



Salads

Fresh garden salad w our house made vinegarette **\$9.90**

Roasted beetroot, orange, walnut & goats cheese salad with a verjuice & chive dressing **\$9.90**

Caesar salad w baby cos, bacon, croutons, parmesan cheese, poached egg & our own housemade dressing **\$12.90**

Traditional Greek salad w olives, fetta, tomato, cucumber & onion in a red wine vinegarette **\$10.90**

Add chicken, smoked salmon \$5, prawns \$6, grilled tuna \$7

4 peppered squid with a lychee, coconut & pickle ginger salad with our thai chilli dressing **\$14.50**

Grilled prawns on a soba noodle salad with Asian vegetables & nahm jim **\$19.50**

Thai beef salad w Asian vegetables, coriander, mint, cashews & fried shallots in our Thai dressing **\$14.50**

Pasta

Longbench chicken penne w sundried tomato, basil pesto & spinach **\$17.50**

Chilli prawn, cherry tomato, rocket & coriander linguine in a lime butter sauce **\$19.90**

Vegetarian penne w asparagus, olives, spinach and fetta cheese tossed in a light white wine, rosemary & olive oil sauce **\$15.90**



Sandwiches

Steak sandwich w grilled tomato, balsamic onions, bacon, egg, cheese & aioli **\$15.50**

Prawn wrap w baby spinach, roast capo & a tarragon & caper mayonnaise **\$14.50**

Lamb burger w beetroot tzatziki, roasted capsicum, caramelised onion & rocket **\$14.90**

Roasted vegetable pannini with hummus & rocket **\$10.90**

Grilled chicken & avocado wrap with Spanish onion, rocket & semi dried tomato aioli **\$13.90**

Smoked salmon, fennel, Spanish onion & rocket with horseradish & caper crème fraiche **\$14.50**

Bacon, lettuce, avocado & tomato w rocket & aioli on toasted Turkish **\$10.90**

Thai beef wrap w Asian vegetables, coriander & mint **\$11.50**

Ask your stylist how to order!