

BREAKFAST

COFFEE

Groove Press Craft Coffee

Short Black, Short Macchiato, Piccolo	4.2
Latte, Cappuccino, Flat White, Long Black, Long Macchiato	4.7
Hot Chocolate, Chai Latte, Decaf	5.2
Affogato	6.2
Iced Coffee, Chocolate, or Mocha	6.5
Mug add	0.6
Mocha, Extra Shot	0.8
Plant-based or Lactose-free Milk	0.8

HERBAL TEA

By Tea Drop

Varieties by the Pot	4.7
Honeydew Green, Chamomile Blossom, English Breakfast, Supreme Earl Grey, Lemongrass Ginger, Malabar Chai, Peppermint	

FRESHLY SQUEEZED

Orange	8.5
Apple	8.5
Green Juice	8.5
Apple, Cucumber, Celery, Ginger	
Summer Watermelon	8.5
Watermelon, Cucumber & Mint	

SMOOTHIES

Banana, Honey & Almond	9.5
Mango & Passionfruit	9.5
Mixed Berry	9.5

DRINKS

Served Chilled

Goulburn Valley Juices	
Orange, Apple, Pineapple, Cranberry	
Small	3.5
Regular	5.5
Tomato Juice, Mango Juice	
Small	3.5
Regular	5.5
Natural Mineral Water Still	
500ml	5.5
750ml	9.5
Natural Mineral Water Sparkling	
500ml	5.5
750ml	9.5
Milkshakes	
Chocolate, Strawberry, Vanilla, Caramel, Banana	
Small	4.0
Regular	7.5

Fruit Salad	9.9	Shakshuka	17.9
Seasonal fruits, dairy or coconut yoghurt	V VG GF DF	Napoli, baked eggs, red onion, roasted red capsicum, red chilli, feta, parsley, grilled crusty bread	V
Toast	7.9	Grilled chorizo add 6.0	
Sourdough, Multigrain, White, Fruit, served with butter, jam, honey, Nutella or Vegemite	V	Eggs Benedict	19.9
Gluten Free add 2.0	GF	Poached eggs, smoked ham or bacon, hollandaise, toasted sourdough	
Toastie	10.9	Chilli Scrambled Eggs	18.9
Pan-fried, smoked ham, tasty cheese & tomato, toasted sourdough		Scrambled eggs, red chilli jam, sambal, spinach, feta, pickled red onion, fried shallots, coriander, toasted sourdough	
Gluten Free add 2.0	GF	BBQ Pulled Pork Benedict	24.9
Eggs Your Way	13.9	Slow-cooked smokey bbq pork shoulder, spinach, poached eggs, hollandaise, fried shallots, julienne green apple, toasted sourdough	
Poached, fried or scrambled eggs, toasted sourdough	V	Smashed Avocado with Poached Eggs	21.9
Brekky Burger	17.9	Avocado, feta, parsley, pepitas, sunflower seeds, poached eggs, toasted sourdough	V
Brioche, bacon, egg, avocado, tasty cheese, rocket, tomato relish, hash brown		Hearty Vegetarian	21.9
French Toast	16.9	Poached eggs, mushrooms, onion, tomato, spinach, spiced beans, hash brown, toasted multigrain	V
Grilled banana, maple syrup, cinnamon, icing sugar	V	Forest Mushrooms	19.9
Vanilla ice cream add 2.0		Sauteed seasonal mushrooms, goats cheese, toasted sourdough	V
Omelette	18.9	Buttermilk Pancakes	18.9
Selection of 4 fillings on toasted sourdough, smoked ham, bacon, chorizo, cheese, tomato, mushrooms, onion, feta, spinach, roasted red capsicum, kalamata olives, semi-dried tomatoes		Triple stack pancakes, berry compôte, maple syrup, icing sugar, vanilla ice cream	V
Corn Fritters	21.9	The Whole Hog	25.9
Grilled corn fritters, red onion, rocket, smoked salmon, poached eggs, lime & coriander yoghurt		Fried eggs, bacon, Italian pork sausage, onion, tomato, mushrooms, hash brown, toasted sourdough	
Nourish Bowl	19.9	BLT Focaccia	16.9
Spinach, quinoa, avocado, roasted pumpkin, poached egg, beetroot hummus, cherry tomatoes, pickled red onion, pepitas, lemon vinaigrette	V GF DF	Bacon, cos, tomato, mayonnaise	
Grilled Halloumi add 6.0		Avocado add 6.0	
Smoked Salmon add 8.0			

