

MAINS

GRILLED TENDERLOIN 27

Grilled Angus steak with potato puree or fries, seasonal vegetables & sauteed chard

Your choice of sauce:

Red Wine Jus or Chimichurri (Gluten Free)

PAN ROASTED MAHI or ORGANIC CHICKEN Gluten Free 22

Served with with potato puree seasonal vegetables & sauteed chard

White wine reduction with shallots, tarragon & cream

COCONUT CURRY SOUP Vegan & Gluten Free 14

Asian vegetables sauteed with ginger & garlic, served with rice noodles

in a spicy Thai coconut curry broth

ADD: Marinated Tofu 4 Grilled Mahi 7 Seared Tuna 7 Grilled Chicken \$7

TUNA POKE BOWL 17

Spicy sesame tuna (line caught locally), Jasmine rice, cucumber, avocado, daikon radish, carrot purple cabbage broccoli, baby corn, snow peas, edamame & kimchi

Served with sesame, ginger, sriracha & soy dressing

MUSHROOM PESTO LASAGNA Vegan & Gluten Free 18

Layers of Gluten Free lasagna noodles, sauteed mushrooms & spinach

oven baked in a vegan pesto cream sauce

HOMEMADE CANNELLONI

Oven baked pasta tubes stuffed with sauteed spinach, ricotta & mozzarella

Served with your choice of sauce:

Rose Sauce: white wine, tomato, garlic, basil & cream 16

Bolognese: slow cooked beef & pork in rich tomato herb sauce 18

CHANA MASALA Vegan & Gluten Free 16

Chickpeas slow cooked in aromatic curry paste made from ground fresh coriander & mint leaves, tomato, onion & fragrant Indian spices, served with basmati rice & garlic roti

DAL MAKHANI Vegan & Gluten Free 17

Black lentil & kidney bean "butter" curry slow cooked in coconut & cashew cream with fragrant Indian spices, served with basmati rice & garlic roti

CHICKEN TIKKA MASALA Gluten Free 17

Rich & fragrant tomato cream curry with grilled marinated chicken breast

served with basmati rice & garlic roti

INDIAN PLATTER (2 people) 46

Samosas, Onion Bahjis, Basmati rice, Garlic Roti

Your choice of 2 Indian curries: Chana Masala, Dal Makhani or Chicken Tikka Masala

Tamarind dip, Mint/Cilantro dip

Prices do not include Sales Tax 13% IVA or 10% Service Tax