

COFFEE

Groove Press Craft Coffee

Short Black, Short Macchiato, Piccolo	3.5
Latte, Cappuccino, Flat White, Long Black, Long Macchiato	4.0
Hot Chocolate, Chai Latte	4.5
Mug	5.0
Affogato	5.5
Decaf, Mocha, Extra Shot	0.5
Plant Based Milk	0.5
Lactose Free Milk	0.5

HERBAL TEA

By Tea Drop

Varieties by the Pot	3.8
Honeydew Green	
Cleopatra's Champagne	
English Breakfast	
Supreme Earl Grey	
Lemongrass Ginger	
Malabar Chai	
Peppermint	

FRESHLY SQUEEZED

Blends Freshly Squeezed to Order

Orange	7.0
Apple	7.0
Green Juice	8.0
Apple, Cucumber, Celery, Ginger	
Summer Watermelon	8.0
Watermelon, Cucumber & Mint	

DRINKS

Served Chilled

Juices	
Orange, Apple, Pineapple, Mango, Guava, Cranberry, Tomato	
Kids	3.0
Regular	5.0
Milkshakes	
Chocolate, Strawberry, Vanilla, Caramel, Banana	
Kids	3.0
Regular	6.0
Iced Coffee, Chocolate Or Mocha	5.0

BREAKFAST

Simply Eggs	9.9	Forest Mushrooms	16.9
Poached, fried or scrambled eggs, toasted sourdough V		Sautéed seasonal mushrooms, goats cheese, toasted sourdough V	
Toastie	8.9	Buttermilk Pancakes	14.9
Smoked ham, tasty cheese & tomato		Triple stack pancakes, berry compôte, maple syrup, icing sugar V	
Gluten Free add I.O GF		Vanilla ice cream add I.O	
French Toast	11.9	Smashed Avocado with Poached Eggs	18.9
Grilled banana, maple syrup, cinnamon & icing sugar V		Avocado, feta, parsley, pepitas, sunflower seeds, toasted sourdough V	
Brekky Burger	14.9	Corn Fritters	17.9
Brioche, bacon, egg, avocado, tasty cheese, rocket, tomato relish & hash brown		Grilled corn fritters, red onion, rocket, smoked salmon, poached eggs, lime & coriander yoghurt	
Burrito Wrap	14.9	Omelette	15.9
Spiced beans, cheddar scrambled eggs, flour tortilla, tomato salsa, sour cream, guacamole, jalapeños & coriander V		Selection of 4 fillings on toasted sourdough, smoked ham, bacon, chorizo, cheese, tomato, mushrooms, onion, feta, spinach, capsicum, kalamata olives, semi-dried tomatoes	
Hearty Vegetarian	16.9	The Whole Hog	19.9
Poached eggs, mushrooms, onion, tomato, spinach, spiced beans, hash brown, toasted multigrain V		Fried eggs, bacon, Italian pork sausage, tomato, mushrooms, onion, hash brown, toasted sourdough	
Eggs Benedict	15.9		
Poached eggs, smoked ham or bacon, hollandaise, toasted sourdough			

CLEAN EATING

Granola	9.5	Toast	6.9
Toasted oats, nuts, seeds, coconut, berry compôte, yoghurt V		Sourdough, Multigrain, White, Fruit with butter, jam, honey, Nutella or Vegemite V	
Fruit Salad	9.5	Gluten Free add I.O GF	
Seasonal fruits & yoghurt V			

FOR THE LITTLE ONES

12 years & under

BREKKY

Eggs on Toast	6.9	Pancakes	6.9
Choice of scrambled, fried or poached eggs, toasted sourdough V		Double stack pancakes, maple syrup, icing sugar, vanilla ice cream V	
Brekky Burger	6.9	Toast Triangles	4.9
Brioche, fried egg, bacon		Sourdough, Multigrain, White, Fruit with butter, jam, honey, Nutella or Vegemite V	

