

Entrée

Meats

Burgers

Pasta

8pc chicken Wings.....15.90 (GF)
8 pieces of chicken wings with your choice of sauce and a side of curly fries or salad

- Spicy Mexican
- Teriyaki
- Satay

Avocado & prociutto.....16.90 (GF)
3 slices of fresh avocado wrapped in prociutto drizzled with herbed mayo.

Cauliflower Arancini.....17.90 (GF)
Serve of 3 Arancini Made of Cauliflower rice, parmesan, onion, ham, mushroom and a stretchy mozzarella centre.

Antipasto for 2.....23.90 (GF)
Selection of cold meats, pickled and grilled vegetables and a selection of cheeses.

Salads

Warm Chicken Salad.....18.90 (GF)
Grilled chicken tenders on a bed of mixed lettuce, cucumber, tomato, red onion and char-grilled capsicum topped with herbed mayo.

Roasted pumpkin lamb salad.....20.90 (GF)
pan-fried lamb strips served on a bed of mixed lettuce, roasted pumpkin, cucumber, red onion, tomato topped with a Vinaigrette and drizzled with herbed mayo.

Calamari Salad.....20.90 (GF)
Grilled calamari in herbs on a bed of mixed lettuce, cucumber, tomato, red onion, char-grilled capsicum topped with herbed mayo.

Prawn Salad.....22.90 (GF)
Pan-fried prawns in herbs on a bed of mixed lettuce, cucumber, tomato, red onion, char-grilled capsicum topped with herbed mayo.

Beef schnitzel.....22.90 (GF)

Served with low carb curly fries and salad or only vegetables served with a sauce or topping of your choice. (contains Nuts)

Chicken schnitzel.....22.90 (GF)

Served with low carb curly fries and salad or only vegetables served with a sauce or topping of your choice. (contains Nuts)

Pollo di casa.....25.90 (GF)

Grilled chicken breast sautéed in a pan with prawns, avocado, onion, ripe tomato, herbs, garlic and white wine served on a bed of vegetables

Pork ribs.....27.90 (GF)

Slow-cooked pork ribs in a BBQ and herb sauce served with low carb curly fries and salad or only vegetables.

Scaloppine di mare.....28.90 (GF)

thinly cut premium beef fillet pan-fried with prawns, calamari, white wine, garlic and a dash of cream served with vegetables.

Premium Scotch fillet.....34.90 (GF)

Grass fed scotch filled cooked as you like served with low carb curly fries and salad or only vegetables with a sauce or topping of your choice.

Mixed grill38.90 (GF)

Lamb chops, rump, continental sausage, chicken wings and bacon served with low carb curly fries and salad or only vegetables.

GRAVYS: Plain, Dianne, Pepper, Mushroom
TOPPINGS: Parmigiana 3.00, Mexican 4.00, Kilpatrick & Cheese 4.00, Surf & Turf 5.90

Pizza 10" \$22.90

All pizzas contain gluten

Chicken & Pumpkin - Tomato base with chicken, pumpkin, feta, basil pesto, ripe tomato and mozzarella.

Quatro Formaggi Tomato base, mozzarella, parmesan, bocconcini, blue cheese.

Alla Carne - Tomato base, mozzarella, beef, salami, chicken, bacon.

Godmother - Tomato base, mozzarella, pancetta, salami, olives, char-grilled capsicum and eggplant.

Margarita - Tomato base, mozzarella, tomato & basil pesto.

Di mare - Tomato base, mozzarella with a selection of seafood.

Pulled Pork - tomato base, mozzarella, onion, pulled pork drizzled with herbed mayo.

Dazza - tomato base, mozzarella topped with fresh prociutto, baby spinach and fresh tomato.

Keto Bun Burger.....22.90 (GF)

Flame-grilled beef patty with bacon, cheese, tomato, onion, lettuce, mayo and low carb ketchup served with a side of low carb curly fries or salad. (contains Nuts)

Keto Chicken Burger.....22.90 (GF)

Chicken Breast filled marinated in cajun spices topped with tomato, bacon, cheese, mayo and low carb ketchup on our famous keto buns served with a side of curly fries or salad. (Contains Nuts)

Keto Pulled Pork Burger.....23.90 (GF)

Tender 10 hour slow cooked pork served in our famous keto buns with coleslaw and mayo served with a side of curly fries or salad (Contains Nuts)

Keto Steak Burger.....23.90 (GF)

A delicious bun filled with thinly cut porterhouse steak, fried egg, onion, lettuce, tomato, bacon and drizzled with mayo and low carb ketchup. (Contains Nuts)

Seafood

Fish And Chips.....19.90 (GF)

delicious crumbed butterfish fillet using our awesome low carb crumb with a side of curly fries and salad and herbed mayo. (Contains nuts)

Salt & Pepper Calamari.....20.90 (GF)

panfried with lemon pepper herbs served with curly fries and salad and a side of herbed mayo

Zuppa Di Cozze.....20.90(GF)

large new zealand muscles in a napoletana broth sauce, olive oil, garlic, parsley and accompanied with bread

Garlic Prawns.....22.90 (GF)

served with vegetables.

