

Beverage & Wine List

THE GROOVE TRAIN

Hot & Cold Beverages

Hot

Coffee by Veneziano - 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

Pot of Tea by Tea Drop

Honeydew Green, Cleopatra's Champagne, English Breakfast, Peppermint, Malabar Chai, Fruits of Eden, Lavender Grey	3.80
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Juices

Orange, Pineapple, Apple	4.20
Mango, Guava, Tomato, Cranberry	4.50
Italian Red Orange	4.80

Milkshakes

Chocolate, Caramel, Vanilla, Lime, Strawberry, Blue Heaven, Banana Malt	5.00 extra 60¢
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Soft Drinks

Coke, Diet Coke, Coke Zero, Sprite, Fanta, Lift	250ml bottles 3.90
Lemon, Lime & Bitters	4.20

Cold Beverages

Flavoured San Pellegrino - Aranciata, Chinotto, Limonata, Aranciata Rossa	200ml 3.90
San Pellegrino Sparkling Mineral Water	500ml 4.90
Beloka Estate Natural Mineral Water	500ml 4.00
Mount Franklin Still Water	600ml 3.00
Red Bull Energy Drink	6.00
Bloody Mary	9.50
Virgin Mary	5.50

Iced Drinks

Iced Chocolate / Coffee / Mocha	5.00
Flavoured San Benedetto Iced Tea Lemon, Green, Peach	4.50

Sparkling Wine

Johnny Q Brut Cuvée	South East Australia	6.50	28.00
Hungerford Hill Sparkling Cuvée	Hunter Valley, NSW	7.50	33.00
La Cache Sparkling Rosé	Margaret River, WA	8.50	39.00
Balgownie Estate Sparkling Shiraz	Bendigo, VIC		43.00

White Wine

House - Johnny Q Chardonnay or Semillon Sauvignon Blanc	Adelaide Hills, SA	6.50	28.00
Sevenhill Riesling	Clare Valley, SA	7.50	33.00
Fishcage Sauvignon Blanc Semillon	Adelaide Hills, SA	7.50	33.00
Fraser Gallop Semillon Sauvignon Blanc	Margaret River, WA	7.50	33.00
Babich Black Label Sauvignon Blanc	Marlborough, NZ	8.50	39.00
Forester Estate Sauvignon Blanc	Margaret River, WA	8.00	37.00
Fonty's Pool Chardonnay	Pemberton, WA	8.50	39.00
The Lane Unwooded Chardonnay	Adelaide Hills, SA	8.00	37.00
Babich Pinot Gris	Marlborough, NZ	8.50	39.00
Kaesler "RIZZA" Riesling [Sweet]	Barossa Valley, SA	7.50	33.00
Delatite Riesling [Late Harvest] [Sweet]	Mansfield, Vic	7.00	31.00

Red Wine

House - Johnny Q Shiraz or Cabernet	Padthaway, SA	6.50	28.00
Woodstock Shiraz Cabernet	McLaren Vale, SA	7.50	33.00
Fonty's Pool Pinot Noir	Pemberton, WA	8.50	39.00
Sevenhill Merlot	Clare Valley, SA	8.50	39.00
Forester Estate Home Block Shiraz	Margaret River, WA	9.50	43.00
Woodstock Cabernet Sauvignon	McLaren Vale, SA	8.50	39.00
Fraser Gallop Cabernet Merlot	Margaret River, WA	8.00	37.00
Reschke 'Bull Trader' Shiraz	Coonawarra, SA	7.50	33.00
Fishcage Shiraz Viognier	Hunter Valley, NSW	7.50	33.00
Woodstock Rosé	McLaren Vale, SA	7.00	31.00
Kaesler GSM Stone Horse	Barossa Valley, SA	8.50	38.00

Bottled Beer



Heineken



Kirin Ichiban



James Squire
Golden Ale



Boag's
Classic Blonde



Boag's
St George



5 Seeds
Cider



James Boag's
Premium



James Boag's
Premium Light

Corona 8.50 | Stella Artois 8.00 | Peroni Nastro Azzuro 8.00 | Peroni Leggera 7.50
Crown Lager 7.00 | Coopers Sparkling Ale 6.50 | Carlton Draught 6.50 | Victoria Bitter 6.50

