

BREAKFAST

(Available until 3PM)

Toast V GFO VGO	9.9
<i>Sourdough, multigrain sourdough, white or fruit, served with butter and your choice of jam, honey, peanut butter, nutella or vegemite</i>	
Eggs Your Way V GFO	15.9
<i>Poached, Fried or Scrambled eggs on sourdough</i>	
Ham, Cheese & Tomato Toastie GFO	12.9
<i>Smoked ham, tasty cheese, tomato, toasted sourdough</i>	
Brekky Burger GFO	21.9
<i>Brioche, bacon, egg, avocado, tasty cheese, rocket, tomato relish, hash brown</i>	
Omelette V GFO	22.9
<i>Selection of 4 fillings on toasted sourdough, smoked ham, bacon, chorizo, cheese, tomato, mushrooms, onion, feta, spinach, roasted red capsicum, kalamata olives, semi-dried tomatoes</i>	
Halloumi and Avocado Stack	25.9
<i>Grilled halloumi, avocado, cherry tomatoes, red onion, poached eggs, balsamic glaze, toasted sourdough</i>	
Eggs Benedict GFO	24.9
<i>Poached eggs, smoked ham, smoked salmon or bacon, hollandaise, toasted English muffin or sourdough</i>	
Chilli Folded Eggs GFO 🌶️🌶️	25.9
<i>Crab meat, scrambled eggs, XO sauce, danish fetta, fried shallots, toasted croissant</i>	
Smashed Avocado with Poached Eggs V GFO VGO	24.9
<i>Avocado, fetta, parsley, pepitas, sunflower seeds, poached eggs, toasted sourdough</i>	
Egg & Bacon Foccacia	17.9
<i>Fried eggs, bacon, tasty cheese, BBQ sauce</i>	
The Whole Hog GFO	27.9
<i>Eggs, bacon, Italian pork sausage, onion, tomato, mushrooms, hash brown, toasted sourdough</i>	
Hearty Vegetarian V GFO VGO	24.9
<i>Poached eggs, mushrooms, onion, tomato, spinach, baked beans, hash brown, toasted multigrain sourdough</i>	
Ricotta Hot Cakes V	22.9
<i>Double stacked ricotta pancakes, nutella mascarpone, maple syrup, fresh berries, pistachio praline</i>	
Belgian Waffles V	22.9
<i>Belgian waffles, fresh strawberries, banana, maple, chocolate sauce, icing sugar, vanilla ice cream</i>	

BREAKFAST SIDES

Egg, Tomato, Spinach, Mushrooms, Onion Baked Beans, Hash Brown, Hollandaise	4.9
Avocado, Halloumi, Bacon, Smoked Ham, Italian Pork Sausage	6.0
Gluten Free Toast	2.0

FOR THE LITTLE ONES

12 YEARS & UNDER

Cheesy Toastie V GFO	10.9
<i>Thick white toastie with oozy tasty cheese</i>	
Ham, Cheese & Tomato Toastie GFO	11.9
<i>Pan fried smoked ham, tasty cheese, toasted sourdough</i>	
Brekky Burger GFO	11.9
<i>Brioche, fried egg, bacon, cheese</i>	
Egg on Toast V GFO	10.9
<i>Choice of scrambled, fried or poached egg, toasted white bread</i>	
Pancake Stack V	11.9
<i>Double stacked pancakes, strawberry, maple syrup, icing sugar, vanilla ice cream</i>	
Kids Waffle	11.9
<i>Waffle, maple, strawberry, icing sugar, vanilla ice cream</i>	

- Pizza Available after 11 A.M -

Margherita Pizza V GFO VGO	15.9
<i>Napoli sauce, mozzarella</i>	
Hawaiian Pizza GFO	15.9
<i>Napoli sauce, mozzarella, smoked ham</i>	
Spaghetti Napoli or Bolognaise GFO	15.9
<i>Spaghetti with choice of Bolognaise or Napoli</i>	
Chicken Tenders & Chips GFO	15.9
<i>Lightly crumbed & grilled chicken tenders, chips, tomato sauce</i>	
Fish & Chips GFO	15.9
<i>Battered or grilled fish, chips, tomato sauce</i>	
Burger & Chips	15.9
<i>Choice of beef patty or chicken tenderloins, lettuce, cheese</i>	
Calamari & Chips GFO	15.9
<i>Lightly fried calamari and seasoned chips, tomato sauce</i>	

