

LUNCH

LUNCH	DAILY 11AM-5	PM	The Capital Rueben	20
Croquettes GF Potato and chorizo croquette, served with salad & aioli.		20	Toasted sourdough, smokey ham hock, sauerkraut, dijon and swiss cheese. Toasties	10
Arancini GF Mushroom & Mozzarella arancini served with aioli and salad. Haloumi Grilled haloumi served on housemade flatbread with chilli jam and rocket.		16	Toastie choices: * Chicken, avocado, cheese & aioli * Ham & cheese * Ham, cheese & tomato	10
		22	* Egg & bacon Chips With Relish & Aioli	12
Smoked Salmon 'Pizza' House made flatbread warmed and topped with a dill-lemon cream cheese, smoked salmon, red onion & capers. Steak Sandwich Grilled porterhouse steak with bacon, caramelised onion, lettuce, cheese, tomato, aioli, tomato relish & onion rings on a toasted		24	Wedges With Sour Cream & Sweet Chilli	
			DISPLAY CABINET	
		25	Spanish Potato Tortilla <i>GF</i> Layers of thinly sliced potato cooked with egg served with salad, sweet chilli sauce and sour cream.	15
Turkish roll with chips. Burger - Chicken or Beef			Frittata <i>GF</i> See our display for todays flavour.	15
House made beef patty or crumbed schnitzel burger, boutique bacon, tomato, cheese, pickles, onion and aioli on toasted Turkish roll with chips Fish & Chips Freshly battered barramundi fillets, chips, tartare sauce, simple salad and lemon.		25	Thai Peanut Chicken Wrap Chicken, peanut sauce, slaw.	15
		25	Falafel Wrap Housemade falafel, spinach, hommus.	15
		25	Chicken Caesar Wrap Chicken tenders, lettuce, egg, parmesan,	15
Okonomiyaki GF Japanese pancake with bacon served with side and tonkatsu sauce.		20	bacon & dressing. Brekkie Wrap Egg, bacon, cheese, and tomato relish	15
Thai Beef Salad GF Marinated beef, peanut coriander and nam jim s		22	Chicken Schnitzel Focaccia House crumbed schnitzel, pesto mayo, mozzarella and spinach.	15
Chargrilled Vegetable Salad GF, VVO Seasonal vegetables chargrilled and served warm with whipped basil fetta garnish with pinenuts. Fish Taco House crumbed fish fillets served with chipotle coleslaw, harissa aioli served in warm tortilla. Casarecce VV Casarecce in caponata, an eggplant & tomato ragu, finished with roasted almonds. Pan Fried Gnocchi Gnocchi with roasted pumpkin & spinach.		22	Caprese Focaccia Buffalo mozzarella, tomato, balsamic, and fresh basil.	15
		22	Ham Focaccia Ham, red onion, mozzarella, spinach and seeded mustard mayo.	15
		22	Italian Focaccia Ham, sorpressa salami, roasted capsicum,	15
		22	olive tapenade and mozzarella. Vegan Parcel <i>VV</i> , <i>GF</i>	15
		23	Vegan cheese, seasonal chargrilled vegetables, spinach & salsa.	
Calamari Salad <i>GF</i> Flash fried Cajun calam		23	Mexican Parcel Taco mince, cheese, guacamole, salsa.	15
and chipotle mayo. Chicken Ceasar Salac Grilled chicken breast, c croutons, poached egg	∄ <i>GF</i> cos, bacon,	23	Chicken Parcel Chicken, avocado, cheese & semi dried tomatoes. GF - Gluten Free, VV - Vegan, VVO - Vegan Op	15
ceasar dressing.			o. Glacoli i loc, v v - vogali, v v o - vegali op	