

BREAKFAST

Toast V GFO VGO 8.9
Sourdough, Multigrain Sourdough, White, Fruit, served with butter, jam, honey, Nutella or Vegemite
Eggs Your Way V GFO 14.9
Poached, fried or scrambled eggs, toasted sourdough
Ham & Cheese or Ham Cheese & Tomato Toastie GFO 11.9
Pan-fried, smoked ham, tasty cheese, toasted sourdough
Brekky Burger GFO 18.9
Brioche, bacon, egg, avocado, tasty cheese, rocket, tomato relish, hash brown
Banoffee French Toast V 20.9
Grilled banana, chocolate & salted caramel sauce, maple syrup, icing sugar, vanilla ice cream
Omelette V GFO 19.9
Selection of 4 fillings on toasted sourdough, smoked ham, bacon, cheese, tomato, mushrooms, onion, feta, spinach, roasted red capsicum, kalamata olives, semi-dried tomatoes
Breakfast Bruschetta V GFO 22.9
Cherry tomatoes, red onion, garlic, basil, avocado, basil pesto, hommus, poached eggs, grilled halloumi, toasted multigrain sourdough
Eggs Benedict GFO 21.9
Poached eggs, smoked ham or bacon, hollandaise, toasted sourdough
Belgian Waffles V 21.9
Belgian waffles, fresh strawberries & banana, chocolate & salted caramel sauce, icing sugar, ice cream, toasted almonds
Chilli Scrambled Eggs V GFO JJ 19.9
Scrambled eggs, red chilli jam, sambal, spinach, feta, pickled red onion, fried shallots, coriander, toasted sourdough
BBQ Pulled Pork Benedict GFO J 25.9
Slow-cooked smokey bbq pork shoulder, spinach, poached eggs, hollandaise, fried shallots, julienne green apple, toasted sourdough
Smashed Avocado with Poached Eggs V GFO VGO 22.9
Avocado, feta, parsley, pepitas, sunflower seeds, poached eggs, toasted multigrain sourdough
Hearty Vegetarian V GFO VGO 22.9
Poached eggs, mushrooms, onion, tomato, spinach, spiced beans, hash brown, toasted multigrain sourdough
Truffled Mushrooms V GFO VGO 21.9
Sautéed seasonal mushrooms, goats cheese, spinach, poached eggs, truffle oil, toasted multigrain sourdough
Buttermilk Pancakes V 19.9
Triple stack pancakes, berry compôte, maple syrup, icing sugar, vanilla ice cream
The Whole Hog GFO 26.9
Fried eggs, bacon, Italian pork sausage, onion, tomato, mushrooms, hash brown, toasted sourdough

BREAKFAST SIDES

Egg, Tomato, Spinach, Mushrooms, Onion, Spiced Beans, Hash Brown, Hollandaise 5.0
Avocado, Halloumi, Bacon, Smoked Ham, Italian Pork Sausage 7.0
Pulled Pork Shoulder 9.0
Gluten Free Toast 4.0

FOR THE LITTLE ONES

12 YEARS & UNDER

Toast Triangles V GFO VGO 7.9
Sourdough, Multigrain, White, Fruit, with butter, jam, honey, Nutella, or Vegemite
Cheesy Toastie V GFO 9.9
Thick white toastie with oozy tasty cheese
Brekky Burger GFO 9.9
Brioche, fried egg, bacon
Egg on Toast V GFO 9.9
Choice of scrambled, fried or poached egg, toasted sourdough
Belgian Waffle V 10.9
Waffle, maple syrup, icing sugar, vanilla ice cream
Pancake Stack V 10.9
Double stack pancakes, maple syrup, icing sugar, vanilla ice cream
Baby Smashed Avo V GFO VGO 11.9
Smashed avocado, poached egg, cherry tomato with toast triangles

Gluten free options available add 2.0



SMALL PLATES

Rustic Eggplant Chips V 16.9
Parmesan crusted eggplant, balsamic reduction, aioli
Salt & Pepper Calamari 17.9
Lightly dusted in lemon pepper flour & fried, rocket, lemon
Bolognese & Green Pea Arancini 16.9
Bolognese, green peas, mozzarella, arborio rice, rocket, fried capers, Napoli, shaved parmesan
Wood-fired Bruschetta Pizzetta V GFO 17.9
Garlic, oil, herbs, basil pesto, cherry tomatoes, red onion, feta, basil, parmesan, balsamic reduction
Halloumi Chips V 16.9
Panko-crumbed halloumi, herb sea salt, Napoli
Wood-fired Garlic Pizza V DF GFO 16.9
Garlic, oil & herbs
Wood-fired Garlic Mozzarella Pizza V GFO 20.9
Garlic, oil, herbs with mozzarella or vegan Mozzarella
Italian Beef Meatballs 18.9
Slow-cooked beef meatballs, Napoli, parmesan, gremolata, grilled crusty bread
Nachos V GF 22.9
Stone ground corn chips, tasty cheese, tomato salsa, jalapeños, guacamole, sour cream, coriander
Seafood Hotpot 26.9
Sautéed calamari, mussels, scallops, prawns, cherry tomatoes, white wine, garlic, red chilli, Napoli, thyme, lemon, herb focaccia
Tasting Board 30.9
Selection of eggplant chips, salt & pepper calamari, Bolognese & green pea arancini, halloumi chips with dipping sauces

