**WOOD FIRED PIZZA**

BUFFALO MARGHERITA  
Napoli sauce, oregano, tomato, mozzarella, smoked ham & pineapple 19.90

TROPICAL  
Napoli sauce, mozzarella, smoked ham & pineapple 19.90

PROSCIUTTO  
Napoli sauce, mozzarella, gorgonzola, mascarpone, prosciutto & fresh basil 23.90

BEER MEAT LOVERS  
Napoli sauce, mozzarella, roast chicken, hot salami, bacon, Spanish onion & Groove’s BBQ sauce 24.90

CAPRICCIO  
Napoli sauce, mozzarella, smoked ham & kalamata olives 21.90

TANDOORI CHICKEN  
Napoli sauce, mozzarella, baby spinach, tandoori chicken, Spanish onion & tzatziki 22.90

**WOOD FIRED CALZONE**

HOTTE  
Napoli sauce, buffalo mozzarella, chorizo, Spanish onion, kalamata olives, roasted red peppers & fresh chilli 21.90

SEALIFE  
Prawns, scallops, calamari, mascarpone, spinach, onion & garlic 24.90

**WOKS AND PASTA**

CHICKEN WOK-FRIED HOKKIEN NOODLES  
Tender chicken pieces tossed in a rich Malaysian satay sauce of peanuts, soy, chilli, garlic & shrimp paste & served with Asian greens, fresh coriander, bean shoots & sesame seeds 23.90

VEGGIE WOK-FRIED HOKKIEN NOODLES  
Asian greens tossed in a sweet soy, chilli & ginger sauce with fresh coriander, bean shoots & sesame seeds 20.00

SATAY CHICKEN  
Tender chicken pieces tossed in a rich Indonesian satay sauce of peanuts, soy, chilli, garlic & shrimp paste & served with fresh coriander, bean shoots & rice 24.90

THAI RED SEAFOOD CURRY  
Tossed prawns, mussels, scallops, calamari, & fish pieces in a spicy red chilli sauce with lemongrass, galangal, shrimp paste, coconut cream & jasmine rice 24.90

INDIAN BUTTER CHICKEN  
Tender chicken pieces cooked in our Indian butter sauce, served on jasmine rice with pappadums & rataja grooves 20.00

NASI GORENG  
Indonesian style fried rice, shrimp sauce, prawns, beef, chicken, Asian greens & topped with coriander, fried shallots & a fried egg 22.90

**THE DESSERTS**

NUTELLA CALZONE  
Nutella hazelnut chocolate, fresh strawberries & chocolate sauce, served with a choice of vanilla or marshmallow cream 19.90

DARK CHOCOLATE MOUSSE  
Topped with whipped cream & fresh strawberries 8.50

TIRAMISU  
Our spin on an Italian classic, biscuit layered espresso coffee dessert 8.50

**MORE CAKES**  
See our cake display selection of individual cakes

**DIETARY REQUIREMENTS**

Vegetarian & Gluten Free

For anaphylaxis, coeliac or any other dietary requirements, please alert our staff to assist you with your meal. Failure to communicate your dietary requirements may lead to a severe allergic reaction.

**GLUTEN FREE PASTA**

**EXTRA**

*All pasta & risotto dishes are garnished with Parmesan cheese (excluding seafood dishes)*

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**ALL DAY MENU**

**SOMETHING TO START**

SOUP OF THE DAY  
Homemade soup of the day, served with crusty ciabatta bread $11.90

RUSTIC EGGPLANT CHIPS  
House cut parmesan crumbed eggplant, served on a balsamic reduction with aioli 13.90

BOWL OF CHIPS  
With tomato sauce 8.90

GARLIC PIZZA  
Garlic, oil & herbs 12.50

With mozzarella 2.50

ROSEMARY & OLIVE PIZZA  
With e.v.o.o & sea salt 12.90

CRUNCHY BRUSCHETTA  
Grilled pesto ciabatta, tomato slices, Spanish onion, garlic, basil, parmesan, balsamic reduction & e.v.o.o 12.50

ARANCINI  
Green peas, pepper, mozzarella, basil, arborio rice & parmesan crumbed, served with arrabbiata sauce 13.50