MAIN

Each main includes complimentary vanilla ice cream & topping

Margherita Pizza	12.9	Fish & Chips	12.9
Napoli sauce, mozzarella V		Battered or grilled fish, chips, tomato sauce	
Tropical Pizza	12.9	Calamari & Chips	12.9
Napoli sauce, mozzarella, smoked ham, pineapple		Lightly dusted with seasoned flour & fried, chips, tomato sauce	
Burger with Chips	12.9	Spaghetti Bolognese	12.9
Beef pattie or chicken tenderloins, tasty cheese, lettuce, tomato sauce		Traditional Bolognese sauce	
Chicken Tenders & Chips	12.9	Penne Napoletana	12.9
Lightly crumbed & grilled, chips, tomato sauce		Traditional Napoli sauce V	
		Gluten Free add I.O GF	

SIDES

Egg, Tomato, Spinach, Mushrooms, Onion, Spiced Beans, Hash Brown, Hollandaise	3.0
Italian Pork Sausage	4.0
Avocado, Bacon, Smoked Ham, Chorizo	4.0
Smoked Salmon	5.0
Minute Steak	7.0

INDIVIDUAL CAKES

Refer to the wide selection of individual cakes, slices & tarts in our display cabinet

Gluten-friendly selection available



Enjoy the cafe vibe with our very own craft roasted coffee, Groove Press - An intricate, complex sourced blend, designed for mild to medium strength

Groove Press Cup Profile:

Velvety Body, Milk Chocolate, Toasted Cashews, Sweet Spice, Lingering Honey Finish

Dietary Requirements:

For dietary requests, please notify our service staff to assist you with menu choices

Allergens:

While The Groove Train will endeavour to accommodate requests for special meals for customers who have food allergies, we cannot guarantee completely allergen free meals due to potential trace allergens in the working environment and supplied ingredients

GF	Gluten-Friendly		Mild
V	Vegetarian		Medium
DF	Dairy Free		Hot & Spicy

SMALL PLATES

Soup of the Day 11.9	Homemade soup of the day, toasted ciabatta
Garlic Pizza 12.9	Garlic, oil & herbs V DF With mozzarella add 3.0
Rustic Eggplant Chips 13.9	Parmesan crumbed eggplant, balsamic reduction, aioli V
Potato Wedges 11.9	Lightly seasoned, sour cream & sweet chilli V
Arancini 13.9	Green peas, mozzarella, basil, arborio rice, parmesan crumb, rocket, fried capers, arrabiata V
Bowl of Chips 9.9	Lightly seasoned, aioli or tomato sauce V
Bruschetta 13.9	Grilled ciabatta, pesto, tomatoes, red onion, basil, garlic, parmesan, balsamic reduction V
Salt & Pepper Calamari 14.9	Lightly dusted in lemon pepper flour & fried, tartare, rocket, lemon

SHARE PLATES

Duo of Dips 17.9	Selection of rustic dips with wood fired crusty bread V
Nachos 17.9	Stone ground corn chips, tasty cheese, tomato salsa, jalapeños, guacamole, sour cream, coriander V
Tasting Favourites 26.9	Selection of eggplant chips, salt & pepper calamari, bruschetta, arancini, grilled chorizo with dipping sauces

HANDHELDS

All handhelds served with seasoned chips

Pumpkin & Spinach Focaccia 17.9	Roasted pumpkin, spinach, chickpeas, roasted red capsicum, feta V
Chicken & Avocado Focaccia 19.9	Roasted chicken, avocado, tasty cheese, mushrooms, semi-dried tomatoes, mayonnaise
Veggie Burger 19.9	Roasted pumpkin, chickpea patty, cos, tomato, beetroot relish, brioche, cumin yoghurt V
Club Sandwich 19.9	Triple layered roasted chicken, bacon, lettuce, tomato, fried egg, mayonnaise
Open Steak Sandwich 22.9	Marinated Scotch fillet, red onion jam, tasty cheese, tomato, rocket, aioli, toasted sourdough
Chicken Souvlaki 22.9	Homemade flatbread, marinated chicken tenderloins, mixed lettuce, tomato, red onion, tzatziki
Lamb Souvlaki 24.9	Homemade flatbread, marinated lamb fillets, mixed lettuce, tomato, red onion, tzatziki
Crispy Southern Fried Chicken Burger 22.9	Crispy fried chicken, bacon, tasty cheese, cos, tomato, mayonnaise, brioche, smokey bbq sauce
Beef & Bacon Burger 21.9	Angus beef patty, bacon, American cheese, smokey bbq sauce, mayonnaise, French's mustard, cos, tomato, brioche
Double Beef & Bacon Burger 25.9	Angus beef patties, bacon, American cheese, smokey bbq sauce, mayonnaise, French's mustard, cos, tomato, brioche

