

**COFFEE**

Groove Press Craft Coffee

<b>Short Black, Short Macchiato, Piccolo</b> .....	3.5
<b>Latte, Cappuccino, Flat White, Long Black, Long Macchiato</b> .....	4.0
<b>Hot Chocolate, Chai Latte</b> .....	4.5
<b>Mug</b> .....	5.0
<b>Affogato</b> .....	5.5
<b>Decaf, Mocha, Extra Shot</b> .....	0.5
<b>Plant Based Milk</b> .....	0.5
<b>Lactose Free Milk</b> .....	0.5

**HERBAL TEA**

By Tea Drop

<b>Varieties by the Pot</b> .....	3.8
Honeydew Green	
Cleopatra's Champagne	
English Breakfast	
Supreme Earl Grey	
Lemongrass Ginger	
Malabar Chai	
Peppermint	

**FRESHLY SQUEEZED**

Blends Freshly Squeezed to Order

<b>Orange</b> .....	7.0
<b>Apple</b> .....	7.0
<b>Green Juice</b> .....	8.0
Apple, Cucumber, Celery, Ginger	
<b>Summer Watermelon</b> .....	8.0
Watermelon, Cucumber & Mint	

**DRINKS**

Served Chilled

<b>Juices</b>	
Orange, Apple, Pineapple, Mango, Guava, Cranberry, Tomato	
<b>Kids</b> .....	3.0
<b>Regular</b> .....	5.0
<b>Milkshakes</b>	
Chocolate, Strawberry, Vanilla, Caramel, Banana	
<b>Kids</b> .....	3.0
<b>Regular</b> .....	6.0
<b>Iced Coffee, Chocolate Or Mocha</b> .....	5.0

**BREAKFAST**

Available until 3.00pm

<b>Simply Eggs</b> .....	9.9	<b>Forest Mushrooms</b> .....	16.9
Poached, fried or scrambled eggs, toasted sourdough <b>V</b>		Sautéed seasonal mushrooms, goats cheese, toasted sourdough <b>V</b>	
<b>Toastie</b> .....	8.9	<b>Buttermilk Pancakes</b> .....	14.9
Smoked ham, tasty cheese & tomato		Triple stack pancakes, berry compôte, maple syrup, icing sugar <b>V</b>	
Gluten Free add I.O <b>GF</b>		Vanilla ice cream add I.O	
<b>French Toast</b> .....	11.9	<b>Smashed Avocado with Poached Eggs</b> .....	18.9
Grilled banana, maple syrup, cinnamon & icing sugar <b>V</b>		Avocado, feta, parsley, pepitas, sunflower seeds, toasted sourdough <b>V</b>	
<b>Brekky Burger</b> .....	14.9	<b>Corn Fritters</b> .....	17.9
Brioche, bacon, egg, avocado, tasty cheese, rocket, tomato relish & hash brown		Grilled corn fritters, red onion, rocket, smoked salmon, poached eggs, lime & coriander yoghurt	
<b>Burrito Wrap</b> .....	14.9	<b>Omelette</b> .....	15.9
Spiced beans, cheddar scrambled eggs, flour tortilla, tomato salsa, sour cream, guacamole, jalapeños & coriander <b>V</b>		Selection of 4 fillings on toasted sourdough, smoked ham, bacon, chorizo, cheese, tomato, mushrooms, onion, feta, spinach, capsicum, kalamata olives, semi-dried tomatoes	
<b>Hearty Vegetarian</b> .....	16.9	<b>The Whole Hog</b> .....	19.9
Poached eggs, mushrooms, onion, tomato, spinach, spiced beans, hash brown, toasted multigrain <b>V</b>		Fried eggs, bacon, Italian pork sausage, tomato, mushrooms, onion, hash brown, toasted sourdough	
<b>Eggs Benedict</b> .....	15.9		
Poached eggs, smoked ham or bacon, hollandaise, toasted sourdough			

