

Brunch/Lunch *(Available all day)*

Salads & Bowls *(Contains Seeds & Nuts)*

CRISPY CHICKPEA & CHICKEN BOWL 24

Mesclun Mix W/ Avocado, Cherry Tomato, Cucumber, Onion, Herbed Crumbs,
Topped W/ Crispy Chicken & Chilli Aioli

LAMB BACKSTRAP W/ CHICKPEA & MIX SALAD 26

Moroccan Spiced Grilled Lamb, W/ Chickpea, Roasted Pumpkin, Cherry
Tomato, Cucumber, Onion & Mint Yoghurt Dressing

Vegan Bowl 25 (VEGAN)

Chickpea Falafels, Broccoli, Avocado, Lentil & Brown Rice, Hummus, Mix
Garnish salad & Dukkha Spice

PROTEIN POWER BOWL 25

Poached Eggs OR Grilled Chicken, Haloumi Cheese, Beetroot Humus, Avocado,
Chickpea Falafels, Lentil, Brown Rice, Toasted Sourdough

GRILLED SALMON 28 (GF)

Atlantic Salmon 200g+ W/ Brown Rice, Lentil, Broccoli, Seasonal mix Salad

Pastas *(Fresh from Pastabilities)*

ADD gluten free linguine +3

BEEF BRISKET RAGU 24

Fettuccine Pasta Slow Braised Beef Ragu w/ Cherry Tomato Garlic & Chilli
Napolitana

VEGETARIAN WAY 23 (VEGETARIAN)

Linguine Pasta, Roasted Eggplant, Mushroom & Fresh Basil, Traditional
Napolitana Sauce & Ricotta

CHICKEN & MUSHROOM FETTUCCINE 24

Chicken, Mushrooms & Spinach Fettuccine W/ Creamy Basil Sauce

Garlic & Chilli Prawn Linguine 28

Linguine W/ Cherry Tomato, Garlic, Chilli & Fresh Herbs on Pink Rosa Sauce

Burgers/Sandwiches/Skewers

(All Served W/ Fries or Replace W/ Sweet Potato Fries +3)

CRISPY CHICKEN OR FISH OR VEGETARIAN TACOS 23

Two tacos w/ Chicken OR Fish or Vege patty, slaw, salsa Verde, pickled onion, chilli aioli

GRIND'S SIGNATURE SANGA 23

Crispy chicken, melted cheese, slaw, cranberry sauce, chipotle mayo on brioche bread served
w/ beer battered fries.

Plant Base Burger 23 (VEGETARIAN)

House Made Capsicum & Corn Patty, American Cheese, Slaw Mix & Special Burger Sauce on
Milk Bun

PULLED BEEF SANDWICH 24

Slow Cooked & Pulled Beef Brisket, Slaw mix, Chipotle Aioli Served on Turkish Bread

CLASSIC BEEF BURGER 24

Premium Beef Chuck & Brisket Smashed Patty, Iceberg, Tomato, American cheese,
Caramelised Onion, Pickles & Grind's Burger Sauce on Milk Bun
(Add extra patty OR bacon +6)

GRILLED OR SOUTHERN FRIED CHICKEN BURGER 24

Marinated Portuguese Spice Chicken Breast w/ Cheese, Lettuce, Tomato & Chilli Aioli (Slaw
mix & Cheese for Southern Fried) on Milk Bun
(Add extra chicken +7)

LAMB KOFTA SKEWERS 26 (2 Skewers)

House made lamb kofta skewers w/ chips, salad, pita bread, hummus & mint yoghurt
(Add Extra Skewer + 7)

Lunch Deal Monday to Friday Any

Burgers, Tacos or Pastas are \$20

Weekend & Public Holiday Excluded

*Please note: Most of our Menu items may contain mixed seeds, nuts, dukkha & sumac
spices. Please notify staff if you have any allergies or dietary requirements*