



## TAKE AWAY MENU

### FREE STARTER

For all orders via Mr Yum or phone - pickup and receive a FREE starter of your choice (min spend \$40)

### FREE & SAFE DELIVERY

You can relax at home, because we have you covered with FREE contactless delivery for 3199

### NEW OPENING HOURS - 7 DAYS

Sunday - Thursday: 4:30pm - 8:00pm

Friday & Saturday: 4:30pm - 8:30pm

### HOW TO ORDER

Pick Up: 2/1N Long Island Drive, Frankston, Vic, 3199

Phone: (03) 9770 0000

Online: [mryum.com/waves](http://mryum.com/waves)

### IF YOU'RE A LOCAL (3199)

Pick Up: call us or order online at [mryum.com/waves](http://mryum.com/waves)

Free Home Delivery: call us or order online at [mryum.com/waves](http://mryum.com/waves)

### IF YOU'RE A BIT FURTHER AWAY

Pick Up: call us or order online at [mryum.com/waves](http://mryum.com/waves)

Home Delivery: UberEats

## 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)

## DIETARY KEY

(gf) gluten free

(v) vegetarian

(v+) vegan

## 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

## 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>

## 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 1.25 LT** | 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