POTATO WEDGES  
With sour cream & sweet chilli sauce 10.90

GROOVES TASTING FAVOURITES  
Selection of your favourite starters: eggplant chips, salt & pepper calamari, bruschetta & arancini, served with Spanish choricio sausage; served with dipping sauces 23.90

DUO OF DIPS  
Home style selection of classic dips, served with wood fired crusty bread & e.v.o.o 17.90

SALT & PEPPER CALAMARI  
Floured in lemon pepper & lightly fried with tartare sauce & lemon 13.50

NACHOS  
Home made corn chips with tasty cheese, fresh salsa & jalapeños, with guacamole & sour cream 14.60

**PASTA TASTES AND RISOTTOS**

CHICKEN RISOTTO  
Roasted chicken, mushrooms, semi dried tomatoes, baby spinach, arborio rice & shaved parmesan 23.90

FOREST MUSHROOM RISOTTO  
Pan seared wild mushroom, semi dried tomatoes, red onion, garlic, basil & white wine reduction 23.90

PRAWN & CALAMARI RISOTTO  
Our spin on an Italian classic, biscuit layered espresso coffee dessert 23.90

PRAWN & CALAMARI RISOTTO  
Grilled calamari with a slaw style salad of cabbage, cucumber, warm kipfler potatoes, mesclun salad, Spanish onion & balsamic reduction 23.90

THAI CALAMARI SALAD  
Fried calamari, served with fresh greens & topped with coriander, fried shallots & a fried egg 22.90

Moroccan lamb cutlets, rustic tomato, cucumber, Spanish onion & a smoked salmon rosetté 26.90

PAN-FRIED GNOCCHI  
Pan-fried bacon, garlic, roasted red capsicum, kalamata olives, with a hint of garlic, Napo sauce & shaved parmesan 20.90

**PAN-FRIED GNOCCHI**  
Spinach, roasted pumpkin, sage, cream & shaved parmesan 23.90

**THE GREEN ROOM**

CHICKEN & COUS COUS SALAD  
Chicken, almonds & cous cous stack, mesclun salad, ripe tomatoes, cucumber, Spanish onion & tzatziki 21.90

WARM BEEF SALAD  
Pan seared beef strips, mesclun salad, semi-dried tomatoes, cucumber, roasted red capsicum, Spanish onion, bean shoots, sweet potato crisps & honey mustard soy dressing 22.90

CLASSIC CAESAR SALAD  
Cos lettuce tossed with crispy bacon, pesto croutons, shaved parmesan, anchovy dressing, croutons, topped with a poached egg 17.90

Add chicken tenders 20.90

CHICKEN SALAD  
Tender chicken tenders served warm, cherry tomatoes, cucumber, warm potato salad, mesclun salad, Spanish onion & Groove’s mayo 20.90

THAI CALAMARI SALAD  
Crispy fried calamari with a slow style salad of cucumber, carrots, Spanish onion, fresh mint, coriander & Thai dressing 23.90

CHAR-GRILLED GREEN LAMB SALAD  
Lamb fillet, rustic tomato, cucumber, Spanish onion, kalamata olives, parsley, cos lettuce, feta, lemon vinaigrette, tzatziki & flatbread 28.90

**THE MEAL**

**PIPES**

**GROOVY MAINS**

**STEAK**

CHAR GRILLED  
*All our Beef is grass fed & sourced from farmers with over 40 years experience in the Victorian High Country & Gippsland Region*

GROOVES MIXED GRILL PLATE  
Grilled strips of sirloin steak, lamb fillet, bacon, chicken tenders, Italian pork sausages, skewered and served, with steak fries & salad 39.50

PORTERHOUSE STEAK  
Grilled to your liking & served with roasted kipfler potatoes & beef jus 33.00

CHAR-GRILLED RIB EYE STEAK 35GM  
Grilled rib eye, served with your liking & served with roasted kipfler potatoes & beef jus 35.00

**SAUCE TO GO WITH YOUR MEAT** 3.50  
• Green Peppercorn • Creamy Mushroom • Hollandaise

**GROOVES FISHERMAN'S BASKET** 35GM  
Beer battered fish fillets, marinated grilled tiger prawns, scallops, salt & peppered calamari, served with salad & tartare sauce & lemon 35.00