SIDES

Potato Wedges V GFO	
<i>Lightly seasoned, sour cream & sweet chilli sauce</i>	
Bowl / Side	15.9 / 10.9
Seasoned Sweet Potato Chips V GFO	
<i>Lightly seasoned, aioli or tomato sauce</i>	
Bowl / Side	15.9/ 10.9
Seasoned Chips V GFO	
<i>Lightly seasoned, aioli or tomato sauce</i>	
Bowl / Side	12.9/ 8.9
Sauteed steamed Asian greens V	9.9
Confit Garlic Mash V	6.9
Garden Salad V VG	6.9
Greek Salad V VG	9.9

SMOOTHIES

Banana, Honey & Almond	11.0
Mango & Passionfruit	11.0
Mixed Berry	11.0

FRESHLY SQUEEZED

Orange	12.0
Apple	12.0
Green Juice	12.0
<i>Apple, cucumber, celery, ginger</i>	
Watermelon	12.0

MILKSHAKES

Chocolate, Strawberry, Vanilla, Caramel, Banana, Blue Heaven	9.9
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COFFEE & TEA

Short Black, Short Macchiato, Piccolo	4.5
Latte, Cappuccino, Flat White, Long Black, Long Macchiato	5.5
Hot Chocolate, Chai Latte, Decaf	6.0
Affogato	7.9
Iced Coffee, Iced Chai, Iced Latte, Chocolate or Mocha	7.9
Mug ADD	1.0
Mocha, Extra Shot	1.0
Plant-based or Lactose-free Milk	1.0
Varieties by the Pot	5.0
<i>Honeydew Green, Chamomile Blossom, English Breakfast, Supreme Earl Grey, Lemongrass Ginger, Malabar Chai, Peppermint</i>	

DIETARY REQUIREMENTS:

For dietary requests, please notify our service staff to assist you with menu choices.

ALLERGENS:

While The Groove Train will endeavour to accommodate requests for special meals for customers who have food allergies, we cannot guarantee completely allergen free meals due to potential trace allergens in the working environment and supplied ingredients.

15% surcharge on public holidays.

- V** Vegetarian
- VG** Vegan
- GF** Gluten Free
- DF** Dairy Free
- VGO** Vegan Option
- GFO** Gluten Free Option

- 🌶️ Mild
- 🌶️🌶️ Medium
- 🌶️🌶️🌶️ Hot & Spicy



SMALL PLATES

Salt & Pepper Calamari	18.9
<i>Lightly dusted in lemon pepper flour & fried, rocket, lemon</i>	
Arancini V	18.9
<i>Italian rice balls with green peas, sundried tomato, mozzarella, danish fetta and basil in parmesan crumb served with arrabiata sauce and rocket</i>	
Bruschetta V GFO	18.9
<i>Garlic, oil, basil, tomatoes, red onion, parmesan, balsamic glaze, lightly grilled ciabatta bread</i>	
Halloumi Chips	17.9
<i>Panki-crumbled halloumi, herb sea salt, napoli</i>	
Buffalo Wings 	16.9
<i>Crispy fried chicken midwings tossed in spicy buffalo sauce and drizzled with ranch dressing and sesame seeds</i>	
Classic Italian beef meatballs	19.9
<i>Slow-cooked beef meatballs, napoli, parmesan, grilled crusty bread</i>	
Nachos V GF 	22.9
<i>Stone ground corn chips, tasty cheese, tomato salsa, jalapeños, guacamole, sour cream, coriander</i>	
Garlic Prawns	24.9
<i>Tiger prawns in garlic, cream, lemon & herbs, served with grilled flat bread</i>	
Tasting Board (2-3 ppl)	41.9
<i>Selection of halloumi chips, buffalo chicken wings, lemon pepper calamari, arancini and dipping sauce</i>	

