



SMALL PLATES

Trio Dips V	15.5
<i>Grilled bread served with tzatziki, spicy capsicum, and beetroot dips</i>	
Salt & Pepper Calamari I GFO	19.5
<i>Lightly dusted in lemon pepper flour & fried, rocket, tartare sauce, lemon</i>	
Arancini V	19.5
<i>Italian rice balls with green peas, semi-dried tomato, mozzarella, Danish feta and basil in parmesan crumb served with arrabiata sauce and rocket</i>	
Wood-Fired Bruschetta Pizzetta V GFO	20.5
<i>Garlic, oil, herbs, basil pesto, cherry tomatoes, red onion, feta. basil, parmesan, balsamic reduction</i>	
Halloumi Chips V	18.5
<i>Panko-crumbed halloumi, herb sea salt, Napoli sauce</i>	
Korean Chicken J	17.5
<i>Crispy fried marinated chicken glazed with Korean style hot sauce and topped with sesame seeds</i>	
Classic Italian Beef Meatballs	20.5
<i>Slow cooked beef meatballs, napoli, parmesan, grilled crusty bread</i>	
Nachos V GF J	23.5
<i>Stone-ground corn chips, mozzarella, tomato salsa, jalapeños, guacamole, sour cream, coriander</i>	
Garlic Prawns I GFO	24.5
<i>Tiger prawns in garlic, cream, lemon & herbs, served with grilled crusty bread</i>	
Tasting Board (2-3 ppl) I	40.5
<i>Selection of halloumi chips, Korean chicken, lemon pepper calamari, arancini and dipping sauce</i>	

HAND HELDS

Chicken & Avocado Focaccia	25.5
<i>Roasted chicken, avocado, tasty cheese, aioli, semi-dried tomatoes, seasoned chips</i>	
Roasted Vegetable Focaccia V	24.5
<i>Roasted & marinated red capsicum, eggplant, semi-dried tomatoes, zucchini, pumpkin, feta, rocket, basile pesto, herb focaccia, seasoned chips</i>	
Steak Sandwich GFO	34.5
<i>150g Rosemary & garlic-marinated Scotch fillet, crispy bacon, fried egg, tasty cheese, tomato, grilled onion, rocket, aioli, toasted sourdough, seasoned chips</i>	
Club Sandwich GFO	26.5
<i>Triple-layered, roasted chicken, bacon, fried egg, mixed lettuce, tomato, aioli, seasoned chips</i>	
Wagyu Beef Burger GFO	32.5
<i>Wagyu beef patty, bacon, cheese, lettuce, dill pickle, tomato, housemade burger sauce on brioche-bun and seasoned chips</i>	
Southern Fried Chicken Burger	30.5
<i>Crispy fried chicken, bacon, onion rings, tasty cheese, coleslaw, house made burger sauce on brioche-bun and seasoned chips</i>	
Souvlaki	
<i>Housemade flatbread, mixed lettuce, tomato, red onion, tzatziki and seasoned chips</i>	
Marinated lamb fillets	33.5
Marinated chicken fillets	30.5
Falafel & Halloumi V	28.5

GLUTEN FREE BREAD OPTIONS AVAILABLE + 2.0



FROM THE GRILL

Mixed Grill Plate DF GFO	53.5
<i>Marinated porterhouse, lamb fillets, chicken tenderloins, bacon, Italian pork sausages skewered & grilled, garden salad, seasoned chips</i>	
Steaks GFO	
<i>Black Angus, 150-day grain-fed and raised on natural green grass, served with two sides: salad and your choice of chips or mash</i>	
Porterhouse 300gm	49.5
Rib Eye 350gm	55.5
ADD SAUCE: Peppercorn, Mushroom, Red Wine Jus	5.0

