

# Munchas

CAFE

## LUNCH OPTIONS

Served between 11am - 3.30pm 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

## TASTY EATS

- \$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 ZUCCHINI, HALOUMI & ASPARAGUS FRITTERS (V)**  
*2 housemade fritters served on a bed of salad leaves, cherry tomatoes and avocado chunks topped with a minted yoghurt dressing*  
**ADD:** Smoked Salmon or Bacon \$5.00
- \$14.50 CLASSIC CAESAR SALAD**  
*Cos lettuce tossed with crispy bacon, parmesan, croutons, boiled egg and Caesar dressing.*  
**ADD:** Chicken or grilled prawns \$5.00
- \$16.50 QUINOA SALAD WITH ASPARAGUS & FETA (V)**  
*Grilled asparagus, roasted capsicum, pepitas, fresh herbs, quinoa & rocket finished with crumbled feta and a lemon, honey & paprika dressing*

## PASTA

- \$16.90 FETTUCINE BOSCAIOLA**  
*Fettuccine pasta with bacon, mushroom, onion served in a garlic cream sauce with parmesan & shallots*
- \$15.50 VEGETARIAN FETTUCINE (V)**  
*Fettuccine pasta with roasted cherry tomatoes, eggplant and Spanish onion topped with basil pesto & parmesan*

## 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

- \$17.50 SUNSET BURGER**  
*Grilled Cajun chicken breast with lettuce, tomato, avocado, sweet chili sauce and sour cream served on Turkish bread*
- \$15.40 BLAT**  
*Bacon, lettuce, avocado and fresh tomato on Turkish bread with garlic aioli and BBQ sauce*
- \$16.50 GOURMET BEEF & BACON BURGER**  
*Munchas beef patty with bacon, cheese, tomato relish, beetroot & salad leaves served on a brioche roll*
- \$15.50 VEGETARIAN BURGER (V)**  
*Tempura fried eggplant, caramelised onion, baby spinach, roasted capsicum with a sesame mayonnaise on a brioche roll*

## SEAFOOD

- \$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 greens 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*