WOOD FIRED

Our Pizzas are hand-stretched to order, our dough is dairy-free

Garlic Mozzarella Pizza 16.9	Garlic, oil, mozzarella herbs V	Gourmet Lamb Pizza 25.9	Napoli, mozzarella, marinated lamb fillets, spinach, red onion, kalamata olives, tzatziki
Buffalo Margherita Pizza 18.9	Napoli, Buffalo mozzarella, basil, cherry tomatoes, parmesan V	BBQ Meat Lovers Pizza 25.9	Napoli, mozzarella, roasted chicken, hot salami, bacon, red onion, smokey bbq sauce
Tropical Pizza 19.9	Napoli, mozzarella, smoked ham, pineapple	Seafood Calzone 24.9	Calamari, prawns, scallops, mascarpone, spinach, garlic, red onion
Salami Pizza 21.9	Napoli, mozzarella, hot salami, kalamata olives	Tandoori Chicken Pizza 23.9	Napoli, mozzarella, roasted tandoori chicken, spinach, red onion, tzatziki
Hottie Calzone 21.9	Napoli, Buffalo mozzarella, chorizo, red onion, kalamata olives, red chilli, roasted red capsicum	Prosciutto Pizza 23.9	Napoli, mozzarella, gorgonzola, mascarpone, prosciutto, basil
Capriccio Pizza 23.9	Napoli, mozzarella, smoked ham, mushrooms, kalamata olives	Gourmet Vegetarian Pizza 21.9	Napoli, mozzarella, roasted pumpkin, feta, rocket, pine nuts, parmesan, balsamic reduction V

PIER TO PADDOCK

Our beef is grass fed and locally sourced from selected British breed cattle

Fish & Chips 24.9	Beer battered fillets of fish, seasoned chips, tartare, mesclun, lemon	Chicken Parmigiana 25.9	Crumbed chicken breast, Napoli, mozzarella, parmesan, garden salad, seasoned chips Smoked ham add 1.0
Salt & Pepper Calamari 25.9	Lightly dusted in lemon pepper flour & fried, seasoned chips, tartare, mesclun, lemon	Thai Red Seafood Curry 26.9	Calamari, prawns, scallops, mussels, garlic, red chilli, lemongrass, galangal, shrimp paste, coconut cream, jasmine rice, coriander
Fisherman's Basket 36.9	Beer battered fillets of fish, salt & pepper calamari, grilled prawns & scallops skewers, garden salad, seasoned chips, tartare, lemon	Moroccan Lamb 26.9	Moroccan spiced lamb ragout, saffron rice, toasted almonds, coriander, mint, cumin-spiced yoghurt
Satay Chicken 25.9	Chicken breast, Malaysian satay sauce of peanuts, soy, red chilli, garlic, shrimp paste, coconut cream with Asian greens, jasmine rice, coriander, fried shallots	Nasi Goreng 24.9	Indonesian-style fried rice, shrimp & chilli paste, prawns, beef, chicken, Asian greens, coriander, fried shallots, fried egg
Polenta & Roasted Vegetable Stack 22.9	Grilled polenta, oven roasted vegetables, rocket, Napoli, basil pesto, ricotta, balsamic reduction GF V	Porterhouse 300gm 34.9	Roasted kipfler potatoes, rosemary, red wine jus GF
Braised Beef Cheek 31.9	Slow braised beef cheek, confit garlic mash, green beans, gremolata, red wine jus	Ribeye 350gm 38.9	Served on the bone, roasted kipfler potatoes, rosemary, red wine jus GF
Wok-fried Hokkien Noodles 20.9	Asian greens, egg noodles, sweet soy, chilli & ginger sauce, coriander, bean shoots, sesame seeds V DF Chicken or beef add 3.0	Mixed Grill 39.9	Marinated porterhouse, lamb fillets, chicken tenderloins, & Italian pork sausages wrapped in bacon, skewered & grilled, garden salad, seasoned chips, red wine jus DF
Indian Butter Chicken 24.9	Chicken breast, Indian butter sauce, jasmine rice, pappadums, raita, coriander GF		