PIER TO PADDOCK

Salt & Pepper Calamari I GFO	32.5
<i>Lightly dusted in lemon-pepper flour and fried, served with seasoned chips, garden salad, tartare sauce and lemon</i>	
Fish & Chips I GFO	32.5
<i>Beer-battered barramundi fillets, seasoned chips, garden salad, tartare sauce & lemon</i>	
Fisherman's Basket I	47.5
<i>Beer-battered fillets of fish, salt & pepper calamari, grilled prawn & scallop skewers, garden salad, seasoned chips, tartare sauce and lemon</i>	
Nasi Goreng I JJ	32.5
<i>Indonesian-style fried rice, shrimp paste, Asian greens, coriander, bean shoots, fried shallots, fried egg, prawns, chicken, beef</i>	
Wok Fried Hokkien Noodles J	27.5
<i>Asian greens, egg noodles, sweet soy, chilli & ginger sauce, coriander, bean shoots, sesame seeds. ADD CHICKEN + 5.0 / BEEF + 5.0</i>	
Indian Butter Chicken GFO	32.5
<i>Chicken breast, Indian butter chicken sauce, jasmine rice, pappadums, raita, coriander</i>	
Lamb Shank	32.5
<i>Red wine-braised lamb shank with rosemary, garlic, and tomatoes, served over creamy potato mash with carrots and broccoli</i>	
Chicken Parmigiana	32.5
<i>Crumbed chicken breast, napoli, mozzarella, garden salad, seasoned chips. ADD SMOKED HAM + 2.0</i>	
Crispy Skin Salmon I GF	40.5
<i>Pan-seared Atlantic salmon fillet, confit garlic mash, sautéed broccoli, lemon dressing, cherry tomatoes, garlic, parsley, capers & olives, basil, lemon</i>	
Pork Ribs (Half Rack / Full Rack)	39.5 / 65.5
<i>Flame-grilled pork ribs basted with our signature sauce, served with seasoned chips and coleslaw</i>	

FROM THE GARDEN

Roasted Pumpkin, Beetroot & Quinoa Salad V VGO GF	27.5
<i>Roasted pumpkin, baby beetroot, spinach, mixed lettuce, quinoa, marinated Danish feta, mint, walnuts, pepitas, lemon oil dressing ADD CHICKEN TENDERLOINS + 6.0 GRILLED HALLOUMI + 6.0</i>	
Chargrilled Greek Lamb Salad	37.5
<i>Marinated lamb fillets, cos, tomato, cucumber, red onion, kalamata olives, Danish feta, parsley, lemon vinaigrette, flatbread, tzatziki</i>	
Warm Beef Salad DF GFO	30.5
<i>Seared beef strips, mixed lettuce, semi-dried tomatoes, cucumber, bean shoots, roasted red capsicum, red onion, sweet potato crisps, honey mustard dressing</i>	
Classic Caesar Salad GFO	23.5
<i>Cos, bacon, parmesan, basil pesto, croutons, caesar dressing, poached egg ADD CHICKEN TENDERLOINS + 6.0</i>	
Asian Chicken Salad GF	29.5
<i>Crispy fried chicken tenders with cos lettuce, cucumber, red onion, bean shoots, cherry tomatoes, coriander, and chilli, tossed in a Thai dressing</i>	



