

STARTERS PER INIZIARE

FOR SOMETHING EXTRA SPECIAL
LOOK OUT FOR OUR SIGNATURE
DISHERS



GARLIC BREAD [V] 6.90

Crusty bread baked with butter, fresh garlic and herbs

SOUP OF THE DAY 10.90

Please ask our friendly staff.
Tasty and healthy soup with all local ingredients, served with house made bread balls

MUSSELS 20

Fresh Tasmanian mussels, chilli, pomodoro sauce, garlic, white wine, parsley, fresh bread

MEATBALLS 12.90

Delicious Italian style meatballs served with a tangy Napoletana sauce

BOWL OF WEDGES [V] 8.90

Special seasoned chunky potato wedges with sweet chilli sauce and sour cream

SALT AND PEPPER SQUID 15.90

Tender salt & pepper squid served with rocket, a zesty lemon dressing and cherry tomato

TRIO OF BRUSCHETTA 16.90

bruschetta in three ways (sausage, roasted capsicum, eggplant) served with fresh salad

MUSHROOM ARANCINI 14.90

stuffed rice balls with wild mushroom and mozzarella cheese coated with bread crumbs and fried until golden brown served with cheese fondue

ARANCINI 14.90

Stuffed rice balls coated with breadcrumbs and fried until golden brown. Served with Bolognese sauce

ANTIPASTO PLATTER 29.90

Arancini, meatballs, marinated eggplant, prosciutto, parmesan cheese, sundry tomato roasted capsicum and olives. Served with herb focaccia

BRUSCHETTA [V] 15.90

A rustic style mixture of fresh tomato, red onion and fresh basil - topped with balsamic glaze and shaved parmesan cheese on a fresh bread slice

SALADS INSALAD

ITALIAN SALAD [GF] [V] 8.90

Fresh lettuce, cherry tomato and olives with a balsamic dressing topped with shaved parmesan cheese

CAESAR SALAD 15.90

Lettuce, croutons, bacon, boiled egg, anchovies and parmesan, drizzled with Caesar dressing
Add chicken - 21.90

ROCKET SALAD 12.90

Prosciutto, hung curd, cherry tomatoes, toasted almonds, balsamic reduction

GREEK SALAD 15.90

fetta, kalamata olives, sundried tomatoes, citrus dressing, balsamic reduction

SMOKED SALMON SALAD [GF] 23.90

Slices of smoked salmon tossed with a fresh garden salad, topped with slices of avocado and drizzled with a lemon dressing

ROASTED PUMPKIN SALAD [V] 14.90

Delicious pumpkin with roasted red onion and baby spinach, topped with fetta cheese and pumpkin seed, balsamic and olive oil dressing
Add chicken - 20.90

LA MENSA CLASSIC PIZZA PIZZE TRADIZIONALE



1. ITALIAN SAUSAGE

Tomato base, mozzarella, Italian pork sausage, basil and olive oil
S 14.90 | M 17.90 | L 19.90

2. HOUSE SPECIAL

Tomato base, mozzarella, ham, anchovies, mushrooms, olives, capsicum and hot salami
S 14.90 | M 17.90 | L 19.90

3. ITALIAN

Homemade tomato sauce base, mozzarella, hot salami, bacon, olives, anchovies, garlic and oregano
S 14.90 | M 17.90 | L 19.90

4. VEGETARIAN* [V]

Tomato base, mozzarella, wild mushrooms, olives and capsicum, onions
S 14.00 | M 15.90 | L 19.90

5. PEPPERONI

Tomato base, mozzarella and hot salami
S 14.00 | M 15.90 | L 19.90

6. MUSHROOM* [V]

Tomato base and mozzarella with sauteed wild mushrooms
S 14.00 | M 15.90 | L 19.90

7. CAPRICCIOSA

Tomato base, mozzarella, ham, mushrooms, anchovies and olives
S 14.00 | M 15.90 | L 19.90

8. AUSSIE

Tomato base, mozzarella and ham, topped with egg
S 14.00 | M 15.90 | L 19.90

9. FOCACCIA WITH CHEESE* [V]

Mozzarella and crushed fresh garlic
S 13.00 | M 14.90 | L 16.00

10. TROPICIANA

Tomato base, mozzarella, ham and chunky pineapple pieces
S 13.00 | M 14.90 | L 16.00