HAND HELDS

Chicken & Avocado Focaccia	24.9
<i>Roasted chicken, avocado, tasty cheese, aioli, semi-dried tomatoes, seasoned chips</i>	
Roasted Vegetable Focaccia V	23.9
<i>Roasted & marinated red capsicum, eggplant, semi-dried tomatoes, zucchini, pumpkin, fetta, rocket, herb focaccia, seasoned chips</i>	
Steak Sandwich GFO	33.9
<i>150g Rosemary & garlic marinated Scotch fillet, crispy bacon, fried egg, tasty cheese, tomato, grilled onion, rocket, aioli, toasted sourdough, seasoned chips</i>	
Wagyu Beef Burger GFO	31.9
<i>Wagyu beef patty, bacon, american cheese, lettuce, dill pickle, tomato, aioli on Brioche Bun and seasoned chips</i>	
Southern Fried Chicken Burger 	29.9
<i>Crispy fried chicken, bacon, onion rings, tasty cheese, house slaw, dill pickle and seasoned chips</i>	
Club Sandwich GFO	25.9
<i>Triple layered, roast chicken, bacon, fried egg, mixed lettuce, tomato, aioli, seasoned chips</i>	
Souvlaki	
<i>Homemade flatbread, mixed lettuce, tomato, red onion, tzatziki and seasoned chips</i>	
<i>Marinated lamb fillets</i>	32.9
<i>Marinated chicken fillets</i>	29.9
<i>Falafel & halloumi</i> VGO	27.9

Gluten free bread options available add 2.0



FROM THE GRILL

Mixed Grill Plate GF DF	52.9
<i>Marinated porterhouse, lamb fillets, chicken tenderloins, bacon, Italian pork sausages, skewered & grilled, garden salad, seasoned chips</i>	
Steaks	
<i>Black Angus raised on natural green grass and grain diet fed 150 days served with two sides. Salad and your choice of chips or mash</i>	
Porter house steak 300G	49.5
Rib eye 350G	54.9

SAUCES

Peppercorn, Mushroom, Red Wine Jus	5.0
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PIER TO PADDOCK

Salt & Pepper Calamari	31.9
<i>Lightly dusted in lemon pepper flour & fried, seasoned chips, garden salad and lemon</i>	
Fish & Chips GFO	31.9
<i>Beer battered barramundi fillets, seasoned chips, garden salad, tartare and lemon</i>	
Fisherman’s Basket	46.9
<i>Beer battered fillets of fish, salt & pepper calamari, grilled prawns & scallops skewers, garden salad, seasoned chips, tartare, lemon</i>	
Nasi Goreng  	25.9
<i>Indonesian-style fried rice, shrimp paste, asian greens, coriander, fried shallots, fried egg</i>	
<i>Add On: prawns 6.0, beef 6.0, chicken 6.0</i>	
Indian Butter Chicken GFO	31.9
<i>Chicken breast, Indian butter chicken sauce, jasmine rice, pappadums, yoghurt, coriander</i>	
Satay Chicken  	31.9
<i>Chicken breast, Malaysian satay sauce of peanuts, soy, red chilli, garlic, shrimp paste, coconut cream with asian greens, jasmine rice, coriander, fried shallots</i>	
Chicken Parmigiana	31.9
<i>Crumbed chicken breast, napoli, mozzarella, parmesan, garden salad, seasoned chips</i>	
<i>Smoked ham add 2.0</i>	
Crispy Skin Salmon GF	39.9
<i>Pan-seared Atlantic salmon fillet, jasmine rice, sautéed broccolini & wild mushrooms in honey ginger soy sauce, bean shoots, fried shallots, coriander, sesame seeds</i>	
Braised Beef Cheek GF	41.9
<i>Slow braised beef cheek, mushrooms, confit garlic mash, green beans, red wine jus</i>	

