

# THE BREAK

RESTAURANT



## GLUTEN FREE

### STARTERS + SALADS

vegetable chips w beetroot hommus \$10

4 hervey bay scallops florentine w sauteed spinach, bacon & hollandaise \$18

crispy chicken wings w hot sauce & blue cheese sauce \$15

homemade pea & ham soup w toasted gluten free bread \$12

salt & pepper australian squid w tartare & fresh lemon \$13

caramelised pork belly bites w sweet chilli sauce & lime \$16

spiced beef nachos w mexican beans, jalapeños, nacho cheese, fresh tomato salsa, guacamole & sour cream \$15

roast pumpkin salad w toasted nuts, mixed leaves, cherry tomatoes, red onion, danish fetta & pomegranate dressing \$18

fried soft shell crab salad w kimchi, toasted peanuts, sesame, lime & fresh shredded cabbage \$21

falafel bowl w chopped cos, beetroot hommus, tomato salsa, chipotle mayo & corn chips \$18

small garden salad w honey mustard dressing \$6

#### ADD ON:

grilled australian prawns \$9

salt & pepper australian squid \$6

soft shell crab \$9

marinated chicken breast \$4

haloumi \$4

rib fillet \$9

falafel \$4

pork belly bites \$8

### MAIN MEALS

chicken, leek & bacon pot pie w mashed potato & steamed greens \$20

coconut duck leg curry w chilli jam, lime, steamed greens & basmati rice \$29

grilled australian reef fish w vegetable chips, salad & tartare sauce \$22

seafood basket w chilli garlic prawns, grilled fish, fried squid, soft shell crab, vegetable chips & tartare sauce \$38  
add natural oyster +\$3.5

sweet pineapple curry w green beans, coconut, fresh lime & fragrant rice \$19  
add chicken +\$4  
add grilled prawns +\$9

apple cider glazed roast pork belly w rocket & parmesan salad \$29

gluten free options for meals below:  
vegetable chips & salad or mash & veg  
w red wine jus

250g rump steak w choice of sauce \$19



filet mignon, bacon wrapped 200g eye fillet steak w choice of sauce \$29

400g t bone steak w choice of sauce \$35

the mighty tomahawk steak w bacon jam, hollandaise & caramelised onions \$46

#### ADD ON TOPPERS:

grilled prawns \$9

salt & pepper squid \$6

all our main menu **BURGERS** are available 'naked' or on toasted gluten free bread

most of our main menu **KIDS MEALS** are available gluten free

**PLEASE ENSURE STAFF ARE FULLY AWARE YOU ARE ORDERING A GLUTEN FREE MEAL**

\*10% SURCHARGE APPLIES ON PUBLIC HOLIDAYS\*



As a member of Northern Rivers Food, we are committed to sourcing the highest quality fresh local produce wherever possible.

Proudly supporting our local suppliers: Metcalfs Quality Meats, Northern Rivers Seafood, Suncoast Fresh, Eltham Valley Fresh & Provedores



beer battered chips w sauce	\$9	falafel salad w chopped cos, tomato salsa, beetroot hommus, chipotle mayo & crunchy tortillas	\$18
vegetable chips w beetroot hommus	\$10	roast pumpkin salad w mixed leaves, granola, cherry tomatoes, red onion & pomegranate dressing	\$18
nacho bowl w corn chips, warmed bean & capsicum salsa, beetroot hommus, vegan cheese, jalapeños & guacamole	\$15	small garden salad w chardonnay dressing	\$6
falafel burrito bowl w guacamole, lettuce, fresh tomato salsa, beetroot hommus & tortilla	\$18	<b>ADD ON:</b> grilled mushroom +\$3 falafel +\$4	
sweet pineapple curry w green beans, coconut, fresh lime & fragrant rice	\$19	falafel kids meal w chips, salad, sauce & frozen dessert	\$12



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beer battered chips w sauce	\$9	roast pork belly w apple cider glaze & fresh rocket salad	\$29
vegetable chips w beetroot hommus	\$10	seafood basket w grilled chilli garlic prawns, beer battered fish, fried squid, soft shell crab, chips & tartare sauce	\$38
2 battered fish or soft shell crab tacos w kewpie mayonnaise, japanese bbq sauce, asian slaw & jalapeños	\$14	add natural oyster +\$3.5 add kilpatrick or florentine oyster +\$4	
4 hervey bay scallops florentine w sauteed spinach, bacon & chipotle mayo	\$18	australian prawn & bacon rigatoni pasta w garlic, chilli, napoli sauce & fresh herbs	\$30
fresh tomato bruschetta w lemon	\$15	<b>dairy free options for mains below: chips &amp; salad or vegetable chips &amp; salad w plain gravy or red win jus</b>	
salt & pepper australian squid w tartare	\$13	250g rump steak w choice of sauce	\$19
caramelised pork belly bites w sweet soy sauce, crispy shallots & fresh lime	\$16	filet mignon, bacon wrapped 200g eye fillet steak w choice of sauce	\$29
duck spring rolls w sweet chilli sauce	\$17	400g t bone steak w choice of sauce	\$35
spiced beef nachos w corn chips, mexican beans, fresh tomato salsa, vegan cheese, jalapeños & guacamole	\$15	the mighty tomahawk steak w bacon jam, chipotle mayo & caramelised onions	\$46
falafel burrito bowl w guacamole, lettuce, tomato salsa, beetroot hommus & tortilla	\$18	<b>ADD ON TOPPERS:</b> grilled prawns \$9 salt & pepper squid \$6	
coconut duck leg curry w chilli jam, lime, steamed greens & basmati rice	\$29	all our main menu <b>SALADS</b> & most of our <b>KIDS MEALS</b> are available dairy free	
in house beer battered australian reef fish w chips, salad & tartare sauce	\$22	all our main menu <b>BURGERS</b> are available dairy free on toasted sourdough	
sweet pineapple curry w green beans, coconut, fresh lime & fragrant rice	\$19	<b>PLEASE ENSURE STAFF ARE FULLY AWARE YOU ARE ORDERING A DAIRY FREE MEAL</b>	
add chicken +\$4			
add grilled prawns +\$9			