11. MARGHERITA* [V]

Tomato base, mozzarella and oregano
S 14.00 | M 15.90 | L 19.90

12. FOCACCIA* [GARLIC OR HERB] [V]

Fresh crushed garlic or herbs [oregano and basil]
S 8.90 | M 11.90 | L 13.90

13. MEXICANA

Tomato base, mozzarella, capsicum, hot salami and jalapeños
S 14.00 | M 15.90 | L 19.90

14. LA MENSA

Tomato base, mozzarella, ham, mushrooms, capsicum, hot salami, olives, onions, shrimps, bacon, pineapple
S 14.90 | M 17.90 | L 20.90

15. BBQ CHICKEN

Tomato base, mozzarella, chicken, pineapple, with a tangy BBQ sauce
S 14.90 | M 17.90 | L 20.90

16. MEAT LOVERS

BBQ Base, mozzarella, ham, hot salami, pork sausage and bacon pieces
S 14.90 | M 17.90 | L 20.90

*Gluten Free Base Available
Extra 4.00 - Available only in medium size only

Extra Toppings
from S 0.90 | M 1.00 | L 1.10
No Substitute toppings

[V] Vegetarian

[GF] Gluten free ingredients. Not gluten free environment

We use the Best Quality Olives.

While we make every effort to remove the pits, some may still be present

GOURMET PIZZA

1. PROSCIUTTO AND BALSAMIC

Italian tomato sauce base, mozzarella, Italian parmesan cheese and fresh prosciutto topped with a balsamic reduction and fresh basil
S 18.00 | M 21.00 | L 24.00

2. PIZZA PESCATORE

Garlic base, mozzarella, spinach, prawn, scallops, calamari, onion, topped with home made thousand island sauce
S 19.00 | M 22.00 | L 25.00

3. PIZZA ANTIPASTO

tomato base, mozzarella, olive, sundry tomato, capsicum, eggplant, artichokes
S 18.00 | M 21.00 | L 24.00

4. ITALIAN SAUSAGE AND WILD MUSHROOM

cheese base, house made Italian sausage with wild mushroom
S 18.00 | M 21.00 | L 24.00

5. ROCKET PARMESAN

Italian bocconcini base, mozzarella, topped slice, cherry tomato, rocket and shaved parmesan cheese
S 18.00 | M 21.00 | L 24.00

6. SMOKED SALMON

Italian tomato sauce & mozzarella base with onion, topped with capers, fresh basil & smoked salmon, drizzled with olive oil
S 19.00 | M 22.00 | L 25.00

7. CHICKEN CAESAR PIZZA

tomato base, cheese, sliced chicken, baby spinach, bacon, anchovy, topped with caesardressing
S 18.00 | M 21.00 | L 24.00

PASTA

GNOCCHI POMODORO [V]

*GF Pasta Available

A simple favourite. Homemade tomato, onion and basil sauce.

E 15.90 | M 18.90

SPAGHETTI BOLOGNESE

*GF Pasta Available

Seasoned lean beef and pork mince, slowly cooked in a flavoursome homemade tomato sauce.

E 15.90 | M 18.90

SEAFOOD SPAGHETTI



*GF Pasta Available

Fresh Tasmanian seafood with Queensland prawns cooked in a traditional Italian seafood stock with a hint of chilli

\$28.90

FETTUCCINE POLLO E FUNGHI

*GF Pasta Available

Lean chicken pieces, with wild mushroom cooked in a parmesan and cream sauce

E 16.90 | M 19.90

PENNE ALLA MATRICIANA

*GF Pasta Available

Lean bacon pieces, onion, chilli in a homemade tomato and basil sauce

E 15.90 | M 18.90

FETTUCCINE CARBONARA

*GF Pasta Available

Lean bacon pieces combined with egg and freshly grated parmesan in a cream sauce

E 15.90 | M 18.90

TORTELLINI MUSHROOM

*GF Pasta Available

Freshly sliced wild mushrooms cooked in a tempting cream sauce with freshly grated parmesan

E 15.90 | M 18.90

SPAGHETTI CALABRESE

Italian-style salami, red capsicum, olives, onion and chilli in a Neapolitan sauce

E 15.90 | M 18.90

PRAWN SPAGHETTI

Australian prawns tossed in rich prawn stock with hint of chilli and fresh basil

\$23.90



PENNE BEEF RAGU

*GF Pasta Available

Tender pieces of beef slowly simmered in a tomato base sauce

E 16.90 | M 19.90

GNOCCHI VEGETARIAN ALFREDO [V]

*GF Pasta Available

Seasonal vegetables in a Neapolitan and cream sauce.

