SOMETHING D START

SOUP OF THE DAY

Homemade soup of the day, served with crusty ciabatta bread II.90

RUSTIC EGGPLANT CHIPS 1 S House cut parmesan crumbed eggplant, served on a balsamic reduction with aioli 13.90

BOWL OF CHIPS With tomato sauce 8.90

GARLIC PIZZA **U** Garlic, oil & herbs 12.50 With mozzarella 2.50 EXTRA

ROSEMARY & OLIVE PIZZA With e.v.o.o & seasalt 12.90

CRUNCHY BRUSCHETTA U Grilled pesto ciabatta, ripe tomatoes, Spanish onion, garlic, basil, shaved parmesan, balsamic reduction & e.v.o.o ||.90

POLENTA CHIPS With a coating of semolina, served with Grooves mayonnaise 10.90

POTATO WEDGES With sour cream & sweet chilli sauce 10.50

GROOVES TASTING FAVOURITES TO SHARE Selection of your favourite starters: eggplant chips, salt & pepper calamari, bruschetta, polenta chips & grilled Spanish chorizo sausage, served with dipping sauces 24.90

DUO OF DIPS U Homestyle selection of classic dips, served with warm flat bread & e.v.o.o 17.50

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

NACHOS Stone ground corn chips with tasty cheese, fresh salsa & jalapeños, with guacamole & sour cream I5.90

PASTABILITIES IN RISOTTOS

CHICKEN RISOTTO

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

FOREST MUSHROOM RISOTTO

Selection of sautéed exotic mushrooms, tossed with arborio rice. finished with goats cheese & shaved parmesan 24.90

PRAWN & CALAMARI RISOTTO

Tiger prawns, calamari quills, semi-dried tomatoes, baby spinach, arborio rice & a smoked salmon rosetté 25.90

PUMPKIN & SPINACH RISOTTO 🚺 🛅

Roasted pumpkin, baby spinach, semi-dried tomatoes, arborio rice, Danish feta & shaved parmesan 22.90

SPAGHETTI BOLOGNESE Spaghetti with traditional Bolognese sauce & shaved parmesan 21.90

TRADITIONAL FETTUCCINE CARBONARA

Bacon, spring onion & cream, finished with egg yolk & shaved parmesan 21.90

SPAGHETTI ALLA GROOVE 🧐

Chicken, avocado, spring onion, basil pesto, cream, Napoli sauce & shaved parmesan 21.90

SPAGHETTI PESCATORE •

Assorted seafood, calamari, fish pieces, mussels, scallops & prawns, tossed with fresh garlic, tomato, e.v.o.o, fresh chilli & parsley 26.90

PENNE AMATRICIANA •

Pan-fried bacon, garlic, roasted red capsicum, kalamata olives, with a hint of chilli, Napoli sauce & shaved parmesan 20.90

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

GLUTEN FREE PASTA 150 EXTRA

ALL DAY MENU FROM 11:30 AM SERVING TIMES MAY VARY FROM STORE

WOOD FIRED PIZZA

MARGHERITA 🚺

Napoli sauce, fior di latte, cherry tomatoes, oregano & fresh basil 18.90

TROPICAL

Napoli sauce, mozzarella, smoked ham & pineapple 19.90

PROSCIUTTO

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

MEAT LOVERS • Napoli sauce, mozzarella, bacon, hot salami, pork mince & Spanish onion 23.90

CAPRICCIO

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

TANDOORI CHICKEN

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

IE GREEN ROOM

GROOVES COUS COUS SALAD 🧐

Fruit & walnut cous cous with mesclun salad, tomato, cucumber, Spanish onion. tzatziki & flaked almonds With grilled chicken tenderloins 21.90 or Grilled lamb fillets 22.90

SEARED 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 caesar dressing, topped with a poached egg 17.90 Add chicken tenderloins 20.90

GRILLED CHICKEN SALAD 📴

Tender chicken tenderloins, cherry tomatoes, cucumber, warm kipfler potatoes, mesclun salad, Spanish onion & Grooves mayonnaise 20.90