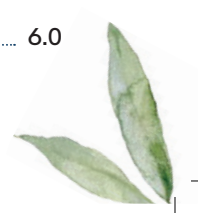
PIZZA

AVAILABLE AFTER IIAM

Margherita V VGO GFO	25.5
<i>Napoli, fior di latte, basil, cherry tomatoes, parmesan</i>	
Tropical GFO	27.5
<i>Napoli, mozzarella, smoked ham, pineapple</i>	
Capriccio GFO	29.5
<i>Napoli, mozzarella, smoked ham, mushrooms, kalamata olives</i>	
BBQ Meat Lovers GFO J	31.5
<i>Napoli, mozzarella, roasted chicken, hot salami, bacon, red onion, smoky BBQ sauce</i>	
Gourmet Vegetarian V VGO GFO	28.5
<i>Napoli, mozzarella, mushroom, capsicum, roasted pumpkin, feta, rocket, parmesan, balsamic reduction</i>	
Mediterranean Lamb GFO	31.5
<i>Napoli, mozzarella, marinated lamb fillets, spinach, red onion, kalamata olives, tzatziki</i>	
Marinara I GFO J	34.5
<i>Napoli, mozzarella, spinach, red onion, prawns, scallops, calamari, fish pieces and chilli</i>	
Peri-Peri Chicken GFO J	30.5
<i>Napoli, mozzarella, peri peri marinated chicken, spinach, onion, capsicum, drizzled with peri peri mayo</i>	
Classic Italian Meatball GFO J	28.5
<i>Napoli, mozzarella, onion, chilli, cherry tomato, Italian meatballs, parmesan & basil</i>	
Salami GFO JJ	30.5
<i>Napoli, mozzarella, hot salami, kalamata olives</i>	
Smoked Salmon I GFO J	31.5
<i>Napoli, mozzarella with smoked salmon, red onion, cherry tomatoes, capers</i>	
Gluten-free Pizza Base DF GFO	6.0
Vegan Mozzarella VG DF	3.0

PASTA & RISOTTO

Chicken Risotto GF	32.5
<i>Roasted chicken, mushrooms, semi-dried tomatoes, spinach, parmesan</i>	
Pumpkin & Spinach Risotto V VGO GF	31.5
<i>Roasted pumpkin, spinach, semi dried tomatoes, feta, parmesan ADD ROASTED CHICKEN + 4.0</i>	
Seafood Risotto I GF	37.5
<i>Sautéed prawns, calamari, scallops, fish pieces, touch of napoli, garlic, spinach, parsley and lemon</i>	
Pappardelle Carbonara	33.5
<i>Bacon, spring onion, creamy garlic sauce, egg yolk, parmesan ADD ROASTED CHICKEN + 4.0</i>	
Lamb Ragu Pappardelle	33.5
<i>Slow-cooked lamb in rich tomato sauce, fresh basil</i>	
Pan-Fried Gnocchi V	33.5
<i>Roasted pumpkin, sage, spinach, with a touch of cream and parmesan</i>	
Spaghetti Alla Groove	32.5
<i>Roasted chicken, avocado, spring onion, basil pesto, napoli, cream, parmesan</i>	
Spaghetti Bolognese	29.5
<i>Traditional bolognese, parmesan</i>	
Spaghetti Pescatore I J	37.5
<i>Sautéed calamari, prawns, mussels, scallops, fish pieces, garlic, butter, cherry tomatoes, red chilli, parsley</i>	
Rigatoni Amatriciana VGO J	30.5
<i>Bacon, garlic, red chilli, roasted red capsicum, kalamata olives, napoli, spring onion, parmesan</i>	
Gluten-free Pasta	6.0



