

PARKLANDS CAFÉ MENU

AVAILABLE FROM 11:30AM

Falafel Bowl

Homemade lemon & sumac hummus, quinoa and farro salad with shredded kale & spinach, pickled spanish onion, sliced avocado, tahini & lemon dressing

\$15

Buddha Bowl

Chopped kale, shredded carrots, pickled spanish onion, roasted sweet potato, radish, tahini & turmeric dressing

Add chicken or prawns \$4

\$14

Chicken Caesar Salad

Roasted herb-marinated chicken, bacon crisp, house caesar dressing, soft boiled egg, freshly grated grana padano

\$17

Pad Thai

Traditional stir-fried rice noodles with egg, beansprouts, crushed peanuts and tofu.

Add chicken or prawns \$4

\$14

Grilled Chicken Breast

Seasonal vegetables, salsa verde

\$19

The BEST Burger

Angus beef patty, lettuce, fresh vine ripened tomato, bacon jam, burger sauce, jack cheese & onions (GF option available)

Add hot chips and a 600ml soft drink \$4

\$11

Grilled Chicken or Southern Fried Chicken Burger

Free-range chicken, iceberg lettuce, sliced tomato, pickles, ranch sauce (GF option available)

Add hot chips and a 600ml soft drink \$4

\$11

Veggie Burger

Mushroom and chickpea patty with rocket, tomato relish (GF option available)

Add hot chips and a 600ml soft drink \$4

\$11

PASTA

Spaghetti Napolitana

With napolitana sauce, fresh herbs, grana padano

\$15

Chilli Prawn Spaghetti

Marinated tiger prawns with sun-dried tomato, wine, rocket, lemon, grana padano

\$17

GOURMET PIZZA

Margherita

Tomato, basil, mozzarella (V)

\$16

Hawaiian

Smoky honey ham, pineapple, mozzarella

\$18

Pepperoni

Peperoni salami, mozzarella

\$19

Chilli Prawn Pizza

Marinated tiger prawns, sun-dried tomato, wine, rocket, lemon, mozzarella

\$21

Hot Chips

Chicken salt, aioli, tomato ketchup or BBQ sauce

\$6/\$11

Potato Wedges

Sour cream, sweet chilli sauce

\$13

FRESH FISH OF THE DAY

Salt & Pepper Calamari

Side salad and lemon wedge

Add hot chips and a 600ml soft drink \$4

\$18

Traditional Fish & Chips

Beer battered white fish, chips, tartare, lemon wedge

\$19

Grilled Fish of the Day

Seasonal vegetables, tomato and salsa verde

\$22

Kids Menu (15 and under)

Chicken Nuggets & Chips

Tomato ketchup, BBQ sauce

\$10

Mini Cheeseburger & Chips

Tomato ketchup, BBQ sauce

\$10

Mini Fish & Chips

Tomato ketchup or tartare sauce

\$10

Spaghetti Nest

With napolitana sauce, fresh herbs and grated cheese

\$9