the MAIN
cafe bar restaurant

MENU

BREAKFAST

MAIN BIG BREAKFAST 30.0
Eggs your way, bacon, sausage, hash brown, mushroom, tomato on sourdough

AÇAÍ BOWL 21.0
Acai berry, seasonal fruits, peanut butter, almond milk, chia seeds, coconut flakes & organic crumble

ZUCCHINI + HALLOUMI FRITTERS 27.0
Smoked Aleppo + lime yoghurt, pickled purple cabbage, tomato sugo & a poached egg
| Add avocado + 5.0 | Add bacon + 5.0

PISTACHIO PAPI PANCAKES 25.0
Buttermilk pancakes, pistachio spread, cream, pistachio praline, topped with berries
| Add ice cream + 4.0

TRADITIONAL PANCAKES 24.0
Triple stacked strawberry, banana, maple syrup and ice cream

HASSELBACK POTATO 27.0
Folded eggs, creamed cauliflower, crispy prosciutto and parsley

EGGS BENEDICT 26.0
Served on English muffin with hollandaise sauce and Virginia ham

AVOCADO TOAST 22.0
Smashed avocado, feta, olives, roquette and tomato medley with a drizzle of balsamic glaze

WHIPPED GOAT CHEESE 25.0
Poached eggs, chipotle maple bacon jam, salted pecans, rosemary, garlic buttered ciabatta

XO FOLDED EGGS 27.0
Fermented chili Sambal, green onions, shredded lettuce, prawns, sourdough

BUILD YOUR OWN OMELETTE 28.0
(CHOICE OF 3 FILLINGS) WITH TOASTED SOURDOUGH
Mushroom, onion, tomato, spinach, capsicum, mozzarella, feta, bacon, ham

SHAKSHUKA 27.0
Eggs gently poached in a base of tomatoes, onion, eggplant, red capsicum and spices w/warmed Turkish bread | Add chorizo + 4.0

CHILLI SCRAMBLED EGGS 26.0
Chilli, feta, bacon, spring onion on toasted Turkish bread

EGGS YOUR WAY 14.0
Fried, poached, scrambled on toasted sourdough

BREAKY BURGER 17.0
Bacon, fried egg, hash brown, spinach, cheddar, aioli in a toasted brioche bun

PORRIDGE 15.0
Rhubarb, honey, cinnamon

BREAKFAST EXTRAS
Bacon, ham, baked beans, avocado, grilled tomato, sautéed spinach, pan-fried herbed mushrooms, halloumi, hash brown | $5.0

Cevapi sausage | $6.0
Smoked salmon | $9.0
Hollandaise sauce | $3.0

THE HOUSE SPECIALS

SALMON POKE BOWL 23.0
Avocado, sautéed spinach, pickled ginger, torched salmon, spicy mayo, furikake, nori, rice
| Add poached egg + 3.0

CRISPY CHICKEN BURGER 23.0
Toum flavoured ranch dressing, dill, lettuce, pickles, in a toasted brioche bun | Add fries + 4.0

TANDOORI CHICKEN ROTI 16.0
Minted raita, grilled pumpkin, baby spinach leaves wrapped in roti | Add fries + 4.0

BEEF BURGER 25.0
Grilled Angus beef toasted brioche bun with caramalised onion, tomato, pickles, mustard, American cheese and mixed lettuce | Add fries + 4.0

STEAK SANDWICH 25.0
Grilled Scotch fillet with fried egg, bacon, tasty cheese, caramelised onion, pickles, garlic aioli, mustard, cos lettuce & tomato | Add fries + 4.0

VEGETARIAN FOCACCIA 17.0
Char-grilled eggplant, zucchini, semi-dried tomato, pumpkin, roquette, olives & feta cheese served in toasted herb focaccia

LAMB SOUVLAKI 24.0
Cos lettuce, tomato, onion, tzatziki & grilled lamb
| Add fries + 4.0

VEGAN SANDWICH (VG) 24.0
Avocado, carrot, pickled onions, sautéed greens, tomato, relish, grilled sourdough

FISH BURGER 22.0
Rockling fillet crumbed in panko, chili sambal and herb mayonnaise, American cheese, shredded lettuce in a toasted brioche bun | Add fries + 4.0

BLT 21.0
Bacon, lettuce, tomato, with mayo | Add fries + 4.0

CLUB SANDWICH 19.0
Chicken, bacon, egg, lettuce, tomato, mayo
| Add fries + 4.0

LOADED ROLL 18.0
Fried egg, bacon, avocado, hash brown, tomato relish, jalapeno cream cheese, chipotle mayo in a toasted brioche bun

A SURCHARGE OF 10% APPLIES ON WEEKENDS AND PUBLIC HOLIDAYS

ENTRÉE

BRUSCHETTA 20.0
Diced red onion, basil, tomato, olive oil

VEGE SPRING ROLLS 23.0

VEGE OR PRAWN GYOZA 23.0
With yuzu dipping sauce

BAKED PORTOBELLO WITH RICOTTA & ROQUETTE 25.0

MAC AND CHEESE CROQUETTES 21.0

CRUMBED LASAGNE BITES 24.0
With traditional Napoli sauce and shaved parmesan

CRUMBED HALLOUMI FINGERS 19.0
With a honey drizzle, baby figs and lemon

FRIED CALAMARI 25.0
With a truffle aioli and side fennel salad

GARLIC BREAD 15.0

PASTA Choice of your pasta Linguine, Rigatoni, Gnocchi or Gluten Free Pasta Available + 4.0