FROM THE GARDEN

Classic Caesar Salad 18.9	Cos, bacon, parmesan, basil pesto croutons, caesar dressing, poached egg Grilled chicken tenderloins add 3.0	Grilled Chicken Salad 22.9	Grilled chicken tenderloins, warm kipfler potatoes, mixed lettuce, cherry tomatoes, cucumber, red onion, mayonnaise GF
Warm Beef Salad 23.9	Seared beef strips, mixed lettuce, semi-dried tomatoes, cucumber, bean shoots, roasted red capsicum, red onion, sweet potato crisps, honey mustard soy dressing GF DF	Chargrilled Greek Lamb Salad 28.9	Marinated lamb fillets, tomato, cucumber, red onion, kalamata olives, feta, cos, parsley, lemon vinaigrette, flatbread, tzatziki
Thai Calamari Salad 24.9	Lightly dusted fried calamari, slaw-style of cabbage, cucumber, carrot, red onion, mint, coriander, lime & chilli dressing DF		

PASTAS & RISOTTOS

Pumpkin & Spinach Risotto 22.9	Roasted pumpkin, spinach, semi-dried tomatoes, feta, parmesan GF V Roasted chicken add 3.0	Forest Mushroom Risotto 24.9	Selection of seasonal mushrooms, goats cheese, parmesan GF V Roasted chicken add 3.0
Beef Ragout Risotto 25.9	Slow braised pulled beef cheek, mushrooms, braising stock, parmesan GF	Chicken Risotto 24.9	Roasted chicken, mushrooms, semi-dried tomatoes, spinach, parmesan GF
Prawn & Calamari Risotto 26.9	Sautéed calamari, prawns, semi-dried tomatoes, spinach, smoked salmon GF	Spaghetti Bolognese 21.9	Traditional Bolognese sauce, parmesan
Penne Amatriciana 20.9	Bacon, garlic, red chilli, roasted red capsicum, kalamata olives, Napoli, spring onion, parmesan	Fettuccine Carbonara 23.9	Bacon, spring onion, cream, egg yolk, parmesan Roasted chicken add 3.0
Spaghetti Pescatore 27.9	Sautéed calamari, fish, mussels, scallops, prawns, garlic, tomato, olive oil, red chilli, parsley	Pan-fried Gnocchi 24.9	Roasted pumpkin, sage, spinach, cream, parmesan V
Spaghetti Alla Groove 23.9	Roasted chicken, avocado, spring onion, basil pesto, Napoli, parmesan, cream	Gluten Free Pasta 5.0	

SAUCES

Peppercorn, Mushroom, Red Wine Jus, Hollandaise 3.0
Aioli, Sour Cream 1.0

SIDES

Mixed Vegetables, Garden Salad, Jasmine Rice, 6.0	Garlic Potato Mash, Seasoned Chips 8.0
Greek Salad, Kipfler Potatoes, Potato Wedges 8.0	Shaved Parmesan 1.0

SOMETHING SWEET

Tiramisu 8.5	Classic Italian biscuit layered espresso & cream dessert
Chocolate Mousse 8.5	Dark chocolate, whipped cream, strawberries
Nutella Calzone 15.9	Hazelnut chocolate, strawberries, chocolate sauce, vanilla ice cream