FROM THE GARDEN

Roasted Pumpkin, Beetroot & Goats Cheese Salad V GF VGO 26.9
Roasted pumpkin, baby beetroot, spinach, mixed lettuce, quinoa, goats cheese, mint, walnuts, pepitas, lemon vinaigrette Grilled Halloumi or Chicken tenderloins add 6.0
Chargrilled Greek Lamb Salad 34.9
Marinated lamb filets, cos, tomato, cucumber, red onion, kalamata olives, feta, parsley, lemon vinaigrette, flatbread, tzatziki
Warm Beef Salad GF DF 29.9
Seared beef strips, mixed lettuce, semi-dried tomatoes, cucumber, bean shoots, roasted red capsicum, red onion, sweet potato crisps, honey mustard soy dressing
Chicken Soba Noodle Salad J 28.9
Soba noodles, roasted chicken, cucumber, edamame, broccolini, snow peas, spring onions, sweet, soy, chilli & ginger sauce, sesame seeds, fried shallots, coriander
Classic Caesar Salad GFO 23.9
Cos, bacon, parmesan, basil pesto, croutons, Caesar dressing, poached egg Grilled chicken tenderloins add 6.0
Grilled Chicken Salad GF 29.9
Grilled chicken tenderloins, warm kipfler potatoes, mixed lettuce, cherry tomatoes, cucumber, red onion, spiced mayonnaise

FOCACCIA & SANDWICHES

Italian Meatball Focaccia 27.9
Slow-cooked beef meatballs, Napoli, fior di latte, rocket & basil pesto, herb focaccia, seasoned chips
Roasted Vegetable Focaccia V 25.9
Roasted & marinated red capsicum, eggplant, semi-dried tomatoes, zucchini, pumpkin, feta, rocket, basil pesto, herb focaccia, seasoned chips
Chicken & Avocado Focaccia 26.9
Roasted chicken, avocado, tasty cheese, mayonnaise, mushrooms, semi-dried tomatoes, seasoned chips
Chicken Parmagiana Focaccia 28.9
Crumbed chicken schnitzel breast, Napoli, mozzarella, rocket, aioli, seasoned chips
Chicken Schnitzel BLAT Focaccia 29.9
Crumbed chicken schnitzel breast, bacon, cos, avocado, tomato, aioli, seasoned chips
Steak Sandwich GFO 30.9
Rosemary & garlic marinated Scotch fillet, bacon, tasty cheese, tomato, caramelised red onion, rocket, aioli, toasted sourdough, seasoned chips
Club Sandwich GFO 27.9
Triple layered & quartered, roast chicken, bacon, fried egg, mixed lettuce, tomato, mayonnaise, seasoned chips

BURGERS & SOUVLAKI

Beef & Bacon Burger GFO 27.9
Angus beef patty, bacon, American cheese, smokey bbq sauce, mayonnaise, yellow mustard, cos, tomato, dill pickle, brioche, seasoned chips
Single beef patty 27.9
Double beef patty 31.9
Southern Fried Chicken Burger J 28.9
Crispy fried chicken, bacon, tasty cheese, cos, tomato, mayonnaise, smokey bbq sauce, dill pickles, brioche, seasoned chips
BBQ Pulled Pork Burger GFO J 28.9
Slow-cooked bbq pulled pork shoulder, aioli, smokey bbq sauce, herb slaw, red onion, dill pickles, brioche, seasoned chips
Grilled Chicken & Halloumi Burger GFO 28.9
Char-grilled marinated chicken, grilled halloumi, avocado, bacon, herb slaw, red onion, aioli, brioche, seasoned chips
Mushroom Burger V GFO 26.9
Porcini mushrooms, fava bean & buckwheat pattie, grilled halloumi, avocado, roasted red capsicum, hommus, rocket, brioche, seasoned chips
Souvlaki 30.9
Homemade flatbread, mixed lettuce, tomato, red onion, tzatziki, seasoned chips
Marinated Lamb filets 30.9
Marinated Chicken filets 29.9
Falofel V 26.9