FROM THE GARDEN

Roasted Pumpkin, Beetroot & Quinoa Salad V GF VGO	26.9
<i>Roasted pumpkin, baby beetroot, spinach, mixed lettuce, quinoa, marinated danish fetta, mint, walnuts, pepitas, lemon oil dressing</i>	
<i>Chicken tenderloins or grilled halloumi add 6.0</i>	
Chargrilled Greek Lamb Salad	36.9
<i>Marinated lamb fillets, cos, tomato, cucumber, red onion, kalamata olives, fetta, parsley, lemon vinaigrette, flatbread, tzatziki</i>	
Warm Beef Salad GF DF	29.9
<i>Seared beef strips, mixed lettuce, semi-dried tomatoes, cucumber, bean shoots, roasted red capsicum, red onion, sweet potato crisps, honey mustard soy dressing</i>	
Classic Ceasar Salad GFO	22.9
<i>Cos, bacon, parmesan, basil pesto croutons, caesar dressing, poached egg</i>	
<i>Grilled chicken tenderloins add 6.0</i>	
Grilled Chicken Salad GF	28.9
<i>Grilled chicken tenders, mixed lettuce, cherry tomatoes, cucumber, red onion, danish fetta and lemon oil dressing</i>	



PIZZA

Available after 11AM

Margherita V GFO VGO	24.9
<i>Napoli, fior di latte, basil, cherry tomatoes, parmesan</i>	
Tropical V GFO VGO	26.9
<i>Napoli, mozzarella, smoked ham, pineapple</i>	
Capriccio V GFO VGO	28.9
<i>Napoli, mozzarella, smoked ham, mushrooms, kalamata olives</i>	
BBQ Meat Lovers GFO 	30.9
<i>Napoli, mozzarella, roasted chicken, hot salami, bacon, red onion, smoky bbq sauce</i>	
Gourmet Vegetarian V GFO VGO	27.9
<i>Napoli, mozzarella, roasted pumpkin, feta, rocket, pine nuts, parmesan, balsamic reduction</i>	
Mediterranean Lamb GFO	30.9
<i>Napoli, mozzarella, marinated lamb fillets, spinach, red onion, kalamata olives, tzatziki</i>	
Marinara GFO 	33.9
<i>Napoli, mozzarella, spinach, red onion, prawns, scallops, calamari, fish pieces and chilli</i>	
Peri Peri Chicken GFO 	29.9
<i>Napoli, mozzarella, peri peri marinated chicken, spinach, onion, capsicum and drizzled with peri peri mayo</i>	
Rustica V GFO VGO	27.9
<i>Napoli, fior de latte, marinated & roasted red capsicum, zucchini, eggplant, semi-dried tomatoes, thyme, basil</i>	
Salami GFO  	29.9
<i>Napoli, mozzarella, hot salami, kalamata olives</i>	
Picante GFO 	30.9
<i>Mozzarella, napoli, spanish chorizo, red onion, capsicum, olives and fresh chilli</i>	
Gluten free Pizza Base V GFO DF	6.0
Vegan Mozzarella VG DF	3.0



PASTAS & RISOTTOS

Chicken Risotto GF	31.9
<i>Roasted chicken, mushrooms, semi-dried tomatoes, spinach, parmesan</i>	
Pumpkin & Spinach Risotto V GF VGO	30.9
<i>Roasted pumpkin, spinach, semi-dried tomatoes, fetta, parmesan</i>	
<i>Roasted chicken add 4.0</i>	
Seafood Risotto	36.9
<i>Sautéed prawns, calamari, scallops, fish pieces, touch of napoli, garlic, thyme, spinach, parsley and lemon</i>	
Pappardelle Carbonara	31.9
<i>Bacon, spring onion, cream, egg yolk, parmesan</i>	
<i>Roasted chicken add 4.0</i>	
Lamb Ragu Pappardelle	32.9
<i>Slow cooked lamb in rich tomato sauce, burrata cheese, fresh basil</i>	
Pan Fried Gnocchi V	32.9
<i>Roasted pumpkin, sage, semi-dried tomato, spinach, cream and parmesan</i>	
Spaghetti Bolognaise	28.9
<i>Traditional bolognaise, parmesan</i>	
Spaghetti Pescatore 	36.9
<i>Sautéed calamari, prawns, mussels, scallops, fish pieces, garlic, thyme, butter, cherry tomatoes, red chilli, parsley</i>	
Penne Amatriciana  VGO	29.9
<i>Bacon, garlic, red chilli, roasted red capsicum, kalamata olives, napoli, spring onion, parmesan</i>	
Gluten free Pasta	6.0



