

LUNCH MENU



APPETIZER

Thick cut fries, seasoning, garlic aioli. (gf)	12
Potato skins, Texan pulled pork, black garlic aioli, pecorino Romano cheese. (gf)	23.5
Pumpkin soup, toasted ciabatta. (gfo,dfo,veg,vo)	19.5
Crispy florets of cauliflower, chipotle aioli, micro salad. (gf,veg,vo)	21.5
Kumara croquettes, feta drizzle, red pepper coulis, micro salad. (gf,veg,vo)	24.5

MAIN COURSE

IRONIC SEAFOOD CHOWDER (Award Winning)

Chowder full of smoked fish, fresh fish, prawns & vegetables, served with toasted ciabatta.	30
---	----

AL WHOPPO'S CHILLI BEEF NACHOS

Chilli beef flame nachos (mild), chilli beans, fresh tomato salsa, grilled cheese, and sour cream. (gf,dfo)	28.5
---	------

AVOCADO CHICKEN STACK

Fresh avocado, moist chicken breast, coconut rice, nam jim sauce, micro tomato & cucumber salad. (gf,df)	34.5
--	------

KARAGE CHICKEN TACOS - PULLED PORK TACOS

Served with a vibrant fresh tomato salsa, slaw, chipotle aioli, fries.	26.5
--	------

CHICKEN FILO

Chicken, brie & cranberry filo or pumpkin, spinach and cream cheese filo, served with micro salad. (vego)	26.5
---	------

OPEN STEAK SANDWICH

Steak sandwich, grilled onion, bourbon jam, Philly cheese sauce, toasted ciabatta, fries. (gfo)	30.5
---	------

BLUE COD

Locally caught blue cod in beer batter, fries, micro salad and tartar.	small 33
	regular 37.5

BEEF-CHICKEN BURGER

Philly cheese, tomato relish, aioli, beetroot, pickle, tomato, slaw. (gfo,dfo)	28.5
--	------

ISUR NOURISH BOWL

A delicious mix of roasted vegetables, spinach, feta, quinoa, hummus, maple cumin dressing. (veg,v,df,gfo)	28.5
--	------