

## Groovy Starters

Garlic Pizza [v] - garlic oil & herbs	11.90
Garlic Bruschetta Pizza [v] - topped with a bruschetta mix of ripe tomatoes, marinated with Spanish onion & basil, topped with shaved parmesan	13.90
Pizza di Formaggio [v] - mozzarella cheese, olive oil, garlic & oregano	13.90
Soup of the Day - served with warm Turkish bread	10.90
3 Dip Platter [v] - a combination of fresh dips, marinated olives, semi-dried tomatoes, marinated roasted vegetables, mushrooms, bell peppers & eggplant, with fetta & accompanied with fresh vegetable fingers & warm Turkish bread	18.90
Chunky & Funky Nachos [v] - crisp corn chips & cheese combination, loaded with fresh salsa, guacamole, sour cream & jalapeños	13.90
Bowl of Chips - served with tomato sauce	8.50
Groovy Eggplant Chips [v] - parmesan crumbed & stacked on a balsamic reduction, served with aioli	13.90
Groovy Potato Wedges [v] - served with sour cream & sweet chilli sauce	9.50
Groovy Potato Chunks [gv] - seasoned with garlic, rosemary & sea salt, served with sour cream	8.90
Crunchy Bruschetta [v] - ripe tomatoes marinated with Spanish onion & basil, set on chunky pesto ciabatta, topped with shaved parmesan	11.90
Fried Calamari - lightly floured with lemon pepper & lightly fried, garnished with salad & fresh lemon, served with tartare sauce & chips	15.90
Asian Tasting Platter - mini dim sims, spring rolls, samosas, prawn parcels, served with a honey soy dipping sauce	14.90

## The Green Room

Warm Lamb & Cous Cous Salad - tender lamb fillets placed on a fruit & walnut filled cous cous stack, garnished with mesclun salad, tomatoes, cucumber, Spanish onion & topped with tzatziki	19.90
Warm Beef Salad - tender beef strips placed on a bed of mesclun salad with semi-dried tomatoes, cucumber, red capsicum, Spanish onion & black olives, drizzled with honey mustard soy dressing & garnished with sweet potato chips	17.90
Groove to the Caesar Salad - cos lettuce tossed with crispy bacon, pesto croutons, shaved parmesan cheese, anchovy Caesar dressing & topped with a poached egg	14.90
Warm Chicken Salad - on mesclun salad with bacon, potatoes, tomatoes, cucumber, Spanish onion & a light mayonnaise dressing	With Chicken 18.90
Grilled Calamari Salad - on rocket & baby spinach salad with snow pea sprouts, tomatoes, cucumber, Spanish onion & finished with a balsamic & olive oil vinaigrette	18.90
Smoked Salmon Salad [g] - mixed salad with chilled green beans, potatoes, tomatoes, baby spinach & cucumber, tossed in a whole grain mustard mayonnaise	19.90
Greek Salad - cos lettuce tossed with black olives, garden tomatoes, cucumber, Spanish onion, fresh fetta & vinaigrette	14.90
Grilled Chicken & Cous Cous Salad - chicken tenderloins placed on mesclun salad with tomatoes, cucumber, Spanish onion & a cous cous stack topped with tzatziki & almond flakes	With Lamb 19.90

## Woks & Curries

Groovy Tom Yum - rice noodles in a clear spicy Thai soup with assorted seafood, Asian greens & garnished with fresh coriander	17.90
Wok-Fried Hokkien Noodles - with tender marinated chicken pieces, pan tossed with Asian greens, topped with an Asian soy, coriander, ginger & chilli sauce, garnished with sesame seeds, bean shoots & fresh coriander	17.90
Satay Chicken - sautéed chicken fillet pieces in a rich Satay sauce, served with Asian greens & steamed Jasmine rice, garnished with bean shoots & fresh coriander	22.90
Yellow Thai Curry Chicken - with Asian greens & red capsicum, served on top of steamed Jasmine rice & garnished with bean shoots, fried shallots & fresh coriander	23.90
Thai Red Seafood Curry - prawns, mussels, scallops, calamari & fish pieces, served with steamed Jasmine rice & garnished with bean shoots, fried shallots & fresh coriander	24.90
Traditional Indian Butter Chicken Curry - tender chicken pieces, Indian spices, with tomato & cream, served on Jasmine rice, with crispy pappadums & cucumber yoghurt, garnished with fresh coriander	21.90
Groove Nasi Goreng - Indonesian style fried rice tossed with prawns, beef & chicken, shrimp paste, ginger, chilli & garlic, egg, ketjap manis [sweet soy sauce] Asian greens & garnished with shredded lettuce & freshly diced tomatoes	18.90