Barramundi Trifolato.....25.90 (GF)

Grilled barramundi topped with a sauce made of olives, onion, ripe tomato, white wine, lemon and herbs served with roasted vegetables.

Salmone Avocado.....25.90 (GF)

Tasmanian salmon oven baked topped with a sauce made of avocados, spring onion, tomato and garlic served with vegetables.

Seafood Basket.....27.90 (GF)

muscles, crumbed calamari, crumbed fish, crumbed prawns served with low carb curly fries and salad or only vegetables.

Napoletana.....18.90 (GF)

Tomato, onion, garlic and herbs with Zucchini spaghetti.

Alla panna.....19.90 (GF)

mushroom, ham and cream with Zucchini spaghetti.

Bolognese.....19.90 (GF)

slow cooked beef in a rich tomato base sauce with Zucchini spaghetti

Vegetariana.....19.90 (GF)

Selection of seasonal vegetables in a choice of white wine or napoletana sauce with Zucchini spaghetti

Putanesca.....19.90 (GF)

olives, capers, anchovies, spring onion, ripe tomato, chilli in a napoletana sauce with Zucchini spaghetti

Ai funghi.....20.90 (GF)

Mushrooms, onions, garlic, cream and parmesan with Zucchini spaghetti

Carbonara.....20.90 (GF)

Bacon, cracked pepper, onion, cream, egg and parmesan cheese with Zucchini pasta.

Pollo pumpkin zucchini.....20.90 (GF)

Chicken strips, pumpkin, zucchini, spring onion, ripe tomato, tossed in a white wine sauce with Zucchini spaghetti

Chilli crab.....23.90 (GF)

Crabmeat tossed in ripe tomatoes, spring onion and chilli in white wine or rose sauce with Zucchini spaghetti

Chilli prawns.....23.90 (GF)

Prawns tossed in ripe tomatoes, spring onion and chilli in white wine or rose sauce with Zucchini spaghetti

Marinara.....23.90 (GF)

selection of seafood in a white wine or napoletana sauce with Zucchini spaghetti

Please ask our friendly staff for our low carb specials.

All of our menu items are under 12 grams of net carbs.

DESSERTS & DRINKS ARE ON NEXT PAGE

- Bulletproof coffee (GF).....7.90**
Coffee grass-fed butter and MCT oil emulsified together for a real energy hit. Served hot
- Sugar free Hot Chocolate.....6.90**
Cocoa powder, stevia and your choice of milk
- Cappuccino.....4.50**
- Latte.....4.50**
- Flat white.....4.50**
- Mocca.....4.50**
- Espresso.....4.00**
- Macchiato.....4.00**

- Iced Coffee/Chocolate.....8.90**
- Milkshakes.....9.90**
- Thickshakes.....10.90**

please ask our staff for our flavour options

Milk options
Full cream milk, skim milk, almond milk, Soy Milk, Macadamia milk
Double shot 50c extra | Mug 50c extra



Drinks

Low Carb Delights



Desserts

- Blueberry Cheesecake.....9.90 (GF)**
a low carb biscuit base using almonds and coconut with only 4.6g net carbs per serve (Contains Nuts)
- Lemon Curd Cheesecake.....9.90 (GF)**
low carb biscuit base using almonds and coconut with only 3.6g net carbs per serve (Contains Nuts)
- Hazelnut Mud Cake.....8.90 (GF)**
a low carb cake using hazelnuts with a hazelnut ganach with only 7.5g net carbs per serve (contains nuts)
- Chocolate Brownies.....5.90 (GF)**
A serve chewy chocolate brownies made with almond topped with chocolate ganache and dusted with coconut only 3 grams of carbs per brownie. (Contains Nuts)
- Ice Cream.....7.90 (GF)**
A choice of
 - Vanilla - 1g net carb per serving
 - Chocolate - 1.6g net carbs per serving
 - Raspberry - 1.2g net carbs per serving

please ask our staff for any dessert specials