



TAKE AWAY MENU

OPENING HOURS - 7 DAYS

Mon	11am-2.30pm & 5pm-8pm
Tues	11am-2.30pm & 5pm-8pm
Wed	11am-2.30pm & 5pm-8pm
Thurs	11am-2.30pm & 5pm-8pm
Fri	11am-2.30pm & 5pm-8.30pm
Sat	11am-2.30pm & 5pm-8.30pm
Sun	11am-2.30pm & 5pm-8pm

HOW TO ORDER

Pick Up	2/1N Long Island Drive, Frankston
Phone	(03) 9770 0000
Online	wavesonthebeach.com.au/order
Delivery	UberEats
Min Spend	No minimum spend for pick up

YOUR SAFETY

We deeply care about your health and safety during these times. That's why all our employees are provided gloves, our venue kept safe through intensive sanitising procedures and of course maintaining extraordinary high food safety standard. To view our full list of measures - please visit <https://www.wavesonthebeach.com.au/covid-19>

STARTERS

GARLIC BREAD | 9.8

Oven-baked cob loaf with garlic & parsley butter (v)

ARANCINI (3) | 9.8

Panko-parmesan crumbed risotto balls filled with mozzarella, mushroom & pumpkin - served with napoli & basil aioli (v)

FALAFELS (3) | 9.8

Spinach, mint & chickpea falafels with a coconut yoghurt tahini (gf) (v+)

LAMB CIGARS (3) | 12.8

Slow roasted lamb shoulder with feta, mint & Middle Eastern spices, wrapped in crispy pastry - served with tzatziki

SOFT SHELL TACOS (2) | 12.8

White corn tortillas topped with slaw, coriander, jalapeno aioli & Mexican spices. Served with:
pulled pork (gf) or
jackfruit (gf) (v+)

MEATBALLS (3) | 12.8

Italian-style beef meatballs, oven-baked in napoli & topped with basil pesto & mozzarella

SATAY | 12.8

Malaysian-style satay sauce - moderately spiced. Served with jasmine rice &:
chicken breast (gf) or
marinated tofu (gf) (v+)

SPICY SALT CALAMARI | 12.8

Spicy salt seasoned calamari with a small side of pickled carrot & cucumber. Served with a chilli apple cider dipping sauce - mildly spiced (gf)

SPICY SICHUAN PRAWNS | 14.8

King prawns tossed in a spicy sichuan sauce. Served with jasmine rice & spring onions - moderately spiced

MAINS

FISH & CHIPS | 19.8

Mornington Pale Ale battered flathead fillet, served with chips, tartare & slaw

CHICKEN PARMIGIANA | 21.8

Panko-crumbed chicken fillet with ham, napoli & cheese - served with chips & zesty slaw

CHICKEN SCALLOPINE | 21.8

Thinly-sliced chicken breast cooked in a creamy sauce with mushrooms, sun-dried tomatoes & baby spinach - served with potatoes & broccolini (gf)

GNOCCHI PRIMAVERA | 19.8

Potato gnocchi with roasted pumpkin, pine nuts, mushrooms, spinach & peas, simmered in a creamy pesto sauce & topped with parmesan (v)
with chicken add \$3

SAUSAGES & MASH | 19.8

Thick pork sausages (2), topped with onion gravy, served with potato mash & peas

CHICKEN & CHORIZO LINGUINE | 19.8

Sliced chicken breast, pork chorizo, red capsicum, olives, feta, mushrooms & baby spinach tossed in a mildly spiced napoli sauce

SPAGHETTI & MEATBALLS | 19.8

Italian-style beef meatballs, oven baked in napoli & topped with basil pesto & mozzarella

FETTUCCINE CARBONARA | 19.8

With bacon, egg & parmesan cheese

DIETARY KEY

(gf) gluten free

(v) vegetarian

(v+) vegan

BOWLS

SEOUL BOWL | 19.8

Korean-style gochujang-spiced tempeh with kimchi, shiitake mushrooms, wilted baby spinach, ginger & kaffir lime infused brown rice, coriander, pickled cucumber & carrot, with our fermented chilli & soy dressing (v+)

