

## SEAFOOD



|   |      |
|---|------|
| <b>CALAMARI FRITTI</b>  | 16.9 |
| Our famous lightly crumbed calamari, house made tartare sauce with salad & chips                  |      |
| <b>FISH &amp; CHIPS</b>   | 16.9 |
| Beer battered flathead fish, house made tartare sauce with salad & chips                          |      |
| <b>FISHERMAN'S BASKET</b>   | 17.9 |
| Scallops, calamari, prawns cutlets, fish pieces, house tartare sauce with salad & chips           |      |
| <b>GARLIC PRAWNS</b>  | 18.9 |
| Sizzling in mildly spiced, chilli & garlic tomato sauce with sourdough toast & garden salad       |      |
| <b>WOOD SMOKED SALMON FILLET GREEN BOWL</b>   | 19.9 |
| Kale, spinach, quinoa, mint, parsley, avocado, cherry tomato, green bean with lemon herb dressing |      |
| <b>CATCH OF THE DAY</b>   | 19.9 |
| Grilled ocean fillet with a creamy lemon butter sauce, garden salad & chips                       |      |

## KIDS MENU

FOR KIDS UNDER THE AGE OF 12 ONLY.

|  |     |
|--|-----|
| <b>CHEESE FINGER (ONE SLICE TOAST)</b>                         | 4.9 |
| <b>CHICKEN NUGGETS &amp; CHIPS</b>                             | 7.9 |
| <b>CHEESE BURGER</b> Beef pattie, cheese, chips & tomato sauce | 8.9 |
| <b>SPAGHETTI BOLOGNESE</b>                                     | 9.9 |



## KIDS DRINKS

|  |     |
|--|-----|
| <b>BABYCHINO</b> WITH JELLY BEAN & TEDDY BEAR                          | 1.5 |
| <b>POP TOPS</b>  | 2.0 |
| <b>KIDS JUICE</b>  | 2.5 |
| <b>MILKSHAKE</b> Chocolate, Caramel, Vanilla, Strawberry, Banana, Lime | 3.5 |

## LIGHT SNACKS

|   |            |
|---|------------|
| <b>HERB OR GARLIC BREAD</b>   | 5.5        |
| <b>BOWL OF CHIPS WITH TOMATO SAUCE</b>  | 6.5        |
| <b>POTATO WEDGES WITH SOUR CREAM &amp; SWEET CHILL SAUCE</b>                          | 9.9        |
| <b>BRUSCHETTA (V)</b>   | 7.9 / 13.9 |
| Roma tomatoes, Spanish onion, bocconcini, basil & house pesto with balsamic reduction |            |

## HOT DRINKS



|   |           |
|---|-----------|
| <b>ESPRESSO</b>   | 3.2       |
| <b>MACCHIATO, PICCOLO LATTE</b>   | 3.7       |
| <b>LONG BLACK</b>   | 3.7 / 4.5 |
| <b>CAPPUCCINO, FLAT WHITE</b>   | 3.7 / 4.9 |
| <b>CAFE LATTE</b>   | 3.9 / 4.9 |
| <b>MOCHA, HOT CHOCOLATE</b>   | 4.0 / 4.9 |
| <b>CHAI LATTE, MATCHA (GREEN TEA LATTE)</b>   | 4.0 / 4.9 |
| <b>DIRTY CHAI</b>   | 4.5 / 5.4 |
| <b>SINGLE ORIGIN</b>  |           |
| <b>VIENNA COFFEE</b>  | 4.5       |
| ✦ Flavoured coffee syrup - caramel, vanilla, hazelnut                               | 1.0       |
| ✦ Extras - soy, decaf, almond milk, extra shot                                      | 0.5       |
| <b>TEA - TEA DROP</b>   | 4.0       |
| English Breakfast, Earl Grey, Green Tea, Peppermint, Lemongrass & Ginger, Chamomile |           |
| <b>MALABAR CHAI TEA</b>   | 5.5       |
| Chai brewed with milk, served with honey  |           |

