

# THE OVEN

## MENU

### SUNDAY - THURSDAY

LUNCH 12PM - 3PM  
DINNER 5.30PM - 9PM

### FRIDAY & SATURDAY

LUNCH 12PM - 3PM  
DINNER 5.30PM - 9.30PM

- CLUB -

**PARRAMATTA**

# GRAZE

## GRAZE

M V

Continental loaf toasted with garlic butter <b>V</b>	7	8
Continental loaf toasted with garlic butter and mozzarella cheese <b>V</b>	9	10
Torched hiramasa kingfish, yuzu sake dressing, shishito, caviar and furikake seasoning <b>V GF</b>	17	19
Char-grilled chicken wings (6), gochujang sauce and fermented kimchi <b>GF</b>	16	18
Soft tacos with slow cooked Murray Valley pork belly (3), gochujang sauce, creamy slaw, yuzu mayonnaise and crispy noodles	18	20
Grilled haloumi with blistered tomatoes, kalamata olives, labneh, pomegranate and toasted pita bread <b>V</b>	16	18
Karaage chicken thigh skewers with charred pita, fattoush salad, yuzu mayo and gochujang sauce	18	20
<b>½ Dozen Organic oysters</b> choice of natural, ponzu dressing or lychee and strawberry dressing <b>GF</b>	28	30
Crispy salt and pepper soft shell crab, green papaya, Thai mint and nam jim dressing	18	20
<b>Meze Grazing Board</b> Heirloom tomato bruschetta, sopressa, parma ham, marinated mixed olives, beetroot hummus and twisted baked grissini	22	24

# PLANT BASED & VEGAN



<b>Plant-Based Beetroot Burger</b> <b>GF</b>	18	20
Vegan beetroot pattie, baby cos lettuce, tomato, onion, vegan cheese, pickles, tomato relish and vegan mustard mayo		
<b>Vegan Shroom Burger</b> <b>GF</b>	17	19
Rocket, lettuce, vegan cheese, garlic marinated portobello mushroom, roasted pepper, basil pesto and herbed vegan mayonnaise		
<b>Khao Soi</b>	25	27
Burmese curry, tofu bamboo shoots, rice noodles, fresh herbs and crispy noodles		
<b>Not Really Chicken Medallions</b>	27	29
Roasted kalettes, Dutch carrots, sweet potato, eschalots, yuzu vegan mayo, toasted sunflower seeds and za'atar		

# GARDEN

## FROM THE GARDEN

M V

Poke bowl with sesame and poppyseed seared tuna, brown rice, edamame, shallots, avocado, shishito, yuzu sake dressing and furikake seasoning <b>GF</b>	24	26
Fattoush salad with falafel, cos lettuce, cucumber, tomato, crispy pita, lemon, mint, sumac and vinegar dressing <b>V</b>	17	19
Sweet potato salad, roasted sweet potato, Danish fetta, wild rocket, toasted pepitas, dried cranberries, creamy yuzu and honey dressing <b>GF</b>	16	18

## PIMP YOUR SALAD

and add one of the following:

Chilled king prawns (4) <b>V GF</b>	9	10
Poached chicken <b>V GF</b>	7	8
Smoked salmon <b>V GF</b>	7	8

# CLASSICS

Chicken schnitzel 300grams served with chips, creamy apple slaw and gravy	20	22
<b>Make your schnitzel a parmigiana</b> with Napoli sauce, ham and mozzarella cheese	5	6
Housemade lemon and lime beer battered market fish served with chips, creamy apple slaw and tartare sauce	22	24
Slow cooked Ebony Black Angus beef tagine, Moroccan spices, prunes, toasted almonds, pilaf rice and dried cranberries <b>GF</b>	25	27

# TO PLATE

<b>PAN</b> Fresh squid ink linguine with king prawns, seared scallops, mussels and spicy pork nduja sauce	28	30
Handmade potato gnocchi, leek purée, grilled chicken breast, baby spinach, orange zest and fennel pollen	26	28
Rigatoni with Ebony Black Angus beef ragu, wild rocket, cherry tomato, garlic and pecorino cheese	25	27

# SIGNATURE

## SIGNATURE DISHES M V

Chicken breast scallopini, potato and zucchini rosti, sautéed spinach, grilled king prawns, avocado and garlic cream sauce **GF** 27 29

**Murray Valley Pork Belly Adobo** 27 29  
steamed turmeric rice, potato, spinach, shallots, poached cage free egg, crispy onions and sesame seeds