NON-ALCOHOLIC COCKTAILS

Passion Fruit Swizzle <i>Peach & apple juice, coconut water & passionfruit</i>	11.0
Citrus Peach Cooler <i>Orange, peach & apple juice, grenadine, soda water & citrus fruit</i>	11.0
Lychee Mandarin Mojito <i>Lychee, mandarin, strawberries, lime, mint & soda water</i>	11.0
Fruit Punch <i>Orange, tangy apple, mango & zesty sweet ginger</i>	11.0
Strawberry Smash <i>Fresh strawberries & lime, cranberry and cloudy apple juice & mint sprig</i>	11.0

COLD DRINKS

Coca Cola, Diet Coke, Coke No Sugar, Sprite, Fanta <i>330ml Bottle</i>	6.0
Cascade Ginger Beer, Cascade Dry Ginger Cascade Tonic Water	6.0
Coca-Cola, Coke No Sugar, Sprite, Raspberry Lemonade <i>Sml 5.5 / Lge 7.9 / Jug 15.0</i>	
Goulburn Valley Juices: Orange, Apple, Pineapple, Cranberry Small Regular	4.0 7.0
Sparkling Mineral Water	500ml 7.5 750ml 9.5
Peach Iced Tea, Lemon Iced Tea	6.0 / 16.5 Jug
Lemon, Lime & Bitters <i>(with Australian Aromatic Bitters)</i>	6.0 / 16.5 Jug

SMOOTHIES

Banana, Honey & Almond	11.0
Mango & Passionfruit	11.0
Mixed Berry	11.0

FRESHLY SQUEEZED

Orange	11.0
Apple	11.0
Green Juice <i>Apple, Cucumber, Celery, Ginger</i>	11.0
Watermelon	11.0

MILKSHAKES

Chocolate, Strawberry, Vanilla, Caramel, Banana, Blue Heaven	
Small	4.9
Regular	8.5

COFFEE & TEA

Short Black, Short Macchiato, Piccolo	4.5
Latte, Cappuccino, Flat White, Long Black, Long Macchiato	4.9
Hot Chocolate, Chai Latte, Decaf	5.5
Affogato	7.5
Iced Coffee, Iced Chai, Iced Latte, Chocolate or Mocha	7.5
Mug ADD	1.0
Mocha, Extra Shot	1.0
Plant-based or Lactose-free Milk	1.0
Varieties by the Pot <i>Honeydew Green, Chamomile Blossom, English Breakfast, Supreme Earl Grey, Lemongrass Ginger, Molabor Chai, Peppermint</i>	4.9

STAY IN THE LOOP - FOLLOW US ONLINE

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ENJOY RESPONSIBLY

Beverage MENU



WOOD FIRED
RESTAURANT
CAFE & BAR

BEERS

TAP

	Schooner 425ml	Pint 570ml	Jug 1140ml
Carlton Draught <i>Victoria, 4.6% abv</i>	10.5	12.5	24.0
Great Northern Super Crisp <i>Queensland, 3.5% abv</i>	10.0	12.0	23.0
Tiger <i>Singapore, 5.0% abv</i>	11.0 (300ml)	13.0 (500ml)	26.0

BOTTLED

Corona <i>Mexico, 4.5% abv, 355ml</i>	10.9
Asahi Super Dry <i>Japan, 5.0% abv, 330ml</i>	10.9
Somersby Apple Cider <i>Australia, 4.5% abv, 330ml</i>	10.5
Stone & Wood Pacific Ale <i>Australia, 4.4% abv, 375ml</i>	12.9
4 Pines Pale Ale <i>New South Wales, 5.1% abv, 375ml</i>	10.9
Brookvale Union Ginger Beer <i>New South Wales, 4.0% abv, 330ml</i>	11.5
Cascade Light <i>Tasmania, 2.4% abv, 375ml</i>	8.9
Carlton Zero <i>Australia, 0.0% abv, 330ml</i>	7.0

WINES

SPARKLING WINES

	Glass	Bottle
Mrs Q Prosecco  <i>King Valley, VIC</i>	10.0	45.0
T’Gallant Prosecco (200ml) <i>Main Ridge, VIC</i>		13.0