BREAKFAST SIDES

Egg, Tomato, Spinach, Mushrooms, Onion, Spiced Beans, Hash Brown, Hollandaise, Corn Fritter	4.0	Avocado, Halloumi, Bacon, Smoked Ham, Chorizo, Italian Pork Sausage	6.0
		Pulled Pork Shoulder, Smoked Salmon	8.0

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

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

FOR THE LITTLE ONES

12 years & under

BREKKY

Toast Triangles	6.9
Sourdough, Multigrain, White, Fruit, with butter, jam, honey, Nutella, or Vegemite	V
Gluten Free add 2.0	GF
Cheesy Toastie	8.9
Thick white toastie with oozy tasty cheese	V

Brekky Burger	8.9
Brioche, fried egg, bacon	

Eggs on Toast	8.9
Choice of scrambled, fried or poached eggs, toasted sourdough	V

Pancake Stack	8.9
Double stack pancakes, maple syrup, icing sugar, vanilla ice cream	V

Baby Smashed Avo	9.9
Smashed avocado, poached egg, cherry tomato with toast triangles	V

MAIN

Each main includes complimentary vanilla ice cream & topping

Margherita Pizza	14.9
Napoli sauce, mozzarella	V

Tropical Pizza	14.9
Napoli sauce, mozzarella, smoked ham, pineapple	

Spaghetti	14.9
Spaghetti with choice of Bolognese, Italian Meatballs or Napoli	
Gluten Free add 2.0	GF

Beef Burger & Chips	14.9
Beef patty, tasty cheese, lettuce, tomato sauce	
Gluten Free add 2.0	GF

Chicken Tenders & Chips	14.9
Lightly crumbed & grilled, chips, tomato sauce	

Calamari & Chips	14.9
Lightly dusted with seasoned flour & fried, chips, tomato sauce	

Fish & Chips	14.9
Battered or grilled fish, chips, tomato sauce	

SMALL PLATES

Bruschetta 14.9	Grilled ciabatta, pesto, tomatoes, red onion, basil, garlic, parmesan, balsamic reduction V
Garlic Pizza 15.9	Garlic, oil & herbs V DF With mozzarella or vegan mozzarella add 3.0
Rustic Eggplant Chips 14.9	Parmesan crumbed eggplant, balsamic reduction, aioli V
Salt & Pepper Calamari 16.9	Lightly dusted in lemon pepper flour & fried, tartare, rocket, lemon
Wild Mushroom Arancini 15.9	Selection of seasonal mushrooms, mozzarella, thyme, arborio rice, rocket, fried capers, aioli, shaved parmesan V
Italian Beef Meatballs 16.9	Slow-cooked beef meatballs, Napoli, parmesan, gremolata, grilled crusty bread

SHARE PLATES

Duo of Dips 19.9	Selection of rustic dips with grilled crusty bread V
Nachos 21.9	Stone ground corn chips, tasty cheese, tomato salsa, jalapeños, guacamole, sour cream, coriander V GF
Tasting Favourites 29.9	Selection of eggplant chips, salt & pepper calamari, bruschetta, arancini, grilled chorizo, with dipping sauces

HANDHELDS

Beef & Bacon Burger 26.9	Angus beef patty, bacon, American cheese, smokey bbq sauce, mayonnaise, yellow mustard, cos, tomato, dill pickle, brioche, seasoned chips
Single beef patty 29.9	Double beef patty
Crispy Southern Fried Chicken Burger 27.9	Crispy fried chicken, bacon, tasty cheese, cos, tomato, mayonnaise, smokey bbq sauce, brioche, seasoned chips
BBQ Pulled Pork Burger 27.9	Slow-cooked bbq pulled pork shoulder, aioli, smokey bbq sauce, herb slaw, red onion, dill pickle, brioche, seasoned chips
Grilled Chicken & Halloumi Burger 27.9	Char-grilled marinated chicken, grilled halloumi, avocado, bacon, herb slaw, red onion, aioli, brioche, seasoned chips
Veggie Burger 24.9	Roasted pumpkin & chickpea patty, cos, tomato, beetroot relish, cumin yoghurt, brioche, seasoned chips V
Steak Sandwich 29.9	Rosemary & garlic marinated Scotch fillet, bacon, tasty cheese, tomato, caramelised red onion, rocket, aioli, toasted sourdough, seasoned chips
Club Sandwich 24.9	Triple layered, roast chicken, bacon, fried egg, mixed lettuce, tomato, mayonnaise, seasoned chips
Chicken & Avocado Focaccia 22.9	Roasted chicken, avocado, tasty cheese, mayonnaise, mushrooms, semi-dried tomato, seasoned chips
Souvlaki 28.9	Homemade flatbread, mixed lettuce, tomato, red onion, tzatziki, seasoned chips
Marinated Lamb fillets 27.9	Marinated Chicken fillets
Falafel Souvlaki 25.9	Homemade flatbread, falafels, beetroot hommus, grilled halloumi, mixed lettuce, mint, tomato, red onion, lime & coriander yoghurt, seasoned chips V
Gluten free bun & bread options available GF 2.0	

