



Gluten Free* Dishes

See MAIN MENU for prices and details

PLEASE NOTE: Please speak to the manager on any questions you may have on ingredients listed on all pages of this menu. We make note on dishes that we know have no flour/wheat added, therefore it is a guide for those with wheat allergies only. ***It is not intended for those with Coeliac disease, nor those who are anaphylactic or have any other dietary allergies.**

APPETIZERS & LIGHT DISHES

OYSTERS Australian Rock Oysters *Shucked to Order!*

Natural \$24/half doz \$44/doz on ice with shallot red wine vinegar mignonette

Kilpatrick \$26/half doz. \$46/doz grilled bacon, chipotle BBQ sauce, Worcestershire sauce

OLIVES \$8 Bowl of mixed local olives from *Whirlwind Olives, Karridale WA*

EDAMAME 'Love' BEANS \$7.50

GARLIC BREAD \$8 Toasted sourdough, garlic butter, parmesan cheese, herbs
(*ask for gluten free bread)

ALBANY SARDINES \$8 Sliced sourdough*, WA Southern Ocean sardines, tomato, piquillo peppers, garlic, local organic EVOO *ask for gluten free bread

GUACAMOLE BOWL \$15 Hand cut blue + yellow corn tortilla chips with guacamole made with locally farmed avocados *Vegan*

NACHOS GRANDE \$18 Hand cut house-fried yellow + blue corn tortilla chips, cheese sauce, sour cream, salsa fresca, avocado tomatillo salsa, jalapeños, coriander

> choice of **Chilli con Carné / Vegetarian bean Chilli**

CHICKEN SATAY \$16 Grilled free-range chicken skewers (3), salad garnish, house-made GF peanut satay sauce served on the side

> add steamed or brown rice \$3 > add chips \$5

BBQ CHICKEN WINGS \$12 free range, chipotle BBQ glaze, blue cheese dip

LAMB RIBS \$15 (4 ribs) \$29 (8 ribs) w/ honey BBQ sauce, coleslaw, pickles

BURGERS | SANDWICHES | AMERICAN BBQ BUNS

See main menu - substitute gluten free bread or buns

Gluten free buns available & see the daily specials blackboard for more options

FRESH SALADS

NOURISH BOWL \$16 Tempeh, brown rice, cucumber, edamame beans, tomato, bean sprouts, coriander, toasted sesame dressing, MR kimchi side
> add free range chicken \$7.50 > add haloumi \$6

THAI CHICKEN SALAD \$24 Chilled, free range chicken breast, pickled bean sprouts, baby gem lettuce, coriander, cucumber, peanuts, spring onion, fried eschalots, *nam jim dressing* (lime juice, fresh chilli, palm sugar)

CLASSIC CAESAR SALAD \$19 Cool crunchy cos lettuce, bacon, house-made caesar dressing, free range chilled hard boiled egg, parmesan, garlic croutons*
(* ask to serve without croutons)

> add anchovies \$1.50 >add free-range chicken \$7.50

GARDEN SALAD \$9 Fresh salad greens, tomato, cucumber, red onion, house dressing (olive oil, vinegar, mustard salt & pepper)

> add marinated Danish feta & pitted olives \$6 > add haloumi \$6

MAINS

BAJA-STYLE FISH TACOS \$16 Soft corn tortillas, beer-battered WA Blue Spot Emperor, Mexican slaw, pipián mole, pickled red onions, avocado tomatillo salsa, coriander w/ hand cut blue + yellow corn tortilla chips, jalapeños on the side

CATCH OF THE DAY \$36 fresh fish, local line-caught whenever available *see blackboard* *pan sear grilled, beurre blanc, mashed potatoes + fresh salad

PLATE OF JOY! \$22 Crispy house-made vegan patty, ratatouille, brown rice + fresh salad

House-made patty = lentils, chickpeas, potato, corn, seeds (hemp/sunflower/poppy/sesame/pumpkin)

BANGERS + MASH \$24 Two fat *Margaret River Gourmet Butchers'*

Southwest pure pork snags, mashed potatoes, peas, grilled tomato, onion gravy

LAMB SHANK \$30 Slow braised, Southwest lamb shank, rich sauce, mashed potatoes, steamed carrots, fresh green beans

BEEF RENDANG CURRY \$26 Southwest Black Angus beef, Indonesian style, potato, jasmine rice, bean sprout salad (*medium spiced*)

STEAKS See main menu, all steaks, sauces & sides gluten free

SCOTCH FILLET / SIRLOIN / RUMP / REEF & BEEF

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*a surcharge of 15% applies on all public holidays

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