## Groovy Pastabilities & Risottos

Chicken Risotto [g] - Arborio rice with mushrooms, onions & baby spinach	19.90
Pumpkin & Spinach Risotto [gv] - Arborio rice with oven roasted capsicum, pumpkin, baby spinach, spring onions & creamy fetta cheese	18.90
King Prawn & Calamari Risotto - Arborio rice, king prawns & calamari with semi-dried tomatoes & baby spinach topped with a smoked salmon rosette	23.90
Spaghetti Bolognese - traditional homemade Groove Bolognese sauce with a rich Napolitana base	18.90
Chicken & Pesto Passion - chicken pieces sautéed with chick peas & white wine in a creamy pesto sauce, tossed in Rigatoni	18.90
Spaghetti alla Groove - with chicken pieces, avocado, spring onions, tossed in a creamy pesto & Napoli sauce	18.90
Traditional Fettuccine Carbonara - with pan-fried bacon & spring onions, tossed in a creamy egg yolk & parmesan cheese sauce	18.90
Spaghetti Marinara - with a selection of fresh seafood tossed with garlic & olive oil	23.90
Penne Matriciana - pan-fried bacon, garlic, capsicum, spring onions & black olives, with a hint of chilli tossed in Napoli sauce	18.90
Pan-Fried Gnocchi - with spinach, roasted pumpkin & sage, laced with cream & parmesan cheese	17.90
Tortellini Al Fredo - with pan-fried bacon, mushrooms & spring onions tossed in a rich cream sauce	18.90
Gluten Free Pasta [g] - with a sauce of your choice	additional 4.00

**“All pasta & risotto dishes are garnished with shaved parmesan cheese [excluding seafood]”**

## Mains

Fish & Chips - in lemon peppered beer batter, served with fresh lemon, tartare sauce, garden salad & chips	21.90
Fried Calamari - lightly floured with lemon pepper & lightly fried, served with fresh lemon, tartare sauce, salad & chips	22.90
Chicken Parmigiana - topped with melted mozzarella cheese, Napoli sauce & parmesan cheese, served with salad & chips	20.90
Veal Parmigiana - topped with ham & cheese, Bolognese sauce & parmesan cheese, served with salad & chips	22.90
Moroccan Lamb - tender casserole lamb pieces in Moroccan spices, served on sweet potato mash with sun-dried tomato, pesto & a touch of Napoli sauce, served with a garden salad	23.90
Polenta & Roasted Vegetable Stack [gv] - layers of polenta with oven roasted vegetables, fresh ricotta cheese, tangy pesto & topped with the Train’s own rich red sauce, garnished with rocket	18.90
Club Sandwich - 3 layers of bread filled with lettuce, tomato, grilled bacon, fried egg, mayonnaise & chicken, served with chips	17.90
Groovy Lamb or Chicken Souvlaki - topped with lettuce, tomato, Spanish onion & tzatziki sauce in a home made pita wrap, served with chips	17.90
Groove Burgers - choice of beef or chicken, accompanied with egg, lettuce, tomato, beetroot, bacon & mayonnaise, served with chips	17.90
Veggie Burger [v] - sautéed fresh vegetables, accompanied with egg, lettuce, tomato, beetroot & mayonnaise, served with chips	17.90
Grooves Steak Sandwich - tender minute steak with sautéed mushrooms, grilled tomatoes, tasty cheese, rocket & seeded mustard mayonnaise, on sourdough bread & served with tomato chutney & steak fries	18.90
Porterhouse Steak [g] - cooked to your liking, served on a sweet potato mash with stir-fried vegetables & topped with beef jus	27.90
350gm Char-grilled Rib Eye Steak [g] - cooked to your liking, served on roasted potatoes with beef jus & a side garden salad	32.90
Garlic Prawns - tiger prawns in a creamy white garlic sauce, served on steamed Jasmine rice with mesclun salad	24.90
Fish of the Day - see our daily specials board	

