

100% Plant-Based

Share

FRED'S CRISPS 8

Hand-cut thin potato crisps, sea salt and rosemary (GF)

ZUCCHINI FRITTI 12

Crumbed zucchini wedges served with Fred's napoletana sauce

KONJAMARI FRIED 15

Crispy & tender fried konjac, fresh lemon, cracked salt & pepper served with our seaweed tartare sauce (GF)

MUSHROOM RAGU 16

Chunky ragu' made from Fable mushroom on a bed on creamy mash potato & parmesan (GF)

POLPETZ ON POLENTA 18

Our homemade roasted olive meat balls(4), parmesan sauce, napoletana & fresh basil (GF)

CARPACCIO 12

Grilled & marinated thinly sliced capsicum, rocket, Parmesan, olive oil, lemon and cracked pepper (GF)

GARLIC GREEN BEANS 10

Grilled green beans served with roasted garlic, garlic chives & olive oil

POMODORO SALAD 12

Roasted black olives, sliced roma tomatoes & cherry tomatoes, plant based feta, olive oil & fresh basil

GRILLED KONJAMARI SALAD 15

Crispy & tender bbq konjac, roasted pepitas, pepper, sea salt, lemon with our seaweed dressing

Dessert

CHOC MOUSSE 10

COCONUT PANACOTTA 10

Focacce

Add a side of Fred's crisps **+\$4**

PARMIGIANA 15

Layers of crispy eggplant, napoletana sauce, parmesan sauce, basil, topped with grated parmesan (GFO)

RICOTTA & ZUCCHINI 16

Almond ricotta, zucchini crisps, basil, lemon and cracked (GFO)

POLPETZ 19

Our homemade roasted olive meat balls, napoletana sauce, fresh basil, topped with parmesan sauce & grated parmesan (GFO)

CRUNCHY SCHNITZEL 20

Crunchy schnitzel, iceberg lettuce, parmesan sauce, fresh lemon, touch of garlic & cracked pepper

Gf focacce available for **+\$4**

Don Buns

Add a side of Fred's crisps **+\$4**

CRISPY ZUCCHINI 19

Don Fred patty, grilled zucchini, piquant cheese, zucchini chips & parmesan sauce

SMOKEY PEPPER 19

Don Fred patty, roasted olive tapenade, grilled capsicum, melted cheddar, rocket, smokey sauce, pepper

AMERICANO 22

Don Fred patty, grilled onion, grilled rashers, melted cheddar, iceberg lettuce, parmesan sauce & tomato

THE DON 23

Don Fred patty, grilled eggless egg, parmesan sauce, crispy asparagus, grilled onion topped with grated parmesan

Please let us know of any allergy.
Cashless