**FISH & CHIPS**  
Beer battered fish fillets, lemon, tartare sauce & chips 22.50

SALTED & PEPPER CALAMARI  
Floured in lemon pepper & lightly fried with tartare sauce & lemon 25.90

**CHICKEN PARMIGIANA**  
Groove’s crumbed chicken breast topped with mozzarella, Napoli sauce & parmesan, served with salad & chips 24.90

**MOROCCAN LAMB**  
Moroccan spiced lamb rasher, on savarin rice with toasted flaked almonds & topped with spiced yoghurt 26.90

**RAISED BEEF CHEEK**  
Slow cooked braised beef cheek with confit garlic mash, green beans, gremolata & red wine jus 32.00

**POLENTA & ROASTED VEGETABLE STEAK** 35GM  
Grilled steak fillet, served with oven roasted vegetables, fresh ricotta, pesto, Napoli sauce & wild roquette 21.90

**CLUB SANDWICH** 35GM  
Triple layered with lettuce, tomato, grilled bacon, fried egg, chicken & cheese 21.90

**LAMB OR CHICKEN SOUVLAKI** 35GM  
Homemade pita wrap with lettuce, tomato, Spanish onion & tzatziki, served with lamb fillets 22.90 or With chicken tenders 21.90

**THE BEEF & BACON BURGER** 35GM  
Angus beef patty, American high melt cheese, cos lettuce, tomato, smoked long bacon rasher, French mustard, Groove’s BBQ sauce & mayo on a brioche bun 21.50 Single 25.50 Double

**THE VEGGIE BURGER** 35GM  
Grilled pumpkin & chickpea patty, cos lettuce, tomato, beetroot relish & curry yoghurt on a brioche bun 19.50

**CRISPY SOUTHERN FRIED CHICKEN BURGER** 35GM  
Grilled fried chicken fillet, crispy long rasher bacon, tasty cheese, cos lettuce, tomato, mayo & Groove’s BBQ sauce on a brioche bun 21.00

**STEAK SANDWICH** 35GM  
Minute steak, sliced tomato, tasty cheese, red onion jam, wild roquette & aoli 21.90

**FISH OF THE DAY**  
See our daily specials board: P.O.A.
**BREAKFAST MENU**

**START THE DAY**

**GRANOLA**
Slow toasted muesli mix, with nuts, seeds, coconut, mixed berry compote & sweetened yoghurt 9.50

**FRESH FRUIT SALAD**
With sweetened yoghurt 9.50

**FRENCH TOAST**
With maple syrup, cinnamon & icing sugar 9.90
With grilled banana 2.00

**TRIPLE STACK PANCAKES**
With mixed berry compote, maple syrup & icing sugar 12.90
With ice cream 2.00

**TOAST SELECTION**
White, sourdough, multigrain, fruit (contains nuts) with assorted jams & spreads 5.90

**GLUTEN FREE TOAST**
With a choice of assorted jams & spreads 6.90

**GRILLED HAM, CHEESE & TOMATO TOASTIE**
Good old classic with smoked ham, tasty cheese & tomato 8.90

**BACON, EGG & CHEESE FOCACCIA**
With BBQ sauce 10.90

**EGGS ON TOAST**
Choice of poached, scrambled or fried on toasted sourdough 9.50
With bacon 13.50

**SPANISH SAVOURY EGGS**
Scrambled eggs, chorizo, semi-dried tomatoes, Spanish onion & kalamata olives on toasted sourdough 15.90

**EGGS BENNY**
Poached eggs with hollandaise sauce on an English muffin
With smoked ham 14.90 or With bacon 15.90

**BREKKY BURGER**
Bacon, egg, avocado, tasty cheese, wild roquette, a hash brown & tomato relish 14.50

**FOREST MUSHROOMS**
Sautéed exotic mushrooms, goats cheese & e.v.o.o on toasted sourdough 16.90

**CORN FRITTERS**
Grilled fritters, smoked salmon, wild roquette, poached eggs, lime & coriander yoghurt 17.50

**SMASHED AVOCADO WITH POACHED EGGS**
Avocado, Danish feta, parsley, toasted sunflower & pepita seeds, coriander yoghurt 14.90