**CLEAN EATING**

<b>Granola</b> .....	9.5	<b>Toast</b> .....	6.9
Toasted oats, nuts, seeds, coconut, berry compôte, yoghurt <b>V</b>		Sourdough, Multigrain, White, Fruit with butter, jam, honey, Nutella or Vegemite <b>V</b>	
<b>Fruit Salad</b> .....	9.5	Gluten Free add I.O <b>GF</b>	
Seasonal fruits & yoghurt <b>V</b>			

**FOR THE LITTLE ONES**

12 years & under

**BREKKY**

<b>Eggs on Toast</b> .....	6.9	<b>Pancakes</b> .....	6.9
Choice of scrambled, fried or poached eggs, toasted sourdough <b>V</b>		Double stack pancakes, maple syrup, icing sugar, vanilla ice cream <b>V</b>	
<b>Brekky Burger</b> .....	6.9	<b>Toast Triangles</b> .....	4.9
Brioche, fried egg, bacon		Sourdough, Multigrain, White, Fruit with butter, jam, honey, Nutella or Vegemite <b>V</b>	

**MAIN**

Each main includes complimentary vanilla ice cream & topping

<b>Margherita Pizza</b> .....	12.9	<b>Fish &amp; Chips</b> .....	12.9
Napoli sauce, mozzarella <b>V</b>		Battered or grilled fish, chips, tomato sauce	
<b>Tropical Pizza</b> .....	12.9	<b>Calamari &amp; Chips</b> .....	12.9
Napoli sauce, mozzarella, smoked ham, pineapple		Lightly dusted with seasoned flour & fried, chips, tomato sauce	
<b>Burger with Chips</b> .....	12.9	<b>Spaghetti Bolognese</b> .....	12.9
Beef pattie or chicken tenderloins, tasty cheese, lettuce, tomato sauce		Traditional Bolognese sauce	
<b>Chicken Tenders &amp; Chips</b> .....	12.9	<b>Penne Napoletana</b> .....	12.9
Lightly crumbed & grilled, chips, tomato sauce		Traditional Napoli sauce <b>V</b>	
		Gluten Free add I.O <b>GF</b>	

**SIDES**

<b>Egg, Tomato, Spinach, Mushrooms, Onion, Spiced Beans, Hash Brown, Hollandaise</b> .....	3.0
<b>Italian Pork Sausage</b> .....	4.0
<b>Avocado, Bacon, Smoked Ham, Chorizo</b> .....	4.0
<b>Smoked Salmon</b> .....	5.0
<b>Minute Steak</b> .....	7.0

**INDIVIDUAL CAKES**

Refer to the wide selection of individual cakes, slices & tarts in our display cabinet

Gluten-friendly selection available



Enjoy the cafe vibe with our very own craft roasted coffee, Groove Press - An intricate, complex sourced blend, designed for mild to medium strength

**Groove Press Cup Profile:**

Velvety Body, Milk Chocolate, Toasted Cashews, Sweet Spice, Lingering Honey Finish

**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

<b>GF</b>	Gluten-Friendly		Mild
<b>V</b>	Vegetarian		Medium
<b>DF</b>	Dairy Free		Hot & Spicy

**SMALL PLATES**

<b>Soup of the Day</b> ..... 11.9	Homemade soup of the day, toasted ciabatta
<b>Garlic Pizza</b> ..... 12.9	Garlic, oil & herbs <b>V DF</b> With mozzarella add 3.0
<b>Rustic Eggplant Chips</b> ..... 13.9	Parmesan crumbed eggplant, balsamic reduction, aioli <b>V</b>
<b>Potato Wedges</b> ..... 11.9	Lightly seasoned, sour cream & sweet chilli <b>V</b>
<b>Arancini</b> ..... 13.9	Green peas, mozzarella, basil, arborio rice, parmesan crumb, rocket, fried capers, arrabiata <b>V</b>
<b>Bowl of Chips</b> ..... 9.9	Lightly seasoned, aioli or tomato sauce <b>V</b>
<b>Bruschetta</b> ..... 13.9	Grilled ciabatta, pesto, tomatoes, red onion, basil, garlic, parmesan, balsamic reduction <b>V</b>
<b>Salt &amp; Pepper Calamari</b> ..... 14.9	Lightly dusted in lemon pepper flour & fried, tartare, rocket, lemon