WOOD FIRED PIZZA

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

Garlic Mozzarella Pizza 20.9	Garlic, oil, mozzarella, herbs V	Pescatore Pizza 29.9	Napoli, mozzarella, garlic, oil, red chilli, spinach, prawns, scallops, calamari, mussels, red onion, cherry tomato
Buffalo Margherita Pizza 23.9	Napoli, Buffalo mozzarella, basil, cherry tomatoes, parmesan V	Gourmet Lamb Pizza 29.9	Napoli, mozzarella, marinated lamb filets, spinach, red onion, kalamata olives, tzatziki
Tropical Pizza 24.9	Napoli, mozzarella, smoked ham, pineapple	BBQ Meat Lovers Pizza 29.9	Napoli, mozzarella, roasted chicken, hot salami, bacon, red onion, smokey bbq sauce
Salami Pizza 26.9	Napoli, mozzarella, hot salami, kalamata olives	Capriccio Pizza 27.9	Napoli, mozzarella, smoked ham, mushrooms, kalamata olives
Piccante Pizza 27.9	Napoli, mozzarella, hot salami, chorizo, red onion, kalamata, olives, red chilli, roasted red capsicum	Tandoori Chicken Pizza 27.9	Napoli, mozzarella, roasted tandoori chicken, spinach, red onion, tzatziki
Pulled Pork & Apple Pizza 27.9	Napoli, mozzarella, slow-cooked BBQ pulled pork shoulder, rocket, pickled red onion, pickled jalapeño, green apple, fried shallots, lime & coriander yoghurt	Gourmet Vegetarian Pizza 26.9	Napoli, mozzarella, roasted pumpkin, feta, rocket, pine nuts, parmesan, balsamic reduction V
Garden Pizza 24.9	Garlic, oil, vegan mozzarella, caramelised red onion, zucchini, broccolini, cherry tomatoes, rocket, basil V VG DF	Italian Meatball Pizza 27.9	Napoli, mozzarella, beef meatballs, red onion, cherry tomatoes, chilli, parmesan, basil
Truffled Mushroom Pizza 26.9	Garlic, oil, mozzarella, seasonal mushrooms, goats cheese, truffle oil, thyme, rocket V	Potato, Rosemary & Caramelised Onion Pizza 22.9	Garlic, oil, mozzarella, kipfler potatoes, caramelised red onion, rosemary V
Gluten free Pizza Base V VG GF DF 6.0		Vegan Mozzarella VG DF 3.0	

PIER TO PADDOCK

Salt & Pepper Calamari 29.9	Lightly dusted in lemon pepper flour & fried, seasoned chips, tartare, mesclun, lemon	Chicken Parmigiana 30.9	Crumbed chicken breast, Napoli, mozzarella, parmesan, garden salad, seasoned chips Smoked ham add 2.0
Fish & Chips 28.9	Beer battered filets of fish, seasoned chips, mesclun, tartare, lemon	Crispy Skin Salmon with Asian Greens 38.9	Pan-seared Atlantic salmon fillet, jasmine rice, sweet, soy & ginger sauce, bok choy, broccolini, snow peas, mushrooms, bean shoots, red chilli, fried shallots, sesame seeds, coriander, lemon
Fisherman's Basket 42.9	Beer battered filets of fish, salt & pepper calamari, grilled prawns & scallops skewers, garden salad, seasoned chips, tartare, lemon	Thai Red Seafood Curry 31.9	Calamari, prawns, scallops, mussels, garlic, red chilli, lemongrass, galangal, shrimp paste, coconut cream, jasmine rice, coriander
Nasi Goreng 27.9	Indonesian-style fried rice, shrimp paste, prawns, beef, chicken, Asian greens, coriander, fried shallots, fried egg	Indian Butter Chicken 29.9	Chicken breast, Indian butter sauce, jasmine rice, pappadums, raita, coriander
Wok-fried Hokkien Noodles 24.9	Asian greens, egg noodles, sweet soy, chilli & ginger sauce, coriander, bean shoots, sesame seeds V DF	Moroccan Lamb 30.9	Moroccan spiced lamb ragout, saffron rice, toasted almonds, coriander, mint, cumin-spiced yoghurt GF
Satay Chicken 29.9	Chicken breast, Malaysian satay sauce of peanuts, soy, red chilli, garlic, shrimp paste, coconut cream with Asian greens, jasmine rice, coriander, fried shallots	Braised Beef Cheek 38.9	Slow braised beef cheek, confit garlic mash, green beans, gremolata, red wine jus GF