**BURRITO WRAP**
Spiced beans & cheddar scrambled eggs in a tortilla wrap, topped with tomato salsa, sour cream, guacamole, jalapeños, fresh coriander & e.v.o.o 14.90

**HEARTY VEGETARIAN**
Poached eggs, mushrooms, tomato, baby spinach, Boston beans & a hash brown on toasted multigrain 15.90

**THE WHOLE GROOVY HOG**
Fried eggs, bacon, talian pork sausage, tomato, onions, mushrooms & a hash brown on toasted sourdough 18.90

**HIGH RISER OMELETTE**
On tossed sourdough with a choice of up to 4 fillings: 14.90
- Smoked Ham
- Bacon
- Cheese
- Tomato
- Mushrooms
- Spinach
- Danish Feta
- Kalamata Olives
- Capsicum
- Spinach
- Chorizo

**EGGS AND MORE**

**FOCACCIAS**

**SMOKED SALMON**
Cream cheese, capers, Spanish onion & mesclun salad 16.90

**GRILLED CHICKEN**
Avocado, mayonnaise, mushrooms, semi-dried tomatoes & tasty cheese 14.50

**MIXED VEGETABLES & TOAST**
Grilled chicken, mixed veggies & toast 10.90

**FOODS AND DRINK**

**COFFEE AND CAKE**

**ALL DAY**

**INDIVIDUAL CAKES & YOUR FAVOURE WELCOME**
For a selection of tempting individual cakes please see our cake display in store

**COFFEE**

**MILD TO MEDIUM STRENGTH**

**FOR MILD TO MEDIUM STRENGTH**

**GROOVE PRESS CUP PROFILE**

Valvet body, Milk Chocolate, Toasted Cashews, Sweet Spice, Lingering Honey Finish

**KIDS BREKXY**

**EXTRA VIRGIN OLIVE OIL SIGNATURE DISH**

**ENJOY THE CAFE VIBE WITH OUR VERY OWN CRAFT ROASTED COFFEE, GROOVE PRESS - AN INTRICATE, COMPLEX SOURCED BLEND, DESIGNED FOR MILD TO MEDIUM STRENGTH**

**SIGN UP TODAY**

Grab your card in store & receive great offers

**GRAB YOUR CARD**

**AND ACTIVATE ONLINE**

**ON THE GROOVE CLUB**

**Dietary Requirements**

* Vegetarian & Gluten Free

For allergies, Celiac or any other dietary requests, please alert our staff to assist you with menu choices. Whilst all care is taken when catering for special requirements, we cannot guarantee an allergy free environment. Please note that within the premises we handle nuts, seafood, shelfish, sesame seeds, wheat flour, eggs, fings, meat, onion, garlic & dairy products.

**Kids Menu**

* Every Kids meal comes with a dessert of Vanilla Ice Cream & Topping

**Kids Extras**

- Bacon
- Egg
- Hash Brown
- Avocado
- Gluten Free Toast

**Kids Menu from 11:30 AM**

**Ice Cream & Topping**

**Margherita Wood Fired Pizza**
Napol sauce & mozzarella (no herbs) 12.50

**Tropical Wood Fired Pizza**
Smoked ham, pineapple, pepperoni, Napol sauce & mozzarella 12.50

**Spaghetti Bolognese**
With traditional Bolognese sauce 12.50

**Penne Napoletana**
With traditional Napol homemade tomato base sauce 12.50

*Gluten Free Pasta 4.50

**BEEF OR CHICKEN BURGER WITH CHIPS**
Choice of beef patty or chicken tenderloins with lettuce, cheese & tomato sauce 12.50

**GRILLED CHICKEN FILLET WITH CHIPS**
Crumbed chicken tenderloins 12.50

**Fish & Chips**
Battered fish fillet, served with chips 12.50

**Grilled Fish**
Lightly dusted with seasoned flour & fried 12.50

**Kids Sides**

- Mixed Veggies
- Chips
- Garden Salad

**Kids Drinks**

- Kids Juices
- Milk Shakes
- Hot Chocolate
- Iced Chocolate

*All Kids Menus are for children 12 years & Under