Gluten free bun & bread options available add 4.0

PASTAS & RISOTTOS

Chicken Risotto GF 30.9
<i>Roasted chicken, mushrooms, semi-dried tomatoes, spinach, parmesan</i>
Seafood Risotto GF 34.9
<i>Sautéed calamari, mussels, scallops, prawns, garlic, Napoli, cherry tomatoes, thyme, red chilli, parsley</i>
Pumpkin & Spinach Risotto V GF VGO 28.9
<i>Roasted pumpkin, spinach, semi-dried tomatoes, feta, parmesan</i>
Truffled Mushroom Risotto V GF VGO 29.9
<i>Seasonal mushrooms, porcini stock, thyme, parsley, goats cheese, truffle oil, parmesan</i>
Fettuccine Carbonara 31.9
<i>Bacon, spring onion, cream, egg yolk, parmesan</i> Roasted chicken add 4.0
Beef Ragout Fettuccine 33.9
<i>Slow-braised pulled beef cheek, mushrooms, braising stock, gremolata, parmesan</i>
Pumpkin & Spinach Gnocchi V 30.9
<i>Roasted pumpkin, sage, spinach, cream, parmesan</i>
Basil Pesto Chicken Gnocchi 29.9
<i>Roasted chicken, basil pesto, garlic, cream, white wine, pine nuts, parmesan, basil</i>
Spaghetti Bolognese 28.9
<i>Traditional bolognese, parmesan</i>
Spaghetti Pescatore J 36.9
<i>Sautéed calamari, mussels, scallops, prawns, garlic, butter, cherry tomatoes, thyme, red chilli, parsley</i>
Spaghetti Alla Groove 30.9
<i>Roasted chicken, avocado, spring onion, basil pesto, Napoli, cream, parmesan</i>
Rigatoni Amatriciana J 28.9
<i>Bacon, garlic, red chilli, roasted red capsicum, Kalamata olives, Napoli, spring onion, parmesan</i>
Rigatoni Meatballs 30.9
<i>Slow-cooked beef meatballs, Napoli, gremolata, parmesan</i>
Gluten free Pasta

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	DF Dairy Free		Mild
VG Vegan	VGO Vegan Option		Medium
GF Gluten Free	GFO Gluten Free Option		Hot & Spicy

WOOD FIRED PIZZA

Garlic Mozzarella Pizza V GF VGO 20.9
<i>Garlic, oil, mozzarella, herbs</i>
Margherita Pizza V GF VGO 23.9
<i>Napoli, fior di latte, basil, cherry tomatoes, parmesan</i>
Tropical Pizza GFO 25.9
<i>Napoli, mozzarella, smoked ham, pineapple</i>
Capriccio Pizza GFO 28.9
<i>Napoli, mozzarella, smoked ham, mushrooms, kalamata olives</i>
BBQ Meat Lovers Pizza GFO J 29.9
<i>Napoli, mozzarella, roasted red chicken, hot salami, bacon, red onion, smokey bbq sauce</i>
Tandoori Chicken Pizza GFO 28.9
<i>Napoli, mozzarella, roasted tandoori chicken, spinach red onion, tzatziki</i>
Roasted Pumpkin & Feta Pizza V GF VGO 27.9
<i>Napoli, mozzarella, roasted pumpkin, feta, rocket, pine nuts, parmesan, balsamic reduction</i>
Truffled Mushroom Pizza V GF VGO 27.9
<i>Garlic, oil, mozzarella, seasonal mushrooms, goats cheese, truffle oil, thyme, rocket</i>
Mediterranean Lamb Pizza GFO 30.9
<i>Napoli, mozzarella, marinated lamb fillets, spinach, red onion, kalamata olives, tzatziki</i>
Pulled Pork & Apple Pizza GFO J 29.9
<i>Napoli, mozzarella, slow-cooked BBQ pulled pork shoulder, rocket, pickled red onion, pickled jalapeños, green apple, fried shallots, lime & coriander yoghurt</i>
Rustica Pizza V GF VGO 27.9
<i>Napoli, fior di latte, marinated & roasted red capsicum, zucchini, eggplant, semi-dried tomatoes, thyme, basil</i>
Garlic Prawn Pizza GFO J 30.9
<i>Napoli, mozzarella, garlic, oil, red chilli, parsley, prawns, red onion, cherry tomatoes, rocket</i>
Calabrese Pizza GFO J 29.9
<i>Napoli, fior di latte, hot salami, red chilli flakes, red onion, cherry tomatoes, kalamata olives, basil</i>
Gluten free Pizza Base V VG DF 6.0
Vegan Mozzarella VG DF 3.0