## Wood Fired Pizza

WD-F*1 Margherita [v] - Napoli sauce, mozzarella cheese, oregano & fresh basil	15.90
WD-F*2 Napoletana - anchovy, black olives, fresh chilli, Napoli sauce & mozzarella cheese	17.90
WD-F*3 Tropical - pineapple, Virginian ham, Napoli sauce, topped with mozzarella cheese	17.90
WD-F*4 Prosciutto - Napoli sauce, mozzarella cheese, gorgonzola cheese, mascarpone & freshly sliced prosciutto, garnished with fresh basil	21.90
WD-F*5 Pizza di Salami - mild salami, Napoli sauce, mozzarella cheese, red capsicum, onion & black olives	18.90
WD-F*6 Salmone - smoked salmon, Napoli sauce, Spanish onion, cream cheese & capers	20.90
WD-F*7 Pollo Pizza - chicken, Napoli sauce, mozzarella cheese, red capsicum, semi sun-dried tomatoes & avocado	19.90
WD-F*8 Spanish Chorizo - Napoli sauce, mozzarella cheese, Spanish chorizo, Spanish onion, black olives & roasted capsicum	19.90
WD-F*9 Gourmet Vegetarian [v] - mozzarella cheese, Napoli sauce, roast pumpkin, fetta cheese, topped with rocket, balsamic reduction, pine nuts & shaved parmesan cheese	18.90
WD-F*10 Pizza di Carne - Napoli sauce, mozzarella cheese, Virginian ham, Italian salami, bacon & capsicum	19.90
WD-F*11 Capriccio - Napoli sauce, mozzarella cheese, Virginian ham, mushrooms & black olives	18.90
WD-F*12 Pizza di Mare - Napoli sauce, mozzarella cheese, onion, fresh seafood, garlic & chilli	21.90
WD-F*13 Grooves Lamb Pizza - Napoli sauce, mozzarella cheese, roasted lamb, onion, black olives & spinach, topped with tzatziki	20.90
WD-F*14 Ortolano [v] - mozzarella cheese, Napoli sauce, sliced roasted potato, eggplant, zucchini & capsicum, drizzled with garlic oil & topped with a touch of parmesan & fresh basil	18.90

## Calzone

C1 Vegetable [v] - oven roasted vegetables, pesto & ricotta cheese	16.90
C2 Virginian Ham - potato, tomato, onion, Virginian ham & mozzarella cheese	16.90
C3 Chicken - chicken, ricotta cheese, onion, spinach & semi-dried tomatoes	17.90
C4 Lamb - roasted Spanish onion, fresh tomato, basil & roasted capsicum	19.90
C5 Seafood - with assorted fresh seafood, prawns, mussels, scallops & calamari with mascarpone, baby spinach & onion	19.90
C6 Spanish Chorizo - with mozzarella cheese, Spanish chorizo, potatoes, onion, baby spinach & ripe tomatoes	17.90
C7 Dessert Calzone [v] - Nutella hazelnut chocolate filled calzone with fresh strawberries, served with chocolate sauce, ice cream or cream	14.90

**“All Calzone are served on top of a Napoli & Pesto sauce [excluding Dessert Calzone]”**

## Focaccia

Salmon - smoked salmon, cream cheese, capers, Spanish onion & mesclun salad	11.90
Chicken Schnitzel - grilled crumbed chicken fillet with tasty cheese, tomato, mixed lettuce leaves & mayonnaise	12.90
Vegetarian [v] - oven roasted vegetables with Napoli sauce, fetta & pesto sauce	10.90
Mild Salami - with semi-dried tomatoes, roasted onion, roasted red capsicum, fresh olive spread with ricotta cheese	10.90
Ham Lovers - shaved Virginian ham, tasty cheese, tomato & seeded mustard	10.90
Grilled Chicken - grilled chicken, mushrooms, semi-dried tomatoes, tasty cheese & avocado	10.90
BLT - grilled bacon, lettuce, tomato & mayonnaise	10.90
Served with Chips	extra 3.50

**See specials board for something different**

**Dessert - See display cabinet for daily selection** [v] Vegetarian

**No bill splitting - One bill per table** [g] Gluten Free

# THE Groove Train

# TRAIN

## Beverage, Beer & Wine List

### Hot & Cold Beverages

#### Hot

Coffee - Premium Estate Blend	
Short Black, Short Macchiato, Piccolo	3.30
Latte, Cappuccino, Flat White, Long Black, Long Macchiato	3.50
Mocha	mug 4.50 extra 30¢
Affogato	4.00
Decaf	extra 50¢
Soy	extra 50¢
Hot Chocolate with Marshmallows	mug 4.50
Chai Latte	4.50

<b>Pot of Tea</b> by Tea Drop	3.80
Honeydew Green, Cleopatra's Champagne, English Breakfast, Peppermint, Malabar Chai, Fruits of Eden, Supreme Earl Grey	