**SHARE PLATES**

<b>Duo of Dips</b> ..... 17.9	Selection of rustic dips with wood fired crusty bread <b>V</b>
<b>Nachos</b> ..... 17.9	Stone ground corn chips, tasty cheese, tomato salsa, jalapeños, guacamole, sour cream, coriander <b>V</b>
<b>Tasting Favourites</b> ..... 26.9	Selection of eggplant chips, salt & pepper calamari, bruschetta, arancini, grilled chorizo with dipping sauces

**HANDHELDS**

All handhelds served with seasoned chips

<b>Pumpkin &amp; Spinach Focaccia</b> ..... 17.9	Roasted pumpkin, spinach, chickpeas, roasted red capsicum, feta <b>V</b>
<b>Chicken &amp; Avocado Focaccia</b> ..... 19.9	Roasted chicken, avocado, tasty cheese, mushrooms, semi-dried tomatoes, mayonnaise
<b>Veggie Burger</b> ..... 19.9	Roasted pumpkin, chickpea patty, cos, tomato, beetroot relish, brioche, cumin yoghurt <b>V</b>
<b>Club Sandwich</b> ..... 19.9	Triple layered roasted chicken, bacon, lettuce, tomato, fried egg, mayonnaise
<b>Open Steak Sandwich</b> ..... 22.9	Marinated Scotch fillet, red onion jam, tasty cheese, tomato, rocket, aioli, toasted sourdough
<b>Chicken Souvlaki</b> ..... 22.9	Homemade flatbread, marinated chicken tenderloins, mixed lettuce, tomato, red onion, tzatziki
<b>Lamb Souvlaki</b> ..... 24.9	Homemade flatbread, marinated lamb fillets, mixed lettuce, tomato, red onion, tzatziki
<b>Crispy Southern Fried Chicken Burger</b> ..... 22.9	Crispy fried chicken, bacon, tasty cheese, cos, tomato, mayonnaise, brioche, smokey bbq sauce
<b>Beef &amp; Bacon Burger</b> ..... 21.9	Angus beef patty, bacon, American cheese, smokey bbq sauce, mayonnaise, French's mustard, cos, tomato, brioche
<b>Double Beef &amp; Bacon Burger</b> ..... 25.9	Angus beef patties, bacon, American cheese, smokey bbq sauce, mayonnaise, French's mustard, cos, tomato, brioche

**WOOD FIRED**

Our Pizzas are hand-stretched to order, our dough is dairy-free

<b>Garlic Mozzarella Pizza</b> ..... 16.9	Garlic, oil, mozzarella herbs <b>V</b>	<b>Gourmet Lamb Pizza</b> ..... 25.9	Napoli, mozzarella, marinated lamb fillets, spinach, red onion, kalamata olives, tzatziki
<b>Buffalo Margherita Pizza</b> ..... 18.9	Napoli, Buffalo mozzarella, basil, cherry tomatoes, parmesan <b>V</b>	<b>BBQ Meat Lovers Pizza</b> ..... 25.9	Napoli, mozzarella, roasted chicken, hot salami, bacon, red onion, smokey bbq sauce
<b>Tropical Pizza</b> ..... 19.9	Napoli, mozzarella, smoked ham, pineapple	<b>Seafood Calzone</b> ..... 24.9	Calamari, prawns, scallops, mascarpone, spinach, garlic, red onion
<b>Salami Pizza</b> ..... 21.9	Napoli, mozzarella, hot salami, kalamata olives	<b>Tandoori Chicken Pizza</b> ..... 23.9	Napoli, mozzarella, roasted tandoori chicken, spinach, red onion, tzatziki
<b>Hottie Calzone</b> ..... 21.9	Napoli, Buffalo mozzarella, chorizo, red onion, kalamata olives, red chilli, roasted red capsicum	<b>Prosciutto Pizza</b> ..... 23.9	Napoli, mozzarella, gorgonzola, mascarpone, prosciutto, basil
<b>Capriccio Pizza</b> ..... 23.9	Napoli, mozzarella, smoked ham, mushrooms, kalamata olives	<b>Gourmet Vegetarian Pizza</b> ..... 21.9	Napoli, mozzarella, roasted pumpkin, feta, rocket, pine nuts, parmesan, balsamic reduction <b>V</b>