Grilled barramundi fillet, charred baby fennel, parsnip and caramelized leek puree, Romanesco broccoli, honey glazed Dutch carrot and champagne foam **GF** 29 31

Grilled marinated salmon fillet, charred asparagus, crispy potato, kalettes, beetroot hummus, fresh pomegranate and za'atar 28 30

# BURGERS

ALL BURGERS SERVED ON A BRIOCHE BUN WITH CRUNCHY STEAKHOUSE FRIES

## M V

### BEEF & RIB 25 27

Wagyu beef pattie, slow cooked beef rib, maple bacon, hi-melt cheese and ranch sauce

### MILK BAR 18 20

200gram beef, shredded lettuce, tomato, beetroot, caramelized onion, smoky bacon, free range egg and ketchup

### CRISPY FRIED KARAAGE CHICKEN 18 20

with thigh fillet, creamy slaw, gochujang sauce and smashed avocado

### NOTORIOUS OG 28 30

Triple beef pattie 300grams, maple bacon, McClures pickles, American mustard, Jacks' cheese and ranch sauce

# CHAR CHAR CHAR

## CHAR CHAR CHAR M V

Marinated lamb souvlaki served with Greek salad, chips, tzatziki and pita bread 27 29

Twice cooked half chicken marinated in garlic and lemon, crispy potato, sautéed greens and red wine jus **GF** 27 29

Texan sticky baby back beef ribs, charred corn, ranch sauce and crunchy steak house chips 36 38

## EBONY BLACK ANGUS

We only choose to use Ebony Black Angus across our menu. Ebony Black Angus is produced from carefully selected prime quality Black Angus cattle and grain finished for 100 days. This delivers a perfectly marbled product that is juicy, tender and brimming with flavour.

All our meat is aged for a minimum of 28 days to ensure beautiful eating qualities across the meat used throughout our menu.

Steaks served with crunchy steakhouse chips and wedge salad consisting of iceberg, ranch sauce, crispy beef bacon, cherry tomatoes and crispy onions.

Rump steak (300grams) **GF** 28 30

Prime scotch fillet (300grams) **GF** 33 35

New York Premium (500grams) **GF** 40 42

### Pimp your steak:

with two Australian grilled king prawns **GF** 12 14

**Choice of Gluten Free Sauces;** 2 4

Creamy mushroom Béarnaise

Pink peppercorn sauce Sticky barbeque rib

Merlot and port wine jus Creamy roast garlic

Creamy Dianne

# KIDS 12 YEARS & UNDER \$12 M / \$13 V

Battered fish fillets with chips

Mini cheeseburger served with fries

Dinosaur chicken nuggets and chips

Grilled chicken with steamed vegetables **GF**

Rigatoni bolognese topped with parmesan cheese

**Kids meals include a free chef's choice ice cream**

# THE PIZZA

ALL 12 INCH

## M V

**Cheesy Garlic** 16 18  
Fresh herbs and mozzarella **V**

**Margarita** 16 18  
Napoli base, cherry tomato, bocconcini, mozzarella and fresh basil **V**

**Funghi** **V** 17 19  
Napoli base, swiss browns, oyster, black fungi, bocconcini and mozzarella

**Hawaiian** 18 20  
Leg ham, pineapple and mozzarella

**Italian Meat Lovers** 18 20  
Napoli base, mozzarella cheese, pepperoni, soppressata, leg ham, bacon, Italian herbs and roast garlic

**The Italian Stallion** 19 21  
Pepperoni, Napoli base and shredded mozzarella

**Supreme Italiano** 19 21  
Napoli base, mozzarella cheese, roast garlic, pepperoni, soppressata, wild funghi, Italian leg ham, Spanish onion, black olives, capsicum and Italian herbs

**The Mexican** 19 21  
Chorizo, pepperoni, jalapeno, chilli, Spanish onion, capsicum, mozzarella and roast garlic aioli

**Chicken and Avocado** 21 23  
Grilled chicken, bacon, avocado, Napoli base, capsicum, red onion and sriracha aioli

**Fiery Prawn** 21 23  
Prawns, bacon, shallot, chilli flakes, red onion, cherry tomato & sriracha aioli

**Nutella** 14 16  
Nutella base, strawberries, vanilla bean ice cream and icing sugar **V**

**Gluten Free Base (add)** 3

**V** VEGETARIAN **GF** GLUTEN FREE

**M** — Member **V** — Visitor  
If you have any serious allergies, please talk to us and we will try our best to serve you something delicious.

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