WHITE WINES

	Glass 150ml	Glass 250ml	Bottle
Babich “Black Label” Sauvignon Blanc <i>Marlborough, NZ</i>	11.5	18.0	52.0
Ross Hill “Maya” Chardonnay <i>Orange, NSW</i>	11.5	18.0	52.0
Johnny Q Sauvignon Blanc  <i>Adelaide Hills, SA</i>	10.0	15.0	45.0
Cantina Tollo Nativo Pinot Grigio  <i>Chieti, Italy</i>	10.5	15.5	47.0

ROSE

Hahndorf Hill Rose  <i>Adelaide Hills, SA</i>	12.0	18.0	54.0
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RED WINES

Balgownie Black Label Pinot Noir <i>Yarra Valley, VIC</i>	13.0	19.0	59.0
Maxwell “Silver Hammer” Shiraz  <i>McLaren Vale, SA</i>	11.0	17.0	50.0
Johnny Q Shiraz  <i>McLaren Vale, SA</i>	10.0	15.0	45.0
Penley Estate “Tolmer” Cabernet Sauvignon <i>Coonawarra, SA</i>	11.5	18.0	52.0
Treasure Merlot <i>Coonawarra, SA</i>	10.0	15.0	45.0

 **Vegan**  **Gluten-Free**

SIGNATURE COCKTAILS

Electric Blue Long Island Iced Tea <i>Gordon’s gin,vodka, Pampero white rum, Malibu rum, Blue Curacao & lemonade</i> <i>Classic Long Island Iced tea also available</i>	22.0
Aloha <i>Vodka, Chambord, pineapple juice, orange juice & raspberries</i>	22.0
Summer Days <i>Vodka, Chambord, lychee liqueur, lychees, pineapple, lime, strawberries & mint</i>	22.0
Bali Party <i>Kettle One vodka, lychee liqueur, lychees, passionfruit & pineapple</i>	22.0
Spicy Paloma <i>Grapefruit and Tequila Cocktail with Jalapeño Simple Syrup</i>	22.0

SPIRITS

House Spirits:	10.5
<i>Aperol, Baileys Irish Cream, Bacardi Rum, Bundaberg Rum UP, Campari, Gordon’s Gin, Jim Beam White Label Bourbon, Johnnie Walker Red Label Scotch Whisky, Kahlua, Malibu Rum, Midori Melon Liqueur, Ouzo, Pimm’s No. 1, Smirnoff Red Label Vodka, Southern Comfort</i>	
Premium Spirits:	12.0
<i>Bombay Sapphire Gin, Canadian Club, Captain Morgan Spiced Rum, Cointreau, Chambord, El Jimadore Tequila, Frangelico, Jägermeister, Jack Daniel’s Black Label Whiskey, Jameson Irish Whiskey, Johnnie Walker Black Label Scotch Whiskey, Ketel One Vodka, Maker’s Mark Bourbon, Opal Nera Sambuca, Wild Turkey Kentucky Straight Bourbon</i>	

CLASSIC COCKTAILS

Spritz (Aperol) <i>Prosecco, soda water</i>	17.0
Espresso Martini <i>Vodka, Kahlua & Groove Press Espresso</i>	20.0
Porn Star Martini <i>Vodka, passion fruit liqueur, freshly squeezed lime juice and a simple vanilla syrup</i>	20.0
Classic Margarita <i>El Jimador tequila, triple sec & lime</i> <i>Served on the rocks or frozen</i>	20.0
Daiquiri <i>Bacardi white rum, lemon & lime juice</i> <i>Served strawberry, lychee or mango</i>	20.0
Mojito <i>Bacardi White Rum, sugar & mint.</i> <i>Served Classic, Strawberry or Lychee</i>	20.0
Cosmopolitan <i>Vodka, Cointreau, cranberry juice & lime</i>	20.0
Skittle (Served Short) <i>Freshly pressed Lemons & limes, vodka & Chambord, topped with lemonade</i>	20.0
Fruit Tingle <i>Vodka, Blue curaçao, raspberry lemonade</i>	20.0
Pina Colada <i>Bacardi rum, coconut cream, pineapple juice, cherry</i>	20.0
Long Island Iced Tea <i>Vodka, white rum, tequila, triple sec, gin, topped with coke</i>	23.0

