

# THE FITZ CAFE

/ TAPAS /



/ MIX & MATCH

ONE FOR 7.5

FIVE FOR 35

MIXED MARINATED OLIVES (V)

TURKISH BREAD WITH EGGPLANT & BEETROOT DIPS (V)

CORN CHIPS WITH GUACAMOLE (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)

OUR MAYO IS VEGAN AND CONTAINS SOY - PLEASE SPEAK TO OUR STAFF IF YOU HAVE AN ALLERGY

V = VEGETARIAN    VG = VEGAN    GF = GLUTEN FREE

# THE FITZ CAFE

/ LUNCH & DINNER /



/ SOMETHING LIGHT

**ASIAN CALAMARI** 19  
 marinated in chilli, ginger & coriander, pan-seared & served on a beanshoot, snow pea, carrot, chilli, mint & coriander salad with green bean noodles, lemon & nuoc mam cham dressing **GF**

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

**LAMB SALAD** 20  
 tender marinated lamb fillet skewers with tzatziki, grains in a salad of rocket, cucumber, feta, red onion and sweet potato

**CHICKEN SALAD** 18  
 paprika marinated chicken, charred corn on the 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 **6**  
 Add an egg **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 za'atar flatbread with quinoa tabbouleh, rocket, hummus, toasted dukkah, beetroot relish & tzatziki served with a side of chips

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

**PROSCIUTTO PARMA** 20  
 crumbed chicken breast layered with mozzarella, prosciutto & tomato served with chunky fries & rocket parmesan salad

**LENTILS CURRY** 18  
 3 pulse dhal served with steamed rice, yoghurt, naan bread & mango chutney **V**

**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

**SEE OUR SPECIALS BOARD FOR MORE OPTIONS**

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