THAI CALAMARI SALAD

Crispy fried calamari with a slaw style salad of cabbage, cucumber, carrots, Spanish onion, fresh mint, coriander & Thai dressing 23.90

CHOCOLATEY CALZONE TO SHARE

Nutella hazelnut chocolate, fresh strawberries & chocolate sauce, served with a choice of cream or vanilla ice cream 15.90

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 for a selection of tempting individual cakes

*ALL OUR PIZZAS & CALZONES ARE MADE FRESH TO ORDER IN OUR WOOD FIRED OVENS

SALAMI •

Napoli sauce, mozzarella, hot salami & kalamata olives 21.90

GOURMET VEGETARIAN 🚺

Napoli sauce, mozzarella, roasted pumpkin, Danish feta, pine nuts, rocket, balsamic reduction & shaved parmesan 21.90

GOURMET LAMB

Napoli sauce, mozzarella, grilled lamb fillets, Spanish onion, kalamata olives, spinach & tzatziki 25.90

WOOD FIRED CALZONE

HOTTIE ••• 9

Napoli sauce, fiore di latte, chorizo, Spanish onion, kalamata olives, roasted red peppers & fresh chilli 21.90

SEAFOOD

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

WOKS I CURRIES

CHICKEN HOKKIEN NOODLES •

Tender marinated chicken, wok fried with Asian greens, sweet soy, fresh coriander, ginger, chilli sauce & sesame seeds 23.90

VEGIE WOK-FRIED HOKKIEN NOODLES 🚺 •

Tossed with Asian greens, sweet soy, fresh coriander, ginger, chilli sauce & sesame seeds 19.90

SATAY CHICKEN ••

Tender chicken pieces tossed in a rich satay sauce, served with Asian greens & jasmine rice 24.90

THAI RED SEAFOOD CURRY •••

Spicy red chilli sauce tossed with prawns, mussels, scallops, calamari, fish pieces & jasmine rice 26.90

INDIAN BUTTER CHICKEN

Tender chicken pieces cooked in our Indian butter sauce, served on jasmine rice with pappadums & raita yoghurt 23.90

NASI GORENG •

Indonesian style fried rice, shrimp sauce, prawns, beef, chicken, Asian greens & topped with a fried egg 24.90

● MILD ●● MEDIUM ●●● HOT & SPICY

e.v.o.o EXTRA VIRGIN OLIVE OIL 🥵 SIGNATURE DISH

DIETARY REQUIREMENTS

Vegetarian **GF** Gluten Free 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, shellfish, sesame seeds, wheat flour, eggs, fungi, meat, onion, garlic & dairy products. For any other dietary requests, please alert our staff to assist with your menu choices.

PLALSE NO BILL SPLITTING - ONE BILL PER TABLE

* A surcharge of 15% applies on public holidays on all food & beverage

Grooly MAINS

GROOVES FISHERMANS BASKET WITH CHIPS 🔧

Beer battered fish fillets, marinated grilled tiger prawns, scallops, salt & peppered calamari, served with salad, tartare sauce & lemon 33.50

FISH & CHIPS

Beer battered fish fillets, lemon, tartare sauce & chips 22.50

SALT & PEPPER CALAMARI WITH CHIPS

Floured in lemon pepper & lightly fried with tartare sauce & lemon 23.90

CHICKEN PARMIGIANA 🥞

Grooves crumbed chicken breast topped with mozzarella, Napoli sauce & parmesan, served with salad & chips 24.90

MOROCCAN LAMB

Moroccan spiced lamb ragout, on saffron rice with toasted flaked almonds & topped with spiced yoghurt 26.90

POLENTA & ROASTED VEGETABLE STACK 🚺 📴

Grilled polenta with oven roasted vegetables, fresh ricotta, pesto, Napoli sauce & rocket 20.90

