

# Munchas

CAFE

## LUNCH OPTIONS

Served between 11.30am - 3pm daily

Please place your order & pay with our friendly wait team at the counter.

Please specify any allergies when placing your order

Please check our daily specials board

Gluten free bread & Gluten free options are available

All items are cooked to order.

Your patience during our busy periods is appreciated.

GF = Gluten Free V = Vegetarian

## LIGHT STUFF

- \$13.90 MUNCHAS BRUSCHETTA**  
*Toasted sourdough topped with chorizo, Spanish onion, baby spinach and Little Creek feta*
- \$16.50 CHICKEN & HALOUMI SALAD (GF)**  
*Grilled chicken, grilled haloumi (Little Creek) served with green beans, salad greens and a lemon dressing*
- \$16.90 SHELLY BEACH LUNCH FRITTERS (V)**  
*2 housemade corn fritters served on a bed of salad leaves and roasted capsicum with fanned avocado, tomato relish and sour cream*  
**ADD:** Smoked Salmon or Bacon \$5.00
- \$21.00 PORK BELLY SALAD**  
*Caramelised Pork Belly served on a bed of soba noodles, shredded wombok, julienne vegetables with a hoisin mayo and crunchy wontons*
- \$17.90 ROASTED VEGETABLE SALAD (V)**  
*A variety of seasonal roasted vegetables mixed through baby spinach, walnuts, Spanish onion and basil pesto topped with crumbled Little Creek feta*

## CHIPS

- \$6.50** *A bowl of our delicious supercrunch chips served with your choice of honey mustard aioli, tomato or BBQ sauce*

## BURGERS

ALL SERVED WITH OUR SUPER CRUNCH CHIPS

- \$16.50 PULLED PORK BURGER**  
*Marinated pulled pork with Asian slaw & chilli jam on a brioche bun*
- \$17.50 PORTUGUESE CHICKEN BURGER**  
*Grilled lemon, paprika and garlic chicken breast on Turkish bread with lettuce, tomato, avocado and peri peri mayo*
- \$15.40 BLAT**  
*Bacon, lettuce, avocado and fresh tomato on Turkish bread with garlic aioli and BBQ sauce*
- \$16.00 GOURMET BEEF & BACON BURGER**  
*Munchas beef patty with bacon, cheese, tomato relish, beetroot & salad leaves served on a brioche roll*

## SEAFOOD

- \$21.90 SALMON SALAD (GF)**  
*Oven baked Atlantic Salmon fillet flaked through chat potatoes, asparagus, crispy prosciutto, rocket and caper aioli*
- \$19.50 FRIED WHITING FILLETS**  
*Crispy, battered whiting fillets with salad greens, chips and a lemon tartare*
- \$18.50 SALT & PEPPER SQUID**  
*Tenderised squid dusted in Munchas famous salt & pepper mix served with chips, salad and honey mustard aioli*
- \$25.50 SEAFOOD BASKET**  
*A selection of Panko Crumbed Prawns, Salt & Pepper Squid and whiting served with salad greens, chips and dipping sauces*

## MINI MUNCHAS

Kids menu for Under 12yrs  
All meals served with a fruit popper

- \$9.50 CHICKY BABE**  
*Chicken nuggets & chips*
- \$9.50 FISH AHOY**  
*Fish cocktails & chips*
- \$9.50 KIDS CHEESEBURGER**  
*With chips*

## SENIORS MENU

Seniors Discount has already been applied.

- \$13.00 BATTERED FISH & CHIPS**  
*Beer battered Hoki fillet & chips served with tartare aioli and salad*
- \$13.00 CHICKEN SCHNITZEL**  
*With chips and a side salad served with honey mustard aioli*
- \$12.50 OPEN TURKISH MELTS**  
*Ham, Cheese & Tomato  
Ham, Cheese & Pineapple  
Chicken, Cheese & Avocado*