**PIER TO PADDOCK**

Our beef is grass fed and locally sourced from selected British breed cattle

<b>Fish &amp; Chips</b> ..... 24.9	Beer battered fillets of fish, seasoned chips, tartare, mesclun, lemon	<b>Chicken Parmigiana</b> ..... 25.9	Crumbed chicken breast, Napoli, mozzarella, parmesan, garden salad, seasoned chips Smoked ham add 1.0
<b>Salt &amp; Pepper Calamari</b> ..... 25.9	Lightly dusted in lemon pepper flour & fried, seasoned chips, tartare, mesclun, lemon	<b>Thai Red Seafood Curry</b> ..... 26.9	Calamari, prawns, scallops, mussels, garlic, red chilli, lemongrass, galangal, shrimp paste, coconut cream, jasmine rice, coriander
<b>Fisherman's Basket</b> ..... 36.9	Beer battered fillets of fish, salt & pepper calamari, grilled prawns & scallops skewers, garden salad, seasoned chips, tartare, lemon	<b>Moroccan Lamb</b> ..... 26.9	Moroccan spiced lamb ragout, saffron rice, toasted almonds, coriander, mint, cumin-spiced yoghurt
<b>Satay Chicken</b> ..... 25.9	Chicken breast, Malaysian satay sauce of peanuts, soy, red chilli, garlic, shrimp paste, coconut cream with Asian greens, jasmine rice, coriander, fried shallots	<b>Nasi Goreng</b> ..... 24.9	Indonesian-style fried rice, shrimp & chilli paste, prawns, beef, chicken, Asian greens, coriander, fried shallots, fried egg
<b>Polenta &amp; Roasted Vegetable Stack</b> ..... 22.9	Grilled polenta, oven roasted vegetables, rocket, Napoli, basil pesto, ricotta, balsamic reduction <b>GF V</b>	<b>Porterhouse 300gm</b> ..... 34.9	Roasted kipfler potatoes, rosemary, red wine jus <b>GF</b>
<b>Braised Beef Cheek</b> ..... 31.9	Slow braised beef cheek, confit garlic mash, green beans, gremolata, red wine jus	<b>Ribeye 350gm</b> ..... 38.9	Served on the bone, roasted kipfler potatoes, rosemary, red wine jus <b>GF</b>
<b>Wok-fried Hokkien Noodles</b> ..... 20.9	Asian greens, egg noodles, sweet soy, chilli & ginger sauce, coriander, bean shoots, sesame seeds <b>V DF</b> Chicken or beef add 3.0	<b>Mixed Grill</b> ..... 39.9	Marinated porterhouse, lamb fillets, chicken tenderloins, & Italian pork sausages wrapped in bacon, skewered & grilled, garden salad, seasoned chips, red wine jus <b>DF</b>
<b>Indian Butter Chicken</b> ..... 24.9	Chicken breast, Indian butter sauce, jasmine rice, pappadums, raita, coriander <b>GF</b>		