CLUB SANDWICH WITH CHIPS

Triple layered with lettuce, tomato, grilled bacon, fried egg, chicken & mayonnaise 19.90

LAMB OR CHICKEN SOUVLAKI

Homemade pita wrap with lettuce, tomato, Spanish onion & tzatziki With lamb fillets 21.90 or With chicken tenderloins 19.90

BEEF OR CHICKEN BURGERS WITH CHIPS

Choice of beef or chicken with lettuce, tomato, beetroot, bacon, egg & mayonnaise 19.90

VEGIE BURGER

Roasted vegetables with Napoli sauce, fried egg, lettuce, tomato, beetroot & mayonnaise, served with polenta chips & tomato relish 18.90

STEAK SANDWICH WITH CHIPS

Minute steak, sliced tomato, tasty cheese, red onion jam, rocket & aioli 20.90

FISH OF THE DAY See our daily specials board P.O.A

STEAK CHAR GRILLED

*ALL OUR BEEF IS GRASS FED AND SOURCED FROM FARMERS WITH OVER 40 YEARS EXPERIENCE IN THE VICTORIAN HIGH COUNTRY & GIPPSLAND REGION

GROOVES MIXED GRILL PLATE

Combination of sirloin steak, lamb fillet, bacon, chicken tenderloins, Italian pork sausages, skewered and grilled, served with steak fries & salad 37.90

PORTERHOUSE STEAK

Grilled to your liking & served with roasted kipfler potatoes & beef jus 31.90

CHAR-GRILLED RIB EYE STEAK 350GM 🔟

On the bone & cooked to your liking & served with roasted kipfler potatoes & beef jus 33.50

SAUCE TO GO WITH YOUR STEAK 3.50 EACH

• Green Peppercorn • Creamy Mushroom • Hollandaise

GROOLU SIDES 5.50 SIDE SERVING

 Steak Fries
· Polenta Chips
· Potato Wedges
· Kipfler Potatoes · Vegetables · Garden Salad · Greek Salad 7.50

CHEF Specials

FOR SOMETHING DIFFERENT TRY ONE OUR DAILY CHEFS SPECIALS CREATED FROM FRESH SEASONAL PRODUCE



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

GROOVE PRESS CUP PROFILE:

Velvety Body, Milk Chocolate, Toasted Cashews, Sweet Spice, Lingering Honey Finish



SIGN UP TODAY

Grab your card in store & receive great offers

GRAB YOUR CARD AND ACTIVATE ONLINE

* Not a member? Simply ask our friendly staff to join up today. Members must present their club card when ordering to receive monthly offers & more.

e.v.o.o EXTRA VIRGIN OLIVE OIL 🧐 SIGNATURE DISH

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PLACE NO BILL SPLITTING - ONE BILL PER TABLE

* A surcharge of I5% applies on public holidays on all food & beverage

BREAKFAST MENU II:30 AM

START THE DAY

GRANOLA

Slow toasted muesli mix, with nuts, seeds, coconut, mixed berry compotè & 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 EXTRA

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

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

GLUTEN FREE TOAST 📴 With a choice of assorted jams & spreads 6.50

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

BACON, EGG & CHEESE FOCACCIA With barbeque sauce 10.90

Groovy EXTRAS

Egg.	Minute Steak
Tomato 2.50	Hollandaise Sauce 2.50
Bacon 4.00	Fried Onions2.00
Spinach	Hash Brown
Avocado	Boston Beans 3.00
Italian Pork Sausage3.50	Smoked Salmon5.00
Mushrooms 3.00	Gluten Free Toast 2.50
Smoked Ham 3.00	

EGGS ON TOAST 🚺

Choice of poached, scrambled or fried on toasted sourdough 8.50 With bacon 12.50

SPANISH SAVOURY EGGS 🧐 Scrambled eggs, chorizo, semi-dried tomatoes, Spanish onion, & kalamata olives on toasted sourdough I5.90

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 13.90

FOREST MUSHROOMS Sautéed exotic mushrooms, goats cheese & e.v.o.o on toasted sourdough 15.90