The Groove Train - Melbourne Central
melbournecentral@groovetrain.com.au

1300 GROOVE
www.groovetrain.com.au

Groovy Starters

Garlic Pizza - garlic oil & herbs [v]	11.90
Garlic Bruschetta Pizza - topped with a bruschetta mix of ripe tomatoes, [v] marinated with Spanish onion & basil, topped with shaved parmesan	13.90
Pizza di Formaggio - mozzarella cheese, olive oil, garlic & oregano [v]	13.90
Soup of the Day - served with warm Turkish bread	9.90
3 Dip Platter [v] a combination of fresh dips, black olives, semi-dried tomatoes & fresh vegetable fingers, accompanied with warm Turkish bread	15.90
Chunky & Funky Nachos [gv] crisp corn chips & cheese combination, loaded with fresh salsa, guacamole, sour cream & jalapeños	13.90
Bowl of Chips - served with tomato sauce	7.90
Groovy Eggplant Chips [v] parmesan crumbed & stacked on a balsamic reduction, served with aioli	12.90
Groovy Potato Wedges - served with sour cream & sweet chilli sauce [v]	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 floured with lemon pepper & lightly fried, garnished with salad & fresh lemon, served with tartare sauce & chips	15.90
Asian Platter mini dim sims, spring rolls, samosas, prawn parcels, served with a honey soy dipping sauce	14.90
Grilled Saganaki - with a side serve of greek salad	15.90

The Green Room

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

Groovy Pastabilities & Risottos

Chicken Risotto [g] with mushrooms, onions, semi-dried tomato & spinach	19.90
Pumpkin & Spinach Risotto [gv] with oven roasted capsicum, spinach & creamy fetta cheese	18.90
Oven Roasted Vegetable Risotto [gv] with roasted vegetables flavoured with our own rich Napolitana sauce	17.90
King Prawn & Calamari Risotto [g] with semi-dried tomatoes & spinach topped with smoked salmon & a lime wedge	21.90
Spaghetti Bolognese traditional homemade Groove Bolognese sauce with a rich Napolitana base	17.90
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 & a touch of Napoli sauce	21.90
Penne Tuna with chunky tuna, black olives & Spanish onions tossed in a rich Napoli sauce	18.90
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
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	16.90
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
<i>"All pasta & risotto dishes are garnished with parmesan cheese [excluding seafood]"</i>	
Mains	
Fish & Chips in lemon peppered beer batter, served with fresh lemon, tartare sauce, salad & chips	21.90
Fried Calamari floured with lemon pepper & lightly fried, served with fresh lemon, tartare sauce, salad & chips	21.90
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	21.90
Satay Chicken sautéed chicken fillet pieces in a rich Satay sauce, served with Asian greens & Jasmine rice	22.90
Yellow Thai Curry Chicken with Asian greens & red capsicum, served on top of sweet potato mash	23.90
Thai Red Seafood Curry [g] prawns, mussels, scallops, calamari & fish pieces, served with Jasmine rice	23.90
Moroccan Lamb served on a bed of sweet potato topped with sun-dried tomato pesto & a touch of Napoli sauce	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 (optional mixed souvlaki extra 3.00) topped with lettuce, tomato, Spanish onion & tzatziki sauce in a home made pita wrap, served with chips	16.90
Groove Burgers choice of beef or chicken, accompanied with egg, lettuce, tomato, beetroot, bacon & mayonnaise, served with chips	16.90
Veggie Burger [v] sautéed fresh vegetables, accompanied with egg, lettuce, tomato, beetroot & mayonnaise, served with chips	16.90
Grooves Steak Sandwich tender minute steak with roasted capsicums, eggplant, onion, mushrooms & tasty cheese, served between crunchy pesto ciabatta bread, served with chips	18.90
Porterhouse Steak [g] cooked to your liking, served on a sweet potato mash with stir-fried vegetables & topped with beef jus	26.90
350gm Char-grilled Rib Eye Steak [g] cooked to your liking, served on roasted potatoes with beef jus & a side garden salad	31.90
Garlic or Chilli Prawns tiger prawns in a creamy white garlic or chilli rosé sauce, served on steamed Jasmine rice with mesculin salad	23.90
Fish of the Day - see our daily specials board	

[g] Gluten Free

[v] Vegetarian

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 Pizza di Funghi [v] Napoli sauce, mozzarella cheese, mushrooms, garlic, & black olives, garnished with parsley	17.90
WD-F*5 Pizza di Salami mild sopressa 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	20.90
WD-F*8 Oven Roasted Vegetables [v] Napoli sauce, mozzarella cheese & assorted roasted vegetables	17.90
WD-F*9 Gourmet Vegetarian [v] mozzarella cheese, Napoli sauce, roast pumpkin, fetta cheese & pine nuts, topped with rocket, balsamic reduction & 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

Calzone

C1 Vegetable - oven roasted vegetables, pesto & ricotta cheese [v]	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, scallops, calamari, baby octopus, tossed with spinach & onion with a touch of garlic	18.90
C6 Salami & Roasted Potato - with ricotta cheese, 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 & mesculin salad	11.90
Mediterranean [v] pesto, onion, eggplant, capsicum, semi-dried tomatoes & fetta cheese	10.90
Tuna tomatoes, Spanish onion, pesto, lettuce & a seeded mustard mayonnaise	10.90
Vegetarian [v] oven roasted vegetables with Napoli sauce & pesto sauce, with sliced bocconcini cheese	10.90
Sopressa 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

Dessert - See display cabinet for daily selection

All Day Menu - 11.30am till late

**No bill splitting - One bill per table
See specials board for something different**