

# Meals from 12 noon to 2.30 pm - 5.30 pm to 9.00 pm

## Entrée for you or To Share

<b>Bruschetta</b> ( GF Option )	\$ 16.90
Crushed Avocado, Heirloom tomatoes, Roasted Beetroot, Fetta Cheese , Fresh Basil, Extra Virgin Olive Oil on Sourdough toast	
<b>Fresh Garlic Bread</b> French half baguette sliced with garlic butter	\$ 8.90
<b>Fresh Gluten Free Garlic Bread</b> Half Gluten Free baguette sliced with garlic butter	\$ 8.90
<b>Prawns Platter</b> ( Thursday, Friday , Saturday and Sunday ) ( GF / LF )	\$ 18.00
6 freshly cooked King Prawns served with a Coleslaw salad and house made Cocktail sauce	
<b>Salt and Pepper Calamari</b> ( GF option )	\$ 14.90
Traditional salt and pepper calamari with house made Tartare sauce	
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<b>Mediterranean Seafood Salad</b> ( GF / LF )	\$ 28.90
Pan fried Calamari, Prawn Cutlets, fresh Black Mussels added to Baby Coss lettuce, Tomato, Spanish Onion, capsicum, house Smoked Salmon and a drizzle of Mango Dressing	
<b>Garlic Prawns</b> ( LF Option)	\$ 33.00
Prawn Cutlets tossed with shallot and crushed fresh garlic, white wine and cream sauce served with rice and vegetable	
<b>Chicken Parmigiana</b>	\$ 28.00
Crumbed Chicken topped with Napoli sauce and Mozzarella cheese served with chips and Salad	
<b>Bowl of Chips</b>	\$7.50
<b>Bowl of Steamed fresh vegetables</b>	\$10.50

## TAKE AWAY AVAILABLE

We cater for Coeliac, Lactose Free

To keep all the fresh flavours our dishes are cooked to order and require some waiting time

All menu Prices are subject to change without notice

Some dishes may contain fish bones or shells, we appreciate your patience, Prices are subject to change without notice

This Business is Independently Owned and Operated by Delagnes Pty Ltd

ACN/ARBN 066 650 646

<b>Paëlla</b>	\$ 48.00
Traditional Spanish Seafood Dish, Prawn Cutlets, Fresh Black Mussels, Chorizo, Calamari, Scampi, Chicken, Onion, Garlic, Capsicum , Smoked Paprika, Saffron, Spigol and Calasparra Spanish Rice	
<b>Rib Eye Steak</b>	\$ 41.50
MSA Grass Fed Rib Eye Steak Cooked to your liking served with chips and Salad	
Choose 1 Sauces: Peppercorn , Mushroom or Demi glaze .	extra sauce \$ 3.00
<u>Extra:</u> (4) Prawns topper in garlic Sauce	\$ 7.50

## Fresh in-House Hand Made Pasta

**1 \*) Choose your Pasta** — Spaghetti, Linguini, Gnocchi, Fettuccini, Penne, Tagliatelle

( extra each GF/LF + \$ 3.00 ) **All Pasta cooked to order**, Topped with Grana Padano Parmesan .

### 2 \*) Choose your Sauce

<b>Al Funghi</b>	\$ 27.90
Fresh mixed Mushroom ( Button, Portobello, Oyster and Kig Mushroom ) Spring onion White wine and Cream	
<b>Ortolana</b> Selection of Fresh Vegetables, Tomato, Onion, Napoli Sauce .	\$ 23.80
<b>Bolognaise</b> Traditional Tomato & Meat Sauce	\$ 26.00
<b>Amatriciana</b> Bacon, Spring Onion, Napoli Sauce finished with a touch of fresh chilli	\$ 27.50
<b>M.A.C</b> Mushroom, Avocado, Chicken, Spring Onion and Cream Sauce	\$ 27.90
<b>Carbonara</b> Traditional Pasta with Spring Onion, Bacon, Garlic, White Wine and Cream	\$ 27.50
<b>Pescatore</b> Prawn Cutlets, Calamari, Fresh black Mussels, Napoli Sauce .	\$ 33.00
<b>Marinara</b>	\$ 33.00
Prawns Cutlets, Calamari, fresh black Mussels Sautéed in Garlic, Olive Oil and Parsley	
<b>Cannelloni</b> ( NO GF )	\$ 25.90
Oven baked fresh house made cannelloni (2) filled with fresh spinach and ricotta cheese Topped with Napolitana sauce and Mozzarella cheese .	
<b>Macaroni &amp; Cheese</b>	\$ 18.00
Oven baked fresh in-house made Macaroni	
Add Chicken \$ 7.50 , Add Seafood, ( Calamari, Prawns, Scallops ) \$ 9.50	

## Desserts

A meal isn't a meal without a final indulgence, so spoil yourself ! Naughty but nice !

- Italian Cannoli** \$ 5.80  
Popular Italian Cannoli pastry filled with Vanilla custard
- Crêpe Suzette** (GF) \$ 14.00  
Thin Crêpe, cooked in a Grand Marnier Orange sauce served with Chantilly Cream and vanilla Ice Cream
- Strawberry Crêpe** (GF) \$ 14.00  
Thin Crêpe, filled with fresh Strawberries Compote, Chantilly Cream and vanilla Ice Cream
- Profiteroles and Chocolate sauce** \$14.00  
Profiteroles filled with Vanilla custard served with hot chocolate sauce
- Mango crème Brulée** (GF and Lactose free) \$14.00  
served with Chantilly Cream and vanilla Ice Cream

**Pasta Galore every Tuesday night  
with a 10 % discount on all our pasta**

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### Dine Free on your Birthday

On your Birthday Day, bring one or more friends who purchase a main meal and you get your main meal for free up to the value of \$26.

1 Birthday person per table.

Drive licence or other ID must be sighted to claim

( Not valid with any other promotion )



**Palavas les Flots** ( pronunciation - Palavas le Floe - " les Flots " mean little waves )

A fishing village in the South of France with only few thousand permanent residents, Palavas les Flots is a very busy summer spot for Holidays. When I was 5yo my mother use to take my brother and I on a Steam Train for a day out at the beach, the Steam Train now stands at the entrance of my hometown Montpellier, please Google Palavas les Flots and look at YouTube too .

Favourite Sport in August time is " Joute Nautique Palavas ( Water Jousting ) " , Google this one on YouTube or Water Jousting in Wikipedia . Palavas les Flots is twinned with Bayside, Victoria .

## Palavas les Flots

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