PIER TO PADDOCK

Salt & Pepper Calamari 30.9
<i>Lightly dusted in lemon pepper flour & fried, seasoned chips, tartare, mesclun, lemon</i>
Fish & Chips GFO 30.9
<i>Beer battered fillets of fish, seasoned chips, mesclun, tartare, lemon</i>
Fisherman's Basket 43.9
<i>Beer battered fillets of fish, salt & pepper calamari, grilled prawns & scallops skewers, garden salad, seasoned chips, tartare, lemon</i>
Nasi Goreng JJ 28.9
<i>Indonesian-style fried rice, shrimp paste, prawns, beef, chicken, Asian greens, coriander, fried shallots, fried egg</i>
Wok-fried Hokkien Noodles V J 25.9
<i>Asian greens, egg noodles, sweet soy, chilli & ginger sauce, coriander, bean shoots, sesame seeds</i> Chicken or beef add 3.0
Satay Chicken JJ 30.9
<i>Chicken breast, Malaysian satay sauce of peanuts, soy, red chilli, garlic, shrimp paste, coconut cream with Asian greens, jasmine rice, coriander, fried shallots</i>
Chicken Parmigiana 31.9
<i>Crumbed chicken breast, Napoli, mozzarella, parmesan, garden salad</i> Smoked ham add 2.0
Crispy Skin Salmon GF 38.9
<i>Pan-seared Atlantic salmon fillet, confit garlic mash, sautéed broccolini, lemon dressing, cherry tomatoes, garlic, parsley, capers & olives, pine nuts, basil, lemon</i>
Thai Red Seafood Curry JJJ 32.9
<i>Calamari, prawns, scallops, mussels, garlic, red chilli, lemongrass, galangal, shrimp paste, coconut cream, jasmine rice, coriander</i>
Indian Butter Chicken GFO 30.9
<i>Chicken breast, Indian butter chicken sauce, jasmine rice, pappadums, raita, coriander</i>
Braised Beef Cheek GF 39.9
<i>Slow braised beef cheek, confit garlic mash, green beans, gremolata, red wine jus</i>

FROM THE GRILL

Mixed Grill Plate GF DF 49.9
<i>Marinated Porterhouse, lamb fillets, chicken tenderloins, bacon wrapped Italian pork sausages, skewered & grilled, garden salad, seasoned chips</i>
Porterhouse Steak 300gm GF 47.9
<i>Locally sourced grass-fed beef. Served with sautéed broccolini, choice of roasted garlic kiplfers or seasoned chips</i>
Rib Eye Steak 350gm GF 49.9
<i>Locally sourced grass-fed beef. Served with sautéed broccolini, choice of roasted garlic & rosemary kiplfers or seasoned chips</i>

SAUCES

Peppercorn, Mushroom, Red Wine Jus 4.0

FOR THE LITTLE ONES

12 YEARS & UNDER

Each main includes complimentary vanilla ice cream & topping

Margherita Pizza V GF VGO 16.9
<i>Napoli sauce, mozzarella</i>
Tropical Pizza GFO 16.9
<i>Napoli sauce, mozzarella, smoked ham, pineapple</i>
Spaghetti Napoli or Bolognese GFO 16.9
<i>Spaghetti with choice of Bolognese, Italian Meatballs or Napoli</i> Gluten Free add 2.0
Chicken Tenders & Chips GFO 16.9
<i>Lightly crumbed & grilled, chips, tomato sauce</i>
Fish & Chips GFO 16.9
<i>Battered or grilled fish, chips, tomato sauce</i>
Beef Burger & Chips GFO 16.9
<i>Beef patty, tasty cheese, lettuce, tomato sauce</i> Gluten Free add 2.0
Chicken Parma & Chips 16.9
<i>Crumbed chicken breast, Napoli, mozzarella, chips, tomato sauce</i>
Calamari & Chips 16.9
<i>Lightly dusted with seasoned flour & fried, chips, tomato sauce</i>

SIDES

Sweet Potato Wedges or Potato Wedges V VGO

<i>Lightly seasoned, sour cream & sweet chilli sauce</i>
Bowl 16.9
Side 12.9
Seasoned Chips V VGO
<i>Lightly seasoned, aioli or tomato sauce</i>
Bowl 14.9
Side 10.9
Garlic & Rosemary Kiplfers V VGO 12.9
Broccolini, Green Beans & Snow Peas V VGO 11.9
Confit Garlic Mash V 8.9
Garden Salad V VG 8.9
Greek Salad V VGO 11.9

SOMETHING SWEET

Tiramisu V 12.9
<i>Classic Italian biscuit layered espresso & cream dessert</i>
Nutella Calzone V 20.9
<i>Hazelnut chocolate, fresh strawberries, chocolate sauce, vanilla ice cream</i>
Belgian Waffles V 21.9
<i>Belgian waffles, fresh strawberries & banana, salted caramel & chocolate sauce, vanilla ice cream, toasted almonds</i>
Cake Selection 8.5
<i>Refer to the selection of individual cakes, slices & tarts in display cabinet</i>
Ice Cream 2.0
Cream 1.5