

Low Carb Menu

Entree

Garlic bread Cheese pizza.....19.0

8pc Chicken Wings.....16.0 (GF)

served with your choice of sauce:

- Spicy Mexican
- Butter Chicken
- Satay

Bruschetta Primavera.....17.0

Low carb bread rubbed in garlic topped with olive oil, fresh tomato, Avocado, Spring onion, basil, Oregano and Garlic.

Caprese Salad for 2.....18.0 (GF)

Slices of Fiore di latte cheese & tomato seasoned with basil, extra-virgin Olive Oil and salt

Seafood Temptation for 2.....22.0

Serve of 4 salt and peppered crumbed calamari and prawns served with a seafood sauce.

Seafood

Fish And Chips.....22.0 (GF)

delicious crumbed butterfish fillet using our low carb crumb with a side of low carb fries and salad and herbed mayo.
(Contains nuts)

Salt & Pepper Calamari.....22.0 (GF)

Crumbed using our low carb crumb with salt and pepper served with low carb fries and salad and a side of herbed mayo

Garlic Prawns.....24.0 (GF)

served with vegetables.

Barramundi Trifolato.....26.0 (GF)

Grilled barramundi topped with a sauce made of olives, onion, ripe tomato, white wine, lemon and herbs served with roasted vegetables.

Salmone Avocado.....27.0 (GF)

Tasmanian salmon oven baked topped with a sauce made of avocados, spring onion, tomato and garlic served with vegetables.

Seafood Basket.....30.0 (GF)

Cheesy Mussels, crumbed calamari, crumbed fish, crumbed prawns served with low carb fries and salad or only vegetables.

Pasta

Bolognese.....23.0 (GF)

Slow-cooked beef in a rich tomato-based sauce served with cauliflower rice

Carbonara.....23.0 (GF)

Bacon, cracked pepper, egg and parmesan cheese served with cauliflower rice

Chilli Prawn.....26.0 (GF)

Prawns tossed in ripe tomatoes, spring onion and chili in white wine or rose sauce served with cauliflower rice

Marinara.....26.0 (GF)

selection of seafood in a white wine or Neapolitan sauce served with cauliflower rice

Pizza 12" \$28.00

All pizzas contain gluten

Margarita Tomato base, mozzarella, tomato & basil pesto.

Ham & Cheese Tomato base, mozzarella and ham.

Vegetarian Tomato base, mozzarella & seasonal vegetables

Chicken & Pumpkin Tomato base with chicken, pumpkin, basil pesto, spring onion and mozzarella

Alla Carne Tomato base, mozzarella, salami, chicken and bacon.

Godmother Tomato base, mozzarella, salami, Bacon, olives, char-grilled capsicum and eggplant.

Pulled Pork tomato base, mozzarella, onion, pulled pork drizzled with herbed mayo.

Di mare Tomato base, mozzarella with a selection of seafood.

Salads

Warm chicken salad (GF).....22.0 (GF)

Grilled chicken tenders on a bed of mixed lettuce, cucumber, tomato, red onion, char-grilled capsicum topped with a Vinaigrette and drizzled with herbed mayo.

Calamari Salad.....22.0 (GF)

Crumbed using our low carb crumb served on a bed of mixed lettuce, cucumber, tomato, red onion and char-grilled capsicum topped Vinaigrette and drizzled with herbed mayo.

Roasted Pumpkin Lamb Salad.....23.0 (GF)

Tender Lamb Fillet marinated in herbs and white wine, mixed lettuce, cucumber, tomato, red onion, char-grilled capsicum topped with a vinaigrette and drizzled with herbed mayo.

Prawn salad.....24.0 (GF)

Pan-fried prawns in herbs on a bed of mixed lettuce, cucumber, avocado, tomato, red onion topped with a Vinaigrette and drizzled with herbed mayo.

Meats

Beef schnitzel.....23.0 (GF)

Served with low carb fries and salad or only vegetables served with a sauce or topping of your choice.
(contains Nuts)

Chicken schnitzel.....23.0 (GF)

Served with low carb fries and salad or only vegetables served with a sauce or topping of your choice.
(contains Nuts)

Pollo di casa.....27.0 (GF)

Grilled chicken breast sautéed in a pan with prawns, avocado, onion, ripe tomato, herbs, garlic and white wine served on a bed of vegetables

Lamb Ai Fungi.....28.0 (GF)

Thinly cut premium Lamb fillet pan-fried sautéed with spring onion and mushroom finished in a creamy white wine sauce served with vegetables

Scaloppine di mare.....30.0 (GF)

Thinly cut premium beef fillet pan-fried with prawns, calamari, white wine, garlic and a dash of cream served with vegetables.

Pork Al Italiana.....32.0 (GF)

350g Murray Valley Pork ribeye Grilled then finished on the pan with Italian herbs, white wine and garlic served with low carb fries and salad.

Rump Steak.....38.0 (GF)

400g Black Angus Rump cooked as you like served with low carb fries and salad or just vegetables with a sauce or topping of your choice.

540 mixed grill.....42.0 (GF)

Lamb chop, beef rump, Cheese Kransky, Chicken Tenders and Pork belly served with low carb fries and salad or just vegetables and a side of gravy of your choice. (Add egg + 2.00)

GRAVYS: Plain, Dianne, Pepper, Mushroom

TOPPINGS: Parmigiana 4.00, Mexican 4.00, Kilpatrick & Cheese 4.00, Surf & Turf 6.00, Garlic Sauce 3.00

Burgers

Keto Bun Burger.....23.0 (GF)

Flame-grilled beef patty with bacon, cheese, tomato, onion, lettuce, mayo and low carb ketchup served with a side of low carb fries or salad. (contains Nuts)

Keto Chicken Burger.....23.0 (GF)

Chicken Breast fillet cooked in herbs topped with tomato, bacon, cheese, mayo and low carb ketchup served with a side of low carb fries or salad. (Contains Nuts)

Keto Pulled Pork Burger.....24.0 (GF)

Tender 10 hour slow cooked pork served in our low carb keto buns with coleslaw and mayo served with a side of low carb fries or salad (Contains Nuts)

Drinks

Macchiato.....4.00

Espresso.....4.00

Long Black.....4.00

Cappuccino.....4.50

Flat white.....4.50

Latte.....4.50

Mocca.....4.50

CHOICE OF MILKS: Almond Milk, Soy Milk, Full Cream Milk, Skim Milk, Lac free Milk

Please ask our friendly staff for any of our dessert lowcarb dessert options