**FROM THE GARDEN**

<b>Classic Caesar Salad</b> ..... 18.9	Cos, bacon, parmesan, basil pesto croutons, caesar dressing, poached egg Grilled chicken tenderloins add 3.0	<b>Grilled Chicken Salad</b> ..... 22.9	Grilled chicken tenderloins, warm kipfler potatoes, mixed lettuce, cherry tomatoes, cucumber, red onion, mayonnaise <b>GF</b>
<b>Warm Beef Salad</b> ..... 23.9	Seared beef strips, mixed lettuce, semi-dried tomatoes, cucumber, bean shoots, roasted red capsicum, red onion, sweet potato crisps, honey mustard soy dressing <b>GF DF</b>	<b>Chargrilled Greek Lamb Salad</b> ..... 28.9	Marinated lamb fillets, tomato, cucumber, red onion, kalamata olives, feta, cos, parsley, lemon vinaigrette, flatbread, tzatziki
<b>Thai Calamari Salad</b> ..... 24.9	Lightly dusted fried calamari, slaw-style of cabbage, cucumber, carrot, red onion, mint, coriander, lime & chilli dressing <b>DF</b>		

**PASTAS & RISOTTOS**

<b>Pumpkin &amp; Spinach Risotto</b> ..... 22.9	Roasted pumpkin, spinach, semi-dried tomatoes, feta, parmesan <b>GF V</b> Roasted chicken add 3.0	<b>Forest Mushroom Risotto</b> ..... 24.9	Selection of seasonal mushrooms, goats cheese, parmesan <b>GF V</b> Roasted chicken add 3.0
<b>Beef Ragout Risotto</b> ..... 25.9	Slow braised pulled beef cheek, mushrooms, braising stock, parmesan <b>GF</b>	<b>Chicken Risotto</b> ..... 24.9	Roasted chicken, mushrooms, semi-dried tomatoes, spinach, parmesan <b>GF</b>
<b>Prawn &amp; Calamari Risotto</b> ..... 26.9	Sautéed calamari, prawns, semi-dried tomatoes, spinach, smoked salmon <b>GF</b>	<b>Spaghetti Bolognese</b> ..... 21.9	Traditional Bolognese sauce, parmesan
<b>Penne Amatriciana</b> ..... 20.9	Bacon, garlic, red chilli, roasted red capsicum, kalamata olives, Napoli, spring onion, parmesan	<b>Fettuccine Carbonara</b> ..... 23.9	Bacon, spring onion, cream, egg yolk, parmesan Roasted chicken add 3.0
<b>Spaghetti Pescatore</b> ..... 27.9	Sautéed calamari, fish, mussels, scallops, prawns, garlic, tomato, olive oil, red chilli, parsley	<b>Pan-fried Gnocchi</b> ..... 24.9	Roasted pumpkin, sage, spinach, cream, parmesan <b>V</b>
<b>Spaghetti Alla Groove</b> ..... 23.9	Roasted chicken, avocado, spring onion, basil pesto, Napoli, parmesan, cream	<b>Gluten Free Pasta</b> ..... 5.0	

**SAUCES**

<b>Peppercorn, Mushroom, Red Wine Jus, Hollandaise</b> ..... 3.0
<b>Aioli, Sour Cream</b> ..... 1.0

**SIDES**

<b>Mixed Vegetables, Garden Salad, Jasmine Rice,</b> ..... 6.0	<b>Garlic Potato Mash, Seasoned Chips</b> ..... 8.0
<b>Greek Salad, Kipfler Potatoes, Potato Wedges</b> ..... 8.0	<b>Shaved Parmesan</b> ..... 1.0

**SOMETHING SWEET**

<b>Tiramisu</b> ..... 8.5	Classic Italian biscuit layered espresso & cream dessert
<b>Chocolate Mousse</b> ..... 8.5	Dark chocolate, whipped cream, strawberries
<b>Nutella Calzone</b> ..... 15.9	Hazelnut chocolate, strawberries, chocolate sauce, vanilla ice cream