

# La TABELLA

## LUNCH MENU

### APPERTIZERS – BREADS

|   |           |
|---|-----------|
| <b>DUCK LIVER PATE</b>  | <b>17</b> |
| TUSCAN STYLE HOUSE MADE PATE, GREEN APPLE, LAVOSH & STONE BAKED SOUR DOUGH                            |           |
| <b>BRUSCHETTA</b>   | <b>17</b> |
| VINE RIPENED TOMATO, SPANISH ONION, LOCAL BASIL, HOUSE MADE BASIL RICOTTA, STONE BAKED SOUR DOUGH [V] |           |
| <b>OLIVES</b>   | <b>11</b> |
| WARM HOUSE MARINATED OLIVES WITH SOURDOUGH  |           |

### ENTRÉE

|  |           |
|--|-----------|
| <b>ANTIPASTO BOARD – FOR 2</b>   | <b>35</b> |
| CHEFS SELECTION OF GOURMET COLD MEATS & CHEESE, DUCK LIVER PATE, PICKLED & CHAR GRILLED VEGETABLES, OLIVES, GRISSINI, LAVOSH, SOUR DOUGH |           |
| <b>CALAMARI HOUSE SPECIALITY</b>   | <b>19</b> |
| SEMOLINA DUSTED WITH SUMAC, PICKLED FENNEL, ROCKET LEMON ROMESCO, GOLDEN FRIES   |           |
| <b>POPCORN PRAWNS</b>  | <b>24</b> |
| FOUR AUSTRALIAN WILD CAUGHT TIGER PRAWNS, CHILLI, LIME CARAMEL, HERB SALAD, BLACK SESAME [DF]  |           |
| <b>HOUSE CURED SALMON</b>  | <b>22</b> |
| BEETROOT CURED ATLANTIC SALMON, HORSERADISH TAHINI SAUCE, AVOCADO CREAM, PICKLED CUCUMBER, RADISH, TOASTED SOUR DOUGH [DF]               |           |

### PACIFIC OYSTERS – FRESHLY SHUCKED 'A' GRADE COFFIN BAY SA.

|                            |       |       |
|----------------------------|-------|-------|
|                            | ½ DOZ | 1 DOZ |
| NATURAL, MIRIN DRESSING    | 25    | 50    |
| PROSECCO MORNAY            | 25    | 50    |
| KILPATRICK                 | 25    | 50    |
| BLOODY MARY SHOOTER EA 4.5 |       |       |

### BURGERS

|   |           |
|---|-----------|
| <b>THE 'DON'</b>  | <b>18</b> |
| BEEF CHEEK & CASSALINGA PATTY, MAPLE BACON, SWISS CHEESE, HOUSE MADE PICKLES, SPANISH ONION, COS, BBQ AIOLI, GOLDEN FRIES |           |
| <b>TUSCAN CHICKEN BURGER</b>  | <b>18</b> |
| CHICKEN BREAST, BACON, AVOCADO, TOMATO, COS, AIOLI, TOASTED BUN, GOLDEN FRIES   |           |

ALL PRICES ARE GST INCLUSIVE, CARD BANK CHARGES APPLY, \$10 MIN EFTPOS

### MAINS

|  |           |
|--|-----------|
| <b>BEEF EYE FILLET</b>   | <b>45</b> |
| AUSTRALIAN CERTIFIED BLACK ANGUS FROM THE NSW CENTRAL RANGES, BUTTERNUT PUREE, SUGAR SNAP, ROASTED FENNEL, FRESH HERB BUTTER |           |
| <b>VEAL SCALLOPINI AL FUNGHI</b>   | <b>35</b> |
| DARLING DOWNS VEAL PANSEARED W/ CREAMY MASH, TRUFFLE OIL, SEASONAL VEGETABLES, WILD MUSHROOM RAGU                            |           |
| <b>VEAL SCALLOPINI AL PICCATA</b>  | <b>35</b> |
| DARLING DOWNS VEAL PANSEARED W/ CREAMY MASH, SEASONAL VEGETABLES, LEMON GARLIC PARMESAN BUTTER SAUCE                         |           |
| <b>FISH &amp; CHIPS</b>  | <b>26</b> |
| LOCAL REEF FISH WITH RUCOLA SALAD AND GOLDEN FRIES YOUR CHOICE OF TEMPURA BATTER OR CRUMBED                                  |           |
| <b>CATCH OF THE DAY</b>  | <b>MP</b> |
| ASK YOUR WAITER  |           |