E 15.90 | M 18.90

GNOCCHI PESTO [V]

*GF Pasta Available

Pine nuts, fresh basil, parsley, garlic and oil blended with cream and grated parmesan topped with roasted cashews

E 15.90 | M 18.90

LASAGNE

Fresh pasta sheets layered with traditional Bolognese sauce, mozzarella and parmesan. served with side salad

E 17.90 | M 20.90

FEEL FREE TO MIX & MATCH PASTA TYPES

Spaghetti
Gnocchi
Tortellini
Penne
Fettuccine

*Gluten Free Pasta available at participating restaurants (+\$4)

MEAT CHICKEN FISH CARNE POLLO PESCE

TASMANIAN BEEF

Steak* Grilled to your liking
Porterhouse – 300gm Steak [GF] \$33.00
Rib Eye* – 500gm Steak [GF] \$36.90

SCHNITZEL

Veal or Chicken
Breadcrumbs and cooked until
lightly golden
\$26.90

PARMAGIANA

Veal or Chicken
Breadcrumbs tender chicken
breast cooked until lightly golden,
topped with mozzarella and
homemade Napoletana sauce
\$28.90

VEAL MARSALA

tender Tasmanian veal thinly
sliced tossed in marsala wine
sauce
Lightly floured and grilled
\$31.90

PETTO DI POLLO FARCITO

Slow cooked chicken breast
stuffed with wild mushrooms &
ricotta cheese wrapped in
prosciutto served with harissa &
wild berry coulis
\$29.90



GARLIC PRAWNS

Prawns in a delicious garlic, white
[wine, parsley and cream sauce
served on a bed of rice
\$31.90



SALMON FILLET [GF]

Tasmanian pan fried salmon fillet,
served with fennel orange salad
and avocado puree
\$29.90

FISH OF THE DAY

Delicately grilled fillet of fresh
local fish (market price)

SEAFOOD PLATTER

A medley of fresh Tasmanian
seafood with Queensland
prawns
\$34.90



All meat chicken and fish dishes come
with chips and salad or seasonal
vegetables.

Additional sides (+\$3.90ea)

AVAILABLE SAUCES

Pepper
Limone
Mushroom
Vino Bianco
Gamberini sauce with 4 prawns (5.90)
Additional Sauce (+\$2.90ea)

RISOTTO

RICHMOND RISOTTO

A customer favourite. Lean chicken
and fresh wild mushrooms with
parmesan, cooked in a delicate stock
\$20.90



SEAFOOD RISOTTO

Fresh Tasmanian seafood with
Queensland prawns cooked in a
rich italian seafood stock, topped
with fresh parsley (also available in
a creamy white wine and garlic
sauce)
\$28.90



RISOTTO ALFREDO [V]

Seasonal vegetables in pomodoro
and cream sauce with fresh spinach
\$20.90

SIDES

bowl of chips \$8
bowl of seasonal vegetable \$8
garden salad \$7
roasted potato with herbs \$8

BAMBINI

KIDS MEALS \$12.90

carbonara fettucini
bolognese spaghetti
pomodoro penne
chicken nuggets with chips and salad
or vegetables
grilled chicken strips with chips and
salad or vegetables
fish, chips and salad

choice of kids pizza
pepperoni, tropicana, aussie,
margherita, bbq chicken



All kids meals come with a choice of
soft drink or juice and a scoop of
gelato of your choice!

DESSERTS DOLCI

TIRAMISU

Coffee and liqueur infused biscuit
cake with fresh mascarpone cream
and sprinkled chocolate
\$8.90

PANNA COTTA

A creamy, vanilla infused Italian
custard served with a seasonal
fruit topping and healthy granola
\$10.00

CHOCOLATE MOUSSE [GF]

A temptingly rich, whipped
chocolate delight for chocolate
lovers of all ages
\$7.90

COPPA GELATO

A selection of your favourite gelato flavours

| | |
|----------|--------|
| 1 scoop | \$3.90 |
| 2 scoops | \$6.20 |
| 3 scoops | \$8.50 |