

# MAINS

**PAELLA** gf V on request \$16  
a Spanish classic; shrimp, chorizo, chicken, peppers, peas, onions, and garlic, with saffron rice.  
• Our most popular dish!

**HUMMUS MAGNIFICUS** gf option \$16  
chicken, bacon, kale, copious garlic, red onion, tomato, olives and spices on a bed of warm house-recipe hummus, piled high with fresh herbs  
• served with our house-rolled pita bread  
• or *gluten free corn tortilla chips on request*

**SUPER MONDO SALAD** gf \$17  
Beneath our secret creamy balsamic dressing lurks a behemoth of gargantuan proportions: caprese style greens, tomatoes, bocconcini, and fresh basil, heaps of chicken, avocado, chick peas, and an egg. Underestimate this beast at your peril.

**STEAK AND PEAR SALAD** gf \$17  
fresh locally grown shoots, arugula, black beans, red onion, cherry tomatoes with a creamy apple cider vinaigrette, topped with a poached pear and a 3oz thick cut beef tenderloin grilled to medium rare.

**VEGGIDILLA** v \$15  
a whopping quesadilla, filled with black beans, red pepper, tomatoes, onion, and a mountain of mozzarella, topped with some spicy jalapenos for the adventurous!  
• choose potatoes / side salad / soup

**SUSHI BOWL** \$15  
sesame-soy tossed kale, carrots, avocado and our currently stocked Ocean Wise, wild-caught SASHIMI, with our house-pickled ginger and wasabi on a bed of sushi rice. *Just the thing when you need a poke.*

**MUSHROOM-KALE LINGUINE** v \$15  
mushrooms, kale sauteed with garlic (of course) and red onion in a butter wine sauce  
• add chicken \$4  
• 3oz thick-cut beef tenderloin steak grilled to medium rare \$8

## FUSION FEAST \$28

*The Groove signature dining format:*

*A meal inspired by cuisines from regions around the world.*

**The Fusion Feast is served with a fresh feature salad, followed by the main course, or courses, as curated by our culinary team.**

The experience is always different, so do ask about our current inspiration.

**\* Please feel invited to order more of any item throughout your meal.**

depending on the selection, some modification may be possible to accommodate your dietary requirements.

## BURGERS

*Our incredible house-made patty, made from scratch with locally sourced, grass-fed, organic beef, served on our incredible house-made rosemary bun*

**It's possible this is the best burger available anywhere on Earth**

**CLASSIC BURGER** \$16  
BACON, cheese, fresh tomato, red onion, garden shoots, bbq sauce, mayo and mustard

**BRIE AND FIG BURGER** \$18  
triple-cream brie cheese, local fig jelly, arugula, and a little mayo

gf -order your burger bunless on a bed of greens

**choose your side:**

- famous stove-top potatoes
- fresh greens salad
- cup of our soup du jour