CORN FRITTERS Grilled fritters, smoked salmon, wild roquette, poached eggs, lime & coriander yoghurt 16.90

SMASHED AVOCADO WITH SEEDS 🚺

Avocado, Danish feta, parsley, toasted sunflower & pepita seeds on sourdough with lemon & e.v.o.o 12.90

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 13.90

HEARTY VEGETARIAN 🚺

Poached eggs, mushrooms, tomato, baby spinach, boston beans & a hash brown on toasted multigrain 14.90

THE WHOLE GROOVY HOG 🧐

Fried eggs, bacon, Italian pork sausage, tomato, onions, mushrooms & a hash brown on toasted sourdough I7.90

HIGH RISER OMELETTE

On toasted sourdough with a choice of up to 4 fillings: 14.50 Smoked Ham · Bacon · Cheese · Tomato · Mushrooms · Onions Danish Feta · Kalamata Olives · Capsicum · Spinach · Chorizo

***OUR SCRAMBLED EGGS & OMELETTES CONTAIN DAIRY**

FOCACCIAS UNTIL 5 PM

SMOKED SALMON

Cream cheese, capers, Spanish onion & mesclun salad 16.90

GRILLED CHICKEN

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

*ALL OF OUR FOCACCIAS ARE SERVED WITH SALAD

PUMPKIN & SPINACH 🚺

Roasted pumpkin, spinach, chickpeas, roasted red capsicum & Danish feta 13.90

B.L.A.T Grilled bacon, lettuce, avocado, tomato & mayonnaise 14.50

Add CHIPS Add chips to your order 5.50 EXTRA

COFFEE M CAKE ALL DAY

*CAKE SELECTIONS MAY VARY FROM STORES

INDIVIDUAL CAKES & YOUR FAVOURITE COFFEE for a selection of tempting individual cakes please see our cake display in store



1300 GROOVE WOOD FIRED RESTAURANT CAFE & BAR

WWW.GROOVETRAIN.COM.AU

Facebook.com/thegroovetrainau

Instagram.com/groovetrainau

K D S BREKKY

SCRAMBLED EGGS Scrambled eggs served on sourdough toast 6.90

FRIED EGG On sourdough toast 6.90

BEANS ON TOAST Baked beans on sourdough toast 6.90

MUFFIN BURGER Egg & bacon on a toasted English muffin 6.90

STACK PANCAKES 2 stack pancakes with maple syrup & vanilla ice cream 6.90

TOAST TRIANGLES

White, sourdough, multigrain or raisin served with assorted jams, vegemite, Nutella, peanut butter or honey 4.90

GLUTEN FREE TOAST 🔟 Toast triangles (2 slices) served with assorted jams, vegemite, Nutella, peanut butter or honey 5.90

KIDS EXTRAS 2.00 EACH

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

KIDS MENU II:30 AM

IceCream * EVERY KIDS MEAL COMES WITH A DESSERT & TOPPING OF VANILLA ICE CREAM & TOPPING

MARGHERITA WOOD FIRED PIZZA Napoli sauce & mozzarella (no herbs) 12.50

TROPICAL WOOD FIRED PIZZA Smoked ham, pineapple pieces, Napoli sauce & mozzarella 12.50

SPAGHETTI BOLOGNESE With traditional Bolognese sauce 12.50

PENNE NAPOLETANA 🚺 With traditional Napoli homemade tomato base sauce 12.50

*GLUTEN FREE PASTA 📴 4.00 EXTRA

BEEF OR CHICKEN BURGER WITH CHIPS Choice of beef pattie 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 With steamed vegetables & jasmine rice I2.50

FRIED CALAMARI WITH CHIPS Lightly dusted with seasoned flour & fried 12.50

KIDS SIDES 3.00 EACH

Mixed Vegies · Chips · Garden Salad

KIDS DRINKS 3.00 EACH

Kids Juices · Milk Shakes · Hot Chocolate · Iced Chocolate