

# Mary Ellen Dietary Menu



PLEASE SEE FULL MENU FOR MORE DETAILS ABOUT EACH ITEM

## GLUTEN FREE

Poke bowl (with Rice and Pan Fried Haloumi OR Sesame Beef)	\$25
Caesar Salad (without croutons)	\$18
Black Mussels (without bread or chips - choose mash or garlic chats instead)	\$24
Lamb Shank (without bread puff)	\$24
Pan Fried Salmon	\$34
Dukkah Crusted Pork Cutlet	\$34
Rump Steak 250g (without onion rings)	\$30
Scotch Fillet Steak 300g (without onion rings)	\$33
Grilled Chicken Breast Schnitzel	\$20

### GF sauces & toppers:

- Creamy seeded mustard \$3
- Mary Ellen (creamy cheese, bacon & shallot) \$5
- Rio (avocado & creamy seeded mustard) \$5
- Parmigiana (napolitana, ham & cheese) \$5
- ABC (avocado, bacon & cheese) \$5
- Hawaiian (napolitana, ham, pineapple & cheese) \$5

### GF free sides:

- Mashed potato
- Baked chat potatoes
- Salad
- Vegetables

## VEGETARIAN

Garlic Bread add cheese - \$1   add cheese & sweet chilli - \$1	\$6
Bruschetta	\$11
Bowl of Chips	\$6
Bowl of Wedges	\$12
Pan Fried Haloumi on char grilled Turkish bread	\$14
Mary Ellen Veggie Burger	\$19
Poke bowl (with Pan Fried Haloumi)	\$25
House-made Potato Gnocchi	\$25
Caesar Salad (without bacon)	\$18
Vegetable Schnitzel	\$20
Vegan Schnitzel	\$20

### Vegetarian sauces & toppers:

- Gravy | Mushroom | Diane \$3
- Pepper | Creamy Seeded Mustard | Satay \$3
- Rio (avocado & creamy seeded mustard) \$5
- Parmigiana (without ham - napolitana & cheese) \$5
- ABC (without bacon - avocado & cheese) \$5
- Hawaiian (without ham - napolitana, pineapple & cheese) \$5

### Vegetarian sides:

- Chips
- Chat potatoes
- Mash
- Salad
- Vegetables

## DAIRY FREE

Bruschetta (on Turkish bread without feta)	\$11
Bowl of Chips	\$6
Bowl of Wedges (without sour cream)	\$12
Avocado, tomato salsa & balsamic glaze on char grilled Turkish bread (Pan Fried Haloumi entrée with no Haloumi)	\$14
Mary Ellen Beef Burger (on Turkish bread without cheese)	\$19
Mary Ellen Veggie Burger (on Turkish bread without cheese)	\$19
Steak & Rib Burger (on Turkish bread without cheese)	\$21
Poke bowl (with Rice and Sesame Beef)	\$25
Lamb Shank (without mash or bread puff - choose chat potatoes or chips instead)	\$24
Pan Fried Salmon (will be cooked without butter)	\$34
Dukkah Crusted Pork Cutlet (without baked apple)	\$34
Rump Steak 250g (without onion rings)	\$30
Scotch Fillet Steak 300g (without onion rings)	\$33
Mick's Grill (without onion rings)	\$35
400g Beef Spare Ribs (without onion rings)	\$38
600g USA Style Pork Ribs (without onion rings)	\$45
Grilled Chicken Breast Schnitzel	\$20

### Dairy free sauces & toppers:

Gravy \$3
Pepper \$3
Parmigiana (without cheese - napolitana & ham) \$5
ABC (without cheese - avocado & bacon) \$5
Hawaiian (without cheese - napolitana, ham & pineapple) \$5
BBQ Ribs (pork ribs & smokey bbq sauce) \$8

### Dairy free sides:

Chips
Chat potatoes
Salad
Vegetables

## VEGAN

Bruschetta (on Turkish bread without feta)	\$11
Bowl of Chips	\$6
Bowl of Wedges (without sour cream)	\$12
Avocado, tomato salsa & balsamic glaze on char grilled Turkish bread (Pan Fried Haloumi entrée with no Haloumi)	\$14
Mary Ellen Veggie Burger (on Turkish bread without cheese)	\$19
Vegan Schnitzel	\$20

### Vegan sauces:

Gravy \$3
Pepper \$3

### Vegan sides:

Chips
Chat potatoes
Salad
Vegetables