CARBONARA / BOLOGNESE 26.0

MARINARA 44.0
Napoli base, prawns, scallops, squid, mussels, garlic, chili, parsley, olive oil

ADAMO 31.0
Served with chicken, semi-dried tomatoes, peas, spinach, white wine, Napoli sauce, prosciutto

FORESTIERE 31.0
Served with chicken, mushrooms, onion, avocado, garlic, white wine, cream sauce

CHILLI PRAWN PASTA 38.0
In a cream base with fresh chilli, prawns, cherry tomatoes, basil

LINGUINI AGLIO E OLIO 24.0
Garlic, chilli, parsley, olive oil, parmesan

CHILLI BROCCOLI 31.0
Baby spinach, peas, broccoli, sundried tomato, chilli, garlic, olive oil

LINGUINI VONGOLE 38.0
South Australian clams, garlic, parsley, butter cooked in white wine

MAINS

FISH OF THE DAY
Ask your waiter for todays catch (market price)

SCOTCH FILLET 300G 46.0
Served with chat potato and sautéed vegetables with your choice of mushroom, pepper, red wine jus, garlic butter

CHICKEN PARMIGIANA 28.0
Chicken breast topped with house made Napoli sauce & mozzarella cheese served with chips & chef salad
| Add ham + 5.0

NASI GORENG 35.0
Authentic traditional fried rice with prawns, chilli, chicken, red & green cabbage, spring onion, snow peas, soy sauce topped with a fried egg & shallots

USA PORK RIBS 41.0
Slow cooked pork ribs marinated in our home made sticky sauce, sprinkle sesame served with chips and chef salad

SEAFOOD & CHICKEN PAELLA 38.0
Prawn, calamari, mussels, scallops, chicken, chorizo, capsicum, peas, paprika

CALAMARI SALAD 31.0
Flour dusted calamari served with roasted pumpkin cucumber, Spanish onion, tomato, teta, roquette & cos lettuce dressed with lime & sweet chilli gazpacho dressing

THAI BEEF WITH MANDARIN & SOBA NOODLES 31.0
Grilled grassfed porterhouse with mixed cress, carrot, cucumber, capsicum, green papaya, fresh coriander, mint, roasted peanuts, beanshoots, onions, soba noodles, tossed in thai dressing garnished with shallots

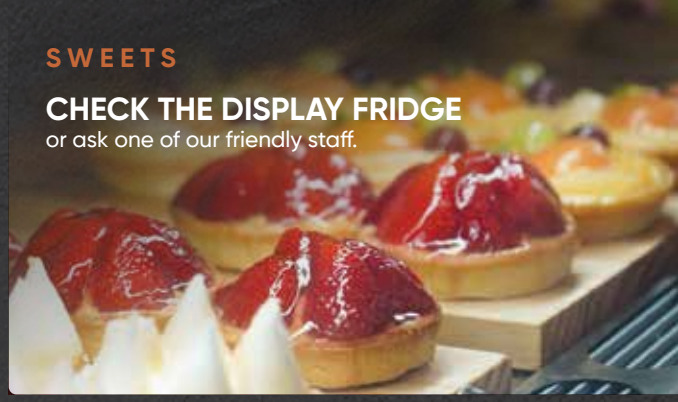
MOROCCAN CHICKEN SALAD 29.0
Grilled tenderloins of marinated chicken, roquette, cos lettuce, chickpeas, dates, walnuts, capsicum, tomato, onion, cucumber, roasted pumpkin, apricots, fresh coriander with spiced cous cous

SUPERFOOD SALAD 29.0
Spinach, roquette, avocado, edamame beans, cucumber, grilled asparagus, wild rice, quinoa, smoked almonds, chickpeas, tossed in apple cider & olive oil dressing
| Add chicken + 7.0

CEASAR SALAD 23.0
Cos lettuce, crispy bacon, shaved parmesan crutons, homemade Ceasar dressing topped with a poached egg & anchovies
| Add grilled chicken + 7.0

SWEETS

CHECK THE DISPLAY FRIDGE
or ask one of our friendly staff.



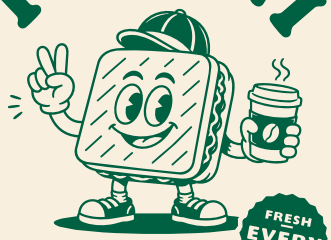
KIDS MENU

Chicken nuggets & chips with salad 15.0
Kids parma or schnitzel & chips with salad
Kids calamari & chips with salad
Kids beer battered fish & chips
Choice of kids pasta:
- Carbonara, Bolognese, Napoli
- Linguine, Rigatoni, Gnocchi

Gluten free pasta | bread available + 4.0

OPENING SOON!

PANINI



FRESH EVERY DAY

BY The Main

PANINIS • COFFEE • GOOD VIBES