<b>Juices</b>	
Orange, Apple, Pineapple	4.20
Mango, Guava, Tomato, Cranberry	4.50
Italian Red Orange	4.80

#### Cold Beverages

Coke, Diet Coke, Coke Zero, Sprite, Fanta, Lift	250ml bottles 3.90
Lemon, Lime & Bitters	4.20
Flavoured San Pellegrino - Aranciata, Chinotto, Limonata, Aranciata Rossa	200ml 3.90
San Pellegrino Sparkling Mineral Water	500ml 4.90
Mount Franklin Still Water	600ml 3.00
Bloody Mary	9.50
Virgin Mary	5.50

<b>Iced Drinks</b>	
Iced Chocolate / Coffee / Mocha	5.00
Flavoured San Benedetto Iced Tea Lemon, Green, Peach	4.50

<b>Milkshakes</b>	5.00
Chocolate, Caramel, Vanilla, Lime, Strawberry, Blue Heaven, Banana Malt	extra 60¢

### Sparkling Wine

Johnny Q Brut Cuvée	South East Australia	6.50	29.00
The Lane "Lois" Blanc de Blancs	Adelaide Hills, SA	8.00	37.00
Balgownie Estate Sparkling Rosé	Bendigo, VIC	8.00	37.00

### White Wine

House - Johnny Q Chardonnay	Padthaway, SA	6.50	29.00
House - Johnny Q Semillon/Sauvignon Blanc	Adelaide Hills, SA	6.50	29.00
Maude Pinot Gris	Central Otago, NZ	9.00	42.00
Fraser Gallop Semillon Sauvignon Blanc	Margaret River, WA	9.00	40.00
Babich "Black Label" Sauvignon Blanc	Marlborough, NZ	9.00	40.00
Juniper Estate Sauvignon Blanc	Margaret River, WA	8.00	37.00
Ross Hill "Maya" Chardonnay	Orange, NSW	9.00	40.00
The Lane Unwooded Chardonnay	Adelaide Hills, SA	8.00	37.00
Sevenhill Riesling	Clare Valley, SA	8.00	37.00
Delatite Riesling [Late Harvest] [Sweet]	Mansfield, VIC	9.00	40.00
Johnny Q Moscato	Riverina, NSW	6.50	29.00

### Red Wine

House - Johnny Q Shiraz	Padthaway, SA	6.50	29.00
House - Johnny Q Cabernet Sauvignon	South Eastern Australia	6.50	29.00
Seville "Barber" Pinot Noir	Yarra Valley, VIC	9.00	40.00
Sevenhill "Inigo" Merlot	Clare Valley, SA	9.00	40.00
Ralph Fowler Shiraz/Viognier	Mt Benson, SA	8.50	39.00
Reschke "Vitulus" Cabernet Sauvignon	Coonawarra, SA	9.50	42.00
Fraser Gallop Cabernet Merlot	Margaret River, WA	9.00	40.00
Woodstock "The OCTOgenarian" Grenache Tempranillo	McLaren Vale, SA	9.50	44.00
The Lane "Block 5" Shiraz	Adelaide Hills, SA	9.50	44.00
Woodstock Rosé [Sweet]	McLaren Vale, SA	8.00	37.00
Maverick "Twins" Grenache Shiraz Mourvedre	Barossa Valley, SA	9.50	44.00
Woodstock Shiraz/Cabernet	McLaren Vale, SA	8.00	37.00
Balgownie Estate "Black Label" Shiraz	Bendigo, VIC	9.00	40.00

### Bottled Beer



Carlton  
Draught

6.50  
AUSTRALIA  
4.6% ALC



Pure Blonde

7.00  
AUSTRALIA  
4.6% ALC



Beez Neez

7.50  
AUSTRALIA  
5.1% ALC



Fat Yak

7.50  
AUSTRALIA  
5.1% ALC



Peroni  
Nastro Azzurro

8.00  
ITALY  
5.1% ALC



Stella Artois

8.00  
BELGIUM  
5% ALC



Bulmers  
Original

8.00  
ENGLAND  
4.7% ALC



Asahi  
Super Dry

8.00  
JAPAN  
5% ALC



Carlsberg

8.00  
DENMARK  
4.8% ALC



Corona

8.50  
MEXICO  
5.1% ALC

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www.groovetrain.com.au

The Groove Train - Melbourne Central  
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Heineken 8.00 | James Boag's Premium 7.00 | Peroni Leggera 7.50 | Crown Lager 7.00  
Coopers Sparkling Ale 6.50 | Victoria Bitter 6.50 | Cascade Premium Light 5.50