BREAKFAST

AVAILABLE UNTIL 3PM

Toast V VGO GFO	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 toasted sourdough</i>	
Ham, Cheese & Tomato Toastie GFO	12.9
<i>Smoked ham, tasty cheese, tomato, toasted sourdough</i>	
Brekky Burger	21.9
<i>Brioche, bacon, egg, smashed avocado, tasty cheese, rocket, tomato relish, hash brown</i>	
Omelette V GFO	22.9
<i>Selection of four fillings on toasted sourdough, smoked ham, bacon, chorizo, cheese, tomato, mushrooms, onion, Danish feta, spinach, roasted red capsicum, kalamata olives, semi-dried tomatoes</i>	
Halloumi & Mushroom Bruschetta V VGO GFO	24.9
<i>Grilled halloumi, sautéed mushrooms, avocado, cherry tomatoes, red onion, poached egg, and balsamic glaze on toasted sourdough</i>	
Eggs Benedict GFO	24.9
<i>Poached eggs, smoked ham or smoked salmon or bacon, hollandaise, toasted English muffin or sourdough</i>	
Chilli Folded Eggs M	22.9
<i>Folded scrambled eggs with Texas sauce, Danish feta, crispy fried shallots, served on a toasted croissant drizzled with sriracha sauce</i>	
Smashed Avocado with Poached Eggs V VGO GFO	24.9
<i>Avocado, feta, parsley, pepitas, sunflower seeds, poached eggs, toasted sourdough</i>	
Egg & Bacon Focaccia	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 or multigrain</i>	
Hearty Vegetarian V VGO GFO	24.9
<i>Poached eggs, mushrooms, onion, tomato, spinach, baked beans, hash brown, toasted sourdough or multigrain</i>	
Buttermilk Pancakes V	21.9
<i>Triple stacked pancakes, berry compote, maple syrup, icing sugar, vanilla ice cream</i>	
Belgian Waffles V	22.9
<i>Belgian waffles, fresh strawberries, banana, maple syrup, chocolate sauce, vanilla ice cream, toasted almonds</i>	

BREAKFAST SIDES

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

FOR THE LITTLE ONES

12 YEARS AND UNDER

Cheesy Toastie V GFO	10.9
<i>Thick white toastie with oozy tasty cheese</i>	
Egg on Toast V GFO	10.9
<i>Choe of scrambled, fried or poached egg, toasted white bread</i>	
Ham, Cheese & Tomato Toastie GFO	11.9
<i>Pan-Fried smoked ham, tasty cheese, toasted sourdough</i>	
Brekky Burger GFO	12.9
<i>Brioche, fried egg, bacon, cheese</i>	
Pancake Stack V	12.9
<i>Double stacked pancakes, strawberry, maple syrup, icing sugar, vanilla ice cream</i>	
Kids Waffle V	12.9
<i>Waffle, maple, strawberry, icing sugar, vanilla ice cream</i>	

PIZZA AVAILABLE AFTER 11AM

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

SIDES

Potato Wedges V GFO	Side 10.9 Bowl 15.9
<i>Lightly seasoned, with sour cream & sweet chilli sauce</i>	
Onion Rings V	Side 10.9 Bowl 15.9
<i>Lightly seasoned onion rings, served with aioli</i>	
Seasoned Chips V	Side 8.9 Bowl 12.9
<i>Lightly seasoned, with aioli or tomato sauce</i>	
Cheesy Garlic Bread V	12.9
Sautéed & Steamed Asian Greens V VG	9.9
Confit Garlic Mash V	6.9
Garden Salad V VG	6.9
Greek Salad V VG	9.9

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SOMETHING SWEET

Tiramisu V	16.9
<i>Cocoa powder, mascarpone, espresso, Italian biscuits, sambuca</i>	
Sticky Date Pudding V	16.9
<i>Salted caramel sauce, vanilla ice cream, icing sugar, strawberries</i>	
Belgian Waffles V	22.9
<i>Belgian waffles, fresh strawberries, banana, maple syrup, chocolate sauce, vanilla ice cream, toasted almonds</i>	
Nutella Pizza V	19.9
<i>Hazelnut chocolate, strawberries, chocolate sauce, vanilla ice cream</i>	
Gourmet Cakes	
<i>(Please check the cake display fridge)</i>	

SMOOTHIES

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

FRESHLY SQUEEZED

Orange	11.0
Apple	11.0
Green Juice	11.0
<i>Apple, cucumber, celery, ginger</i>	
Summer Watermelon	11.0
<i>Watermelon, mint, cucumber</i>	

MILKSHAKES

Chocolate, Strawberry, Vanilla, Caramel, Banana, Blue Heaven	
Small	4.9
Regular	8.9

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	DF Dairy free	A Australian seafood	M Mild
VG Vegan friendly	GF Gluten friendly	I Imported seafood	M Medium
VGO Vegan friendly option	GFO Gluten friendly option	M Mixed origin seafood	H Hot