

LUNCH

TART OF THE DAY \$9.5

STEAK SALAD & CHIPS \$16.5

SEARED PORTERHOUSE WITH YOUR CHOICE OF HOUSEMADE SAUCE - DIANE, PEPPER, MUSHROOM, BLUE CHEESE BUTTER OR GARLIC BUTTER

SKEWERED PRAWNS \$14

MARINATED IN LEMON, GARLIC & BAY LEAVES ON PORTUGUESE RICE

CHICKPEA GALLETES \$11.5

ON LEAF SALAD WITH YOGHURT DRESSING

SUMMER CHICKEN SALAD \$16

SLICED CHICKEN BREAST ON SALAD LEAVES, TOPPED WITH A DRESSING OF TOMATO, ORANGE, BASIL & MINT

CAESAR SALAD \$12.5

COS LETTUCE TOSSED WITH CRISP PROSCIUTTO PIECES, CROUTONS AND ANCHOVIES, TOPPED WITH A POACHED EGG, SHAVED PARMESAN AND OUR SPECIAL DRESSING
WITH CHICKEN \$16

7TH WAVE BURGER & CRISPY FRIES \$13.5

100% BEEF BURGER, WITH LETTUCE, TOMATO, GHERKIN, CHEESE & HOUSE MADE CURRY MAYONNAISE

PRAWN LINGUINI \$15

LINGUINI TOSSED WITH LEMON, GARLIC, PARSLEY AND OLIVE OIL

CHICKEN, SUN DRIED TOMATO, MOZZARELLA, PESTO & SPINACH MELT \$11.50

BACON, TOMATO, AVOCADO & CHEESE MELT \$11.50

TUNA, LEMON ZEST, RED ONION, TASTY CHEESE & SOUR CREAM MELT \$11.50

ROAST VEGETABLE, MOZZARELLA & PESTO MELT \$11.50

TRADITIONAL BREAKFAST \$15.5

EGGS (POACHED, FRIED OR SCRAMBLED), BACON, SAUSAGE, TOMATO, MUSHROOMS AND TOASTED SOURDOUGH

EGGS BENEDICT \$14

POACHED EGGS ON TOASTED SOURDOUGH WITH BACON, SPINACH AND A CREAMY HOLLANDAISE

CRISPY FRIES WITH PERI-PERI MAYONNAISE \$6

SEASONED WEDGES WITH SOUR CREAM OR SWEET CHILLI \$7