FROM THE GRILL

Mixed Grill 48.9	Marinated Porterhouse, lamb filets, chicken tenderloins, bacon wrapped Italian pork sausages, skewered & grilled, garden salad, seasoned chips GF
Porterhouse 300gm 44.9	Locally sourced grass-fed beef, roasted garlic & rosemary kipflers GF
Ribeye 350gm 47.9	Locally sourced grass-fed beef, roasted garlic & rosemary kipflers GF

SAUCES

Peppercorn, Mushroom, Red Wine Jus 4.0

SIDES

Sweet Potato Wedges or Potato Wedges 14.9	Lightly seasoned, sour cream & sweet chilli sauce V
Bowl 10.9	Side
Seasoned Chips 10.9	Lightly seasoned, aioli or tomato sauce V
Bowl 7.9	Side
Garlic & Rosemary Kipflers, Greek Salad, Broccolini, Green Beans & Snow Peas 10.9	
Confit Garlic Mash, Garden Salad 6.9	

PASTAS & RISOTTOS

Chicken Risotto 29.9	Roasted chicken, mushrooms, semi-dried tomatoes, spinach, parmesan GF
Prawn & Calamari Risotto 32.9	Sautéed calamari, prawns, semi-dried tomatoes, spinach, smoked salami GF
Pumpkin & Spinach Risotto 27.9	Roasted pumpkin, spinach, semi-dried tomatoes, feta, parmesan V GF Roasted chicken add 4.0
Forest Mushroom Risotto 27.9	Selection of seasonal mushrooms, goats cheese, parmesan V GF
Fettuccine Carbonara 29.9	Bacon, spring onion, cream, egg yolk, parmesan Roasted chicken add 4.0
Beef Ragout Gnocchi 30.9	Slow braised pulled beef cheek, mushrooms, braising stock, gremolata, parmesan
Pumpkin & Spinach Gnocchi 29.9	Roasted pumpkin, sage, spinach, cream, parmesan V
Spaghetti 26.9	Traditional bolognaise or Italian meatballs in Napoli, parmesan
Spaghetti Pescatore 32.9	Sautéed calamari, fish, mussels, scallops, prawns, garlic, tomato, olive oil, red chilli, parsley
Spaghetti Alla Groove 28.9	Roasted chicken, avocado, spring onion, basil pesto, Napoli, parmesan, cream
Penne Amatriciana 26.9	Bacon, garlic, red chilli, roasted red capsicum, Kalamata olives, Napoli, spring onion, parmesan
Gluten Free Pasta GF 6.0	

FROM THE GARDEN

Roasted Pumpkin, Beetroot & Goats Cheese Salad 25.9	Roasted pumpkin, baby beetroot, spinach, mixed lettuce, quinoa, goats cheese, mint, walnuts, pepitas, lemon vinaigrette V GF
Grilled Halloumi or Chicken tenderloins add 6.0 32.9	Chargrilled Greek Lamb Salad 27.9
Marinated lamb filets, cos, tomato, cucumber, red onion, kalamata olives, feta, parsley, lemon vinaigrette, flatbread, tzatziki	Warm Beef Salad 27.9
Searred beef strips, mixed lettuce, semi-dried tomatoes, cucumber, bean shoots, roasted red capsicum, red onion, sweet potato crisps, honey mustard soy dressing GF DF	Thai Calamari Salad 27.9
Lightly dusted fried calamari, slaw-style salad of cabbage, cucumber, carrot, red onion, mint, coriander, lime & chilli dressing DF	Classic Caesar Salad 21.9
Classic Caesar Salad 21.9	Cos, bacon, parmesan, basil pesto croutons, Caesar dressing, poached egg Grilled chicken tenderloins add 6.0
Grilled Chicken Salad 27.9	Grilled chicken tenderloins, warm kipfler potatoes, mixed lettuce, cherry tomatoes, cucumber, red onion, spiced mayonnaise GF
SOMETHING SWEET	
Nutella Calzone 19.9	Hazelnut chocolate, fresh strawberries, chocolate sauce, vanilla ice cream V
Tiramisu 9.9	Classic Italian biscuit layered espresso & cream dessert V
Cake Selection	Refer to the selection of individual cakes, slices & tarts in our display cabinet V VG