### SALADS

|   |           |
|---|-----------|
| <b>LA TABELLA RUCOLA</b>  | <b>16</b> |
| ROCKET, PICKLED FENNEL, PARMESAN, SPANISH ONION, PEAR WHITE BALSAMIC DRESSING [GF]  |           |
| <b>ROASTED WINTER VEGETABLE</b>   | <b>19</b> |
| SPICED PUMPKIN, SWEET POTATO, FENNEL, QUINOA, CANDIED PEACANS, GOATS CHEVRE, POMEGRANATE DRESSING [GF]  |           |
| <b>TRADITIONAL TUSCAN CHICKEN PANZANELLA</b>  | <b>22</b> |
| VINE RIPENED TOMATOES, GARLIC, ROASTED CAPSICUM, CHARGRILLED CHICKEN BREAST, CRISPY PANCETTA, BASIL, RED WINE VINAIGRETTE, TRADITIONAL SOAKED SOUR DOUGH. |           |

### PASTAS ALL OUR PASTA IS HOUSE MADE FRESH DAILY

|   |           |
|---|-----------|
| <b>RAGU ALLA BOLOGNESE</b>  | <b>25</b> |
| SLOW COOKED BEEF CHEEK & PORK BELLY RAGU, FETTUCINI [DF]  |           |
| <b>GNOCCHI GORGONZOLA</b>   | <b>27</b> |
| BABY SPINACH, LEMON ZEST, TOASTED PINE NUTS & ITALIAN GORGONZOLA CHEESE   |           |
| <b>SEAFOOD SPAGHETTI</b>  | <b>35</b> |
| LOCAL TIGER PRAWNS, SCALLOPS, CALAMARI AND WHITE FRESH REEF FISH, WITH A DICED TOMATO AND WHITE WINE SAUCE, PANGRATTATO |           |
| <b>FETTUCINI CARBONARA</b>  | <b>22</b> |
| BACON, ONION, MUSHROOMS, CREAM SAUCE  |           |
| - ADD CHICKEN   | <b>26</b> |
| <b>PASTA OF THE DAY</b>   |           |
| ASK YOUR WAITER   |           |

"ONE OF THE VERY NICEST THINGS ABOUT LIFE IS THE WAY WE REGULARLY STOP WHATEVER IT IS WE ARE DOING AND DEVOTE ATTENTION TO EATING."

LUCIANO PAVAROTTI

### CHEFS SEAFOOD TASTING PLATE FOR TWO

|  |           |
|--|-----------|
| <b>SELECTION OF HOT &amp; COLD SEAFOOD</b>   | <b>89</b> |
| MARINATED GRILLED TIGER PRAWNS, SUMAC DUSTED CALAMARI, BARRA WINGS, LOCAL REEF FISH CRUMBED, HERVEY BAY HALF SHELL SCALLOPS, HOUSECURED SALMON, OYSTERS NATURAL, BLOODY MARY OYSTER SHOOTERS PICKLED BABY OCTOPUS SALAD, MORETON BAY BUG |           |

### PIZZAS TRADITIONAL HOUSE MADE PIZZA DOUGH

|  |           |
|--|-----------|
| 9 INCH GLUTEN FREE PIZZAS ARE AVAILABLE                              | <b>3</b>  |
| <b>MARGHERITA</b>  | <b>23</b> |
| FIOR DI LATTE MOZZARELLA, FRESH BASIL, SLOW COOKED ROMA TOMATOES [V] |           |

|  |           |
|--|-----------|
| <b>CARNE</b>   | <b>23</b> |
| PEPPERONI, CHORIZO, CASSALINGA, BACON, KALAMATA OLIVES, SPANISH ONION, CHILLI, JALAPENO PEPPERS, MOZZARELLA CHEESE |           |

|  |           |
|--|-----------|
| <b>ORTOLANE</b>  | <b>23</b> |
| ONION, PUMPKIN, MUSHROOM, ROASTED RED CAPSICUM, ARTICHOKE, SPINACH [V] |           |

|  |           |
|--|-----------|
| <b>SEAFOOD PIZZA</b>   | <b>28</b> |
| NAPOLI BASE, CALAMARI, TIGER PRAWNS, SCALLOPS, ANCHOVY, BABY OCTOPUS, FRESH OREGANO, MAJORAM, MOZZARELLA CHEESE, |           |

### SIDES

|   |            |
|---|------------|
| <b>VEGETABLES</b>                               | <b>9.5</b> |
| SAUTEED SEASONAL GREENS TOSSED WITH BUTTER (GF) |            |
| <b>MASH</b>                                     | <b>8</b>   |
| <b>CHIPS</b>                                    | <b>7</b>   |

### DESSERTS / CHEESE

|  |           |
|--|-----------|
| <b>PANNACOTTA</b>  | <b>15</b> |
| SWEET VANILLA, BERRY COULIS,   |           