THAI BOWL | 19.8

Thai-style slaw, cherry tomatoes, peanuts, fried shallots, sweet potato glass noodles & zesty Thai dressing. Served with:

spicy salt calamari (gf) or
fried cauliflower (gf) (v+)

INTERNATIONAL

BANGKOK GREEN CURRY | 19.8

Siam-style green curry of zucchini, mushrooms, capsicum, peas, broccolini & jasmine rice - moderately spiced. Served with:

chicken (gf) or
tofu (gf) (v+)

SATAY | 19.8

Malaysian-style satay sauce, capsicum, onion, broccolini & beans - moderately spiced.

Served with:

chicken (gf) or
tofu (gf) (v+)

LAKSA

Penang-style coconut broth with sweet potato glass noodles, shredded cabbage, cucumber & fried shallots - moderately spiced.

Served with:

tofu (gf) (v+) 19.8
chicken (gf) 19.8
barramundi (gf) 21.8

SIDES

STEAMED RICE | small 2.8 large 4.8 (gf) (v+)

MASHED POTATOES | 6.8 (gf) (v)

PEAR & ROCKET SALAD | 9.8

With candied pecans & parmesan (gf) (v)

CHIPS | 8.8

With tomato sauce & garlic aioli (gf) (v+)

SAUCES 50ML | 2.8 each

Garlic aioli, onion gravy, satay, tartare, tzatziki, mayonnaise

CHILDREN'S MEALS

FISH & CHIPS | 9.8

CHICKEN PARMIGIANA & CHIPS | 9.8

CHICKEN NUGGETS & CHIPS | 9.8

FETTUCCINE CARBONARA | 9.8

CRUMBED CHICKEN & VEGGIES | 9.8

BEVERAGES

SOFT DRINKS 2LT | 6.8

Coke, Coke Zero, Lemonade

REMEDY KOMBUCHA 330ML | 6.8

Cherry Plum, Ginger Lemon,
Raspberry Lemonade

HOT DRINKS Reg | 4.8 **Lge** | 6.8

Cappuccino, Latte, Flat White, Mocha,
Hot Chocolate, Vanilla Chai, Spiced Chai,
English Breakfast Tea, Peppermint Tea,
Green Tea, Lemongrass Tea, Chai Tea,
Earl Grey Tea, Chamomile Tea (Pickup Only)

DESSERT

PASSIONFRUIT LEMON SLICE | 6.8

Made with fresh lemon juice in a gluten free cookie crumb, topped with a passionfruit butter frosting (gf) (v)

RASPBERRY APPLE CRUMBLE | 6.8

Vanilla almondine with a raspberry & apple jam. Finished with a brown sugar crumble (v)

CHOCOLATE LAMINGTON | 6.8

Jam filled vanilla butter cake, coated in chocolate & rolled in desiccated coconut (v)

VEGAN FUDGE BROWNIE | 9.8

Chocolate & walnut fudge slice topped with a chocolate ganache (v+)

CHOC CHIP & SMARTIES COOKIE | 4.8

Chocolate chip cookie covered with smarties

STICKY DATE PUDDING | 12.8

Warmed sticky date pudding served with a rich butterscotch sauce & cream (v)

NEW YORK CHEESECAKE | 11.8

A traditional New York cheesecake topped with a berry compote (gf) (v)

FLOURLESS CHOCOLATE VEGAN CAKE | 11.8

Flourless chocolate cake topped with chocolate ganache & dollop of peanut butter frosting (gf) (v+)

LEMON MERINGUE PIE | 11.8

Butter shortbread base filled with a creamy lemon curd & topped with a marshmallowy Italian meringue (gf) (v)

PLEASE NOTE

Menu subject to change - you can view our most recent menu on our website. While we have worked hard to make our menu and kitchen accommodating for customers who have food allergies or intolerances, we cannot guarantee complete removal of trace elements and as such, completely allergy-free meals. Cutlery will be provided upon request