

MAINS

PAELLA gf V on request

a Spanish classic; shrimp, chorizo, chicken, peppers, peas, onions, and garlic, with saffron rice.

- Our most popular dish!

\$16

HUMMUS MAGNIFICUS gf without the bread

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

\$16

SUPER MONDO SALAD gf

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.

\$17

STEAK AND PEAR SALAD gf

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.

\$17

VEGGIDILLA v

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

\$15

SUSHI BOWL

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.*

\$15

MUSHROOM-KALE LINGUINE v

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

\$15

FUSION FEAST \$28

The Groove signature dining format:

A meal that changes regularly to stay innovative and fresh, we offer a variety of dishes 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