

# WAVES

ON THE BEACH

## 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 on napoli with a basil aioli (v)

### HOT OLIVES | 9.8

Kalamata olives marinated in garlic, chilli & rosemary - served with sliced sour dough (*please be aware that not all olives will be pitted*) (v+)

### FALAFELS (3) | 9.8

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

### MEATBALLS (3) | 12.8

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

### BRUSCHETTA | 14.8

Slice of sour dough topped with a sunflower seed & basil pesto, roasted pumpkin & a toasted nut seed sprinkle. Served with:

**goat's cheese** (v) *or*

**vegan feta** (v+)

### SATAY | 14.8

Malaysian-style satay sauce - moderately spiced. Served with jasmine rice &:

**chicken breast** (gf) *or*

**marinated tofu** (gf) (v+)

### SOFT SHELL TACOS (2) | 14.8

White corn tortillas topped with slaw, coriander, jalapeno aioli & Mexican spices. Served with:

**pulled pork** (gf) *or*

**jackfruit** (gf) (v+)

### LAMB CIGARS (2) | 14.8

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

### SPICY SALT CALAMARI | 14.8

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

### MUSSELS | 16.8

Half-shell green lipped New Zealand mussels simmered in garlic, chilli & tomato - served with sour dough

### SPICY SICHUAN PRAWNS | 16.8

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

## SHARING

### ANTIPASTO BOARD FOR TWO | 32.8

Pan-fried pork chorizo, prosciutto, pork salami, deep fried brie, feta, spicy salt calamari, olives, pickled vegetables, roasted red capsicum & zucchini - served with pesto & sliced sour dough

## SIDES

### CHIPS | 8.8

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

### PEAR & ROCKET SALAD | 9.8

With candied pecans & parmesan (gf) (v)

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

### MASHED POTATOES | 6.8 (gf) (v)

### SAUCES 50ML | 2.8 each

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

## MAINS

### SEOUL BOWL | 24.8

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 | 24.8

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

**spicy salt calamari** (gf) *or*

**fried cauliflower** (gf) (v+)

### GNOCCHI PRIMAVERA | 22.8

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

(*please be aware that not all olives will be pitted*)

**with chicken** add \$3

### FETTUCCINE CARBONARA | 22.8

With bacon, egg & parmesan cheese

### CHICKEN & CHORIZO LINGUINE | 25.8

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

### SPAGHETTI & MEATBALLS | 25.8

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

### SEAFOOD LINGUINE | 34.8

Linguine tossed with scallops, king prawns, calamari, mussels, cherry tomatoes, rocket, garlic, chilli & olive oil - moderately spiced

(gf) gluten free (v) vegetarian (v+) vegan

## MAINS

### CHICKEN PARMIGIANA | 24.8

Panko-crumbed chicken breast with ham, napoli & three cheeses (mozzarella, tasty & parmesan) - served with chips & zesty slaw

### SAUSAGES & MASH | 24.8

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

### FISH & CHIPS | 26.8

Mornington Pale Ale battered flathead fillets, with chips, tartare & slaw

### CHICKEN SCALLOPINE | 26.8

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

### CHICKEN BREAST | 26.8

Oven-baked breast stuffed with feta, sun-dried tomatoes & olives - served with sweet potato mash, seasonal vegetables & napoli (gf)

### BANGKOK GREEN CURRY

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

**tofu** (gf) (v+) 24.8

**chicken breast** (gf) 25.8

### LAKSA

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

**tofu** (gf) (v+) 24.8

**chicken** (gf) 25.8

**barramundi** (gf) 28.8

### SATAY | 25.8

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

**chicken** (gf) *or*

**tofu** (gf) (v+)

### GARLIC PRAWNS | 34.8

King prawns in a creamy chardonnay & garlic sauce - served with green beans & jasmine rice (gf)

### ATLANTIC SALMON | 34.8

Grilled fillet (250g) served with a ginger lime soy sauce, pan-fried rice pattie, broccolini, beans, spinach & toasted almonds

### SEAFOOD CHOWDER | 34.8

King prawns, scallops, mussels, calamari & barramundi fillets simmered in a creamy leek, corn & fennel broth - served with sliced sour dough

### EYE-FILLET | 36.8

Gippsland grass-fed beef tenderloin (250g), served with potato mash, seasonal vegetables & red wine jus (gf)

(*please allow up to 45 minutes for well done*)

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. If you have a severe allergy, you are more than welcome to bring in your own meals. Minimum spend (pp) \$15 lunch / \$20 dinner. 10% surcharge on public holidays.