicken and mushroom served in a garlic 15 bechamel sauce

# **FALAFEL BOWL**

150

90

120

120

130

130

120

Homemade falafel balls, hummus, roasted sweet potato, rocket, spinach, avocado, chopped nuts & mango drizzled with a soya and maple syrup dressing

90

90

55

60

55

40

150

220

# taxox

# **3 SOFT SHELL TACOS**

Pulled pork or chicken tacos served with house made slaw, pico de galio & guacamole

# suchi

PRAWN AVALANCHE 4PC	75
PRAWN MAKI 4PC	55

SALMON MAKI	4PC
SALMON CALIFOR	NIA ROLLS 4PC

SPICY CRA	B CALIFORNIA	ROLLS	4PC
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TEMPURA PRAWNS	10 PC
	20 PC

# sides

HAND CUT FRIES	30
BEER BATTERED ONION RINGS	35
GREEK SALAD	55

