

THE FITZ CAFE

/ TAPAS /



/ MIX & MATCH

ONE FOR 7.5

FIVE FOR 35

MIXED MARINATED OLIVES

CORN CHIPS WITH GUACOMOLE (V/GF)

ARANCINI RISOTTO BALLS WITH
PARMESAN & BACON

SALT AND PEPPER CALAMARI

POPCORN CHICKEN

POTATO, LEEK & PARMESAN CROQUETTES (V)

LAMB MEATBALLS ITALIAN STYLE
IN NAPOLI SAUCE

EGGPLANT CHIPS
WITH CHIPOTLE MAYO (V)

V = VEGETARIAN

VG = VEGAN

GF = GLUTEN FREE

THE FITZ CAFE

/ LUNCH /



/ SOMETHING LIGHT

ASIAN CALAMARI 19
 marinated in chili, ginger & coriander, pan-seared & served on a bean shoot, snow pea, carrot, chili, mint & coriander salad. Served with rice noodles, lemon & nuoc nam cham dressing **GF**

SALMON ROSTI 19
 smoked tasmanian salmon served on a light & crispy potato rosti with pesto, tomato salsa, crème fraîche, smashed avocado & beetroot relish **GF**

LAMB SALAD 20
 tender lamb loin, cucumber, fetta, red onion, red caps, cherry tomatoes, smoked eggplant, barley & tzatziki **GF**

CHICKEN SALAD 18
 paprika marinated chicken, charred corn cob, broccoli, pickled cabbage, zesty avocado, red onion & red capsicum with hummus **GF**

SUPERFOOD BOWL 18
 ancient grains with lentils, roast cauliflower, pumpkin, kimchi, kale, fresh herbs, toasted nuts & seeds. Finished with mustard vinaigrette & hummus **VG GF**
 Add chicken or smoked salmon for **6**
 Add an egg for **1.5**

SALMON & JAPANESE TEA NOODLE SALAD 21
 Grilled salmon skewers served on japanese tea noodles with nori, julienne carrot, avocado, spring onion, coriander & a sesame wasabi mayo

/ INDULGE

MIDDLE EASTERN WRAP 17
 Your choice of lamb kofta or vegetarian falafel served in grilled zataar flatbread with quinoa tabbouleh, rocket, hummus, toasted dukkha, beetroot relish & tzatziki. With a side of chips

LAMB RAGOUT GNOCCHI 19
 Lamb & eggplant bolognese tossed through house-made ricotta gnocchi, served with baby spinach & shaved parmesan

PROSCUITTO PARMA 20
 corn meal & parmesan crusted chicken breast layered with mozzarella, proscuitto & tomato served with chunky fries & rocket parmesan salad **GF**

VEGETARIAN CURRY 18
 3 pulse curry served with steamed rice, yoghurt, naan bread & mango chutney **VG**

DUCK PAPPARDELLE 23
 tender roast duck tossed in spring onion, green pepper corns, baby spinach, button mushrooms & plum sauce finished with shaved parmesan & crispy shallots

/ SIDES

garden salad 7
 pear & parmesan rocket salad 7
 thick cut chips 8
 sweet potato chips 8
 eggplant chips 8