## COLD DRINKS



|  |           |
|--|-----------|
| <b>MILKSHAKE</b> Chocolate, Caramel, Vanilla, Strawberry, Banana, Lime         | 4.9       |
| <b>THICKSHAKE</b> Chocolate, Caramel, Vanilla, Strawberry, Banana, Lime        | 7.9       |
| <b>ICED LONG BLACK</b>   | 5.0       |
| <b>COFFEE GUINNESS</b> Sparkling iced long black with cold coffee froth on top | 6.9       |
| <b>ICED LATTE</b>  | 5.9       |
| <b>ICED COFFEE / MOCHA / CHOCOLATE / STRAWBERRY</b>                            | 6.9       |
| <b>AFFOGATO</b> Double shot espresso, vanilla ice-cream                        | 5.0       |
| <b>ICED MOCHA FRAPPE</b>   | 7.0       |
| <b>DIRTY CHAI FRAPPE</b> Shot of coffee, chai, ice-cream, milk                 | 7.0       |
| <b>GREEN TEA FRAPPE</b> Matcha, ice-cream, milk                                | 7.0       |
| <b>CHOCOBERRY FRAPPE</b> Chocolate, strawberry, ice-cream, milk                | 7.0       |
| <b>SMOOTHIE</b> Strawberry, Banana, Blueberry                                  | 7.0       |
| <b>PROTEIN SMOOTHIE</b>  | 7.9       |
| Low fat milk, strawberry, banana, yoghurt, protein booster, honey              |           |
| ✦ Extras - soy, decaf, almond milk   | 1.0       |
| <b>FRUIT JUICES &amp; SOFT DRINKS</b>  | FROM 3.8  |
| <b>MINERAL WATER, CHINOTTO, LIMONATA</b>                                       | 4.2       |
| <b>ICE TEA</b> Peach, Lemon, Green Tea   | 4.5       |
| <b>FRESHLY SQUEEZED JUICES</b>   | 5.9 / 7.9 |
| • Orange   |           |
| • Mixed - Orange, Apple, Carrot, Pineapple                                     |           |
| • Green - Apple, Cucumber, Kale, Baby Spinach, Parsley, Lemon, Ginger          |           |



SHOP 30, NORTH ROCKS SHOPPING CENTRE  
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## BREAKFAST

SERVED UNTIL 12PM. ALL DAY ON WEEKENDS & PUBLIC HOLIDAYS.  
ALL OUR EGGS ARE FREE RANGE FROM A LOCAL FARMER.

### PANCAKES

House made pancakes with maple syrup & vanilla ice-cream 13.9  
+ with banana or strawberries 14.9

### BRIOCHE FRENCH TOAST

Crispy French toast, strawberries, banana, maple syrup, vanilla ice-cream 16.5

### EGGS ON TOAST

Fried, scrambled or poached eggs with toasted wholemeal sourdough 8.9

### BACON & EGG PANINI OR ROLL

Served with a garnish salad. Tomato or BBQ sauce 8.9

### BREAKFAST SPECIAL WITH REGULAR COFFEE OR TEA

Bacon, eggs, grilled tomato, wholemeal sourdough toast with complementary orange juice 14.9

### AVOCADO TOAST (V)

Cherry tomatoes, feta cheese on toasted wholemeal sourdough topped with basil & herb lemon dressing 14.9

### GREEN BREKKIE BOWL (V)

Kale, spinach, quinoa, mint, parsley, poached eggs & avocado with coconut lemon dressing 15.9

### PRONTO OMELETTE

Ham, mushroom, tomato, mozzarella cheese & basil with wholemeal sourdough toast 16.9

### SPANISH EGGS

Chorizo, baked beans, capsicum, onion, parsley cooked in a rich tomato sauce topped with poached eggs, wholemeal sourdough toast 17.9

### BIG BREKKIE WITH REGULAR COFFEE OR TEA

Bacon, eggs, grilled tomato, wholemeal sourdough toast, sautéed mushrooms, baked beans, Italian sausage & hash brown with complementary orange juice 18.9

### EGG BENEDICT

Poached eggs, spinach on an English muffin & topped with hollandaise sauce with grilled tomato & roquette

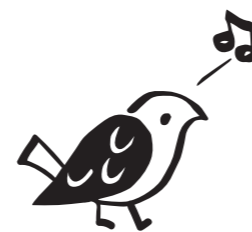
- Smoked ham 17.9
- Bacon 18.9
- Smoked salmon 19.9

### EXTRAS

- + Hollandaise sauce 1.0
- + Oven roasted tomato, baked beans, pork sausage, hash brown, egg, caramelised onion, extra toast, gluten free toast 2.0
- + Avocado, spinach, bacon, ham, chorizo, sautéed mushroom 3.0
- + Smoked salmon 4.5

(V) - VEGETARIAN (GF) - GLUTEN FREE

## MORNING & AFTERNOON DELIGHTS



|  |     |
|--|-----|
| TOAST (CINNAMON / VEGEMITE / RAISIN)               | 4.0 |
| TURKISH, WHOLEMEAL SOURDOUGH, OR GLUTEN FREE TOAST | 4.9 |
| BANANA BREAD                                       | 4.0 |
| + with regular coffee or tea                       | 7.5 |
| BANANA BREAD (GF)                                  | 4.5 |
| PEAR & RASPBERRY, MANGO & COCONUT BREAD            | 4.5 |
| HOUSE MADE SCONES                                  |     |
| Strawberry jam & whipped cream                     | 5.4 |
| + with regular coffee or tea                       | 8.9 |
| CROISSANT  |     |
| • Jam & butter                                     | 6.9 |
| • Smoked ham, cheese, tomato                       | 8.9 |

## SANDWICH

CHOICE OF WHITE, WHOLEMEAL, MULTIGRAIN BREAD. SERVED WITH GARNISH SALAD.

|  |     |
|--|-----|
| TASTY CHEESE                                   | 6.0 |
| SMOKED LEG HAM                                 | 7.0 |
| GOURMET SALAD WITH THE WORKS                   | 8.5 |
| ROASTED CHICKEN BREAST                         | 8.0 |
| RED SALMON                                     | 8.0 |
| TURKEY BREAST                                  | 8.5 |
| SMOKED SALMON                                  | 9.9 |
| + Extra or toasted                             | 0.5 |
| + On Turkish, gluten free, wholemeal sourdough | 2.0 |
| + Extra avocado                                | 3.0 |
| + Side chips or salad                          | 3.0 |

## MELTS

ALL SERVED ON TWO PIECES OF WHOLEMEAL SOURDOUGH TOAST WITH GARDEN SALAD. (ALSO AVAILABLE ON GLUTEN FREE BREAD. ADD \$1 PER SLICE)

|   | HALF | FULL |
|---|------|------|
| HAM MELT  | 9.9  | 15.9 |
| Smoked ham, pineapple, tasty cheese                             |      |      |
| BACON MELT  | 10.9 | 16.9 |
| Crispy bacon, avocado & camembert cheese                        |      |      |
| CHICKEN MELT  | 11.9 | 17.9 |
| Roasted chicken breast, avocado, sun-dried tomato, tasty cheese |      |      |
| SMOKED SALMON MELT  | 12.9 | 18.9 |
| Smoked salmon, cream cheese, capers, Spanish onion, roquette    |      |      |

## WRAP OR PANINI

SERVED TOASTED WITH GARDEN SALAD.

|  |      |
|--|------|
| CHICKEN  | 13.9 |
| Roasted chicken breast, avocado, bocconcini cheese, cos lettuce, Caesar dressing                     |      |
| RICOTTA & VEGGIE WRAP (V)  | 14.9 |
| Ricotta cheese, sautéed mushrooms, roasted capsicum, eggplant, sun-dried tomato, basil, white kimchi |      |
| TURKEY   | 14.9 |
| Turkey breast, avocado, camembert cheese, lettuce, cranberry sauce                                   |      |

## BURGER

ALL SERVED WITH GARDEN SALAD & CHIPS.

|  |      |
|--|------|
| PORTUGUESE BURGER  | 15.9 |
| Chicken breast marinated in a mild spicy chilli sauce with tomato, lettuce, cucumber, house aioli              |      |
| HALOUMI BURGER (V)   | 15.9 |
| Grilled haloumi, mint yoghurt, green tahini sauce, roast capsicum, cucumber, lettuce, grilled eggplant, tomato |      |
| OZ BURGER  | 15.9 |
| Our famous beef mince pattie, beetroot, tomato, lettuce.   |      |
| + with the works (cheese, bacon & egg)   | 18.9 |
| CHURRASCO (STEAK SANDWICH)   | 19.9 |
| BBQ marinated scotch fillet steak on Turkish bread with caramelised onion, avocado, fresh tomato, house aioli  |      |

## SALAD



|  |      |
|--|------|
| CAESAR SALAD   | 14.9 |
| Crispy bacon, cos lettuce, croutons, egg, shaved parmesan, Caesar dressing   |      |
| + Grilled chicken breast   | 3.9  |
| + Smoked salmon  | 4.5  |
| + Prawns   | 5.9  |
| PRONTO'S CHICKEN SALAD   | 17.9 |
| Grilled chicken breast fillet, avocado, lettuce, roasted eggplant, roasted capsicum, bocconcini, house made mustard vinaigrette dressing     |      |
| THAI BEEF SALAD  | 18.9 |
| Tender scotch fillet mildly flavoured on a bed of Asian greens & house made mint yoghurt dressing  |      |
| PRAWN & AVOCADO SALAD  | 19.9 |
| Sautéed garlic prawns, lettuce, roasted capsicum, avocado, olives, Spanish onion, house made herb lemon dressing                             |      |
| PRONTO BULGOGI SALAD   | 20.9 |
| Korean BBQ marinated scotch fillet with orange segments, avocado, roma tomatoes, sweet potato crisps, mixed salad leaves, balsamic reduction |      |

## PASTA

|   |      |
|---|------|
| PENNE ARRABBIATA  | 14.9 |
| Mild chilli, olives in a tomato sauce   |      |
| SPAGHETTI BOLOGNESE   | 16.9 |
| Traditional favourite   |      |
| TORTELLINI BOSCAIOLA  | 16.9 |
| Veal filled pockets, bacon, sautéed mushrooms, shallots in white wine cream sauce |      |
| FETTUCCINI SALMONE  | 18.9 |
| Smoked Salmon, avocado, fresh tomato in a white wine cream sauce                  |      |
| FETTUCCINI MARINARA   | 19.9 |
| Variety of seafood, garlic, white wine, fresh tomato, in a herbed tomato sauce    |      |
| PENNE GAMBRETTI   | 19.9 |
| Prawns mildly spiced with chilli in a creamy pink sauce                           |      |