



# Gluten Friendly Menu



## Small Plates

Edamame GF V VE  
Sea salt, shallots

Karaage Fried Chicken GF  
Boneless fried chicken thigh, pickled daikon, cucumber, spring onion  
• Sticky sweet & spicy sauce  
• Soy garlic sauce

Prawn Dumplings I  
Delicate parcels of prawn, bamboo shoot & chilli, kissed with sesame oil. Bite-sized bliss.

## Wok

Cauliflower Cashew GF V  
Cauliflower, bell peppers, onion, ginger, garlic, roasted cashews, mirin, soy sauce

Kung Pao Chicken GF  
Chicken thigh, spring onion, red onion, peanut, dried chillies, capsicum, celery, roasted sesame seeds, garlic soy sauce

Sticky Pork Ribs GF  
Twice-cooked and glazed with honey soy, spring onion & roasted sesame seeds. Fall-off-the-bone good.

## Bowls

\$10 Drunken Noodles GF V VE \$22  
Flat rice noodles, onion, garlic, sesame, carrot, choy sum, spring onion, thai basil, chilli oil vinegar. Messy, spicy and full of attitude,

\$18 Coconut Yellow Curry GF \$24  
Lemongrass, galangal, ginger, potato, Thai basil, fried curry leaves  
• Add Karaage Chicken \$8  
• Add Barramundi (A) \$10  
• Add Wagyu Beef \$10

## Sides

\$27 Pork & Cabbage Fried Rice GF \$19  
Rice, pork, egg, cabbage, spring onion

\$29 Vegetable Fried Rice GF V \$18  
Rice, edamame, corn, egg, bean sprouts, spring onion

Steamed Rice GF V VE \$5

Steamed Asian Greens GF V VE \$16  
Asian greens, light sweet garlic soy sauce



# Gluten Friendly Menu

**Luckies**  
DINER

**fat tomato**  
· Pizza & Pasta ·

## Chicken Wings & Tenders

Southern Fried Wings or Tenders (5) GF \$19  
Ranch on the side

Tossed in Spicy Buffalo Sauce  
Tossed in Housemade Sticky BBQ Sauce  
Tossed in Alabama Sauce

## Burger Bowls

Served with ranch slaw, burger salad & all of the extras in your burger

Royale with Cheese GF \$25  
Beef, cheese, lettuce, tomato, pickle & special sauce  
• Add truffle \$2

Mushroom & Halloumi GF V \$26  
Grilled field mushroom, halloumi, tomato, lettuce, red onion, avocado & special sauce

Chicken Deluxe GF \$26  
Southern fried tenders, cheese, lettuce, tomato, ranch with smokey BBQ or buffalo sauce

BBQ Bacon Cheese GF \$27  
Bacon, beef, cheese, lettuce, tomato, pickles & BBQ sauce

Aussie Aussie Aussie GF \$27  
Beef, grilled pineapple, beetroot, egg, cheese, lettuce, tomato, pickle & special sauce

## Shoestring Fries

Seasoned Fries GF V \$11  
Served with ketchup

Sweet Potato Fries GF V \$16  
Served with ranch dipping sauce

Make it truffle V + \$4

## Pasta

Lamb Ragu Gnocchi GF \$35  
Lamb shoulder, cherry tomatoes, sage, parmesan

Bolognese Gnocchi GF \$30  
Slow braised beef, pork mince, sugo, parmesan, basil

Carbonara Gnocchi GF \$30  
Bacon, mushrooms, cream, parmesan, egg, parsley

Pasta Alla Vodka Gnocchi GF V \$28  
Vodka sauce, feta, pine nuts, parsley

Pesto & Burrata Gnocchi \$32  
Basil, pine nuts, parmesan, cream, garlic, buratta

Chilli Prawn Gnocchi I \$38  
Prawns, chilli, cherry tomato, garlic, basil, white wine, olive oil

## Pizza

All pizzas available on gluten friendly base + \$6

**ONDA**  
HEALTHY LIVING

## Bowls

The Glow Up Bowl GF V \$27  
Beetroot, smoked feta, cabbage, carrot, grilled zucchini, blistered tomatoes, pickled red onion and poppy seed dressing.

Mexicila Salad GF V \$29  
Cos, tomato, peppers, corn, avocado, black beans, pepitas, red onion, coriander, corn chips, lime chilli dressing.



# Vegan Menu



## Small Plates

Edamame GF V VE  
Sea salt, shallots

Mushroom Bao (2) VE  
Tempura enoki, bao bun, pickled cucumber, slaw, Okonomiyaki sauce

Vegetable Spring Rolls (3) VE  
Mixed vegetables in spring roll pastry, served with ginger plum sauce

Vegetable Gyoza VE  
Gyoza filled with cabbage, chives, radish, carrot, spring onion, Okonomiyaki sauce

## Bowls

Cauliflower Cashew GF VE V  
Wok-tossed with bell peppers, ginger, onion, garlic, mirin, soy sauce & toasted cashews. Crunch & fire.

## Sides

Steamed Rice GF V VE

Steamed Asian Greens GF V VE  
Asian greens, light sweet garlic soy sauce



## Bowls

Mushroom Bowl GF VE  
Grilled field mushroom, tomato, lettuce, red onion, avocado; served with seasoned fries.

## Sides

Sweet Potato Fries GF VE V  
Golden sweet potato fries, side of tomato sauce for dunking.

Cajun Seasoned Fries GF VE  
Cajun crispy shoestring seasoned fries, ketchup.

## Bowls

\$10 Green Goddess VE GF \$27  
Fresh cucumber, radish, edamame, avocado, green shallots broccoli, brown rice & pistachio

\$18 Mexicila Salad VE GF \$29  
Cos, tomato, peppers, corn, avocado, black beans, pepitas, red onion, coriander, corn chips & chilli lime dressing.

\$15 Vegan Sweet Heat VE \$29  
Roasted pumpkin, quinoa, radicchio, raisins, hot honey & lemon.

\$1 Vegan The Glow Up VE \$27  
Beetroot, cabbage, carrot, grilled zucchini, blistered tomatoes, pickled red onion, poppy seed dressing.

## fat tomato

· Pizza & Pasta ·

## Pizza

Vegan Bruschetta VE \$21  
Confit garlic, vegan mozzarella, tomato, basil

Vegan Garlic Focaccia VE \$16  
Confit garlic, vegan mozzarella, oregano

Vegan Margherita VE \$27  
Salsa di pomodoro, vegan mozzarella, cashew parmesan, oregano.

Vegan Forest Mushroom VE \$29  
Mushrooms, confit garlic, parmesan, truffle oil & fior di latte. Deep, earthy flavour.

Vegan Pumpkin Pizza VE \$28  
Roasted pumpkin, spinach, pine nuts, vegan cheese, tomato sugo





# Vegetarian Menu

**fat tomato**

*• Pizza & Pasta •*



## Pizza Focaccia

Garlic Cheese V  
Confit garlic, mozzarella

Bruschetta V  
Confit garlic, mozzarella, tomatoes, basil

Burrata V  
Confit garlic, mozzarella, basil, burrata

## Pasta

Your choice of gnocchi (GF), penne or spaghetti

Pasta Alla Vodka V  
Vodka sauce, feta, pine nuts, parsley

Pesto & Burrata Pasta V  
Basil, pine nuts, parmesan, cream, garlic, burrata.

## Pizza (Red Base)

Margherita V  
Cherry tomatoes, basil, fior di latte, tomato sugo

Pumpkin & Feta V  
Roasted pumpkin, spinach, feta, pine nuts, fior di latte, tomato sugo

## Pizza (White Base)

Forest Mushroom V  
Mushrooms, confit garlic, parmesan, truffle oil, fior di latte

Vodka Sauce V  
Vodka sauce, cherry tomatoes, burrata, pesto

## Small Plates

\$16 Mushroom Bao VE \$18  
Tempura enoki, bao bun, pickled cucumber, slaw, Okonomiyaki sauce

\$19

## Dim Sim & Dumplings

\$24 Vegetable Gyoza VE \$17  
Gyoza filled with cabbage, chives, radish, carrot, spring onion, Okonomiyaki sauce.

## Wok & Bowls

\$28 Cauliflower Cashew GF V \$27  
Cauliflower, bell peppers, onion, ginger, garlic, roasted cashews, mirin, soy sauce

\$32

Drunken Noodles V, VE \$22  
Flat rice noodles, onion, garlic, sesame, carrot, choy sum, spring onion, Thai basil, chilli oil vinegar

## Sides

\$28 Vegetable Fried Rice GF V \$18  
Rice, edamame, corn, egg, bean sprouts, spring onion

Steamed Rice GF V VE \$5

\$29 Steamed Asian Greens GF V VE \$16  
Asian greens, light sweet garlic soy sauce

\$29

Please note: We're happy to adapt some vegetarian dishes to vegan. Simply chat with your server, and they'll guide you through the changes we can make.



# Vegetarian Menu



## Bowls

**Green Goddess V VE** \$27  
Fresh cucumber, radish, edamame, avocado, green shallots, broccoli, brown rice and pistachio.

**The Glow Up V** \$27  
Beetroot, smoked feta, cabbage, carrot, grilled zucchini, blistered tomatoes, pickled red onion & poppy seed dressing

## Salads

**Mexicila GF V** \$29  
Cos, tomato, peppers, corn, avocado, black beans, pepitas, red onion, coriander, corn chips, lime chilli dressing

**Sweet Heat V** \$29  
Grilled halloumi, roasted pumpkin, quinoa, radicchio, raisins, hot honey & lemon

## Snacks n Maes

**Cheesy Fried Halloumi Sticks V** \$16  
Served with tomato marinara sauce

**Mac'n'Cheese V** \$14  
Three cheese mac & cheese

## Classic Burgers

**Mushroom & Halloumi Burger V** \$24  
Grilled field mushroom, tomato, lettuce, red onion, halloumi, avocado, special sauce

## Sliders

**Halloumi Slider V** \$19  
Halloumi, mushroom, lettuce and special sauce. Savoury, salty, satisfying.

## Fries

**Seasoned Fries V** \$11  
Served with ketchup  
• Make it cheesy V \$3  
• Make it truffle V \$4

**Sweet Potato Fries V** \$16  
Served with ranch dipping sauce

Please note: We're happy to adapt some vegetarian dishes to vegan. Simply chat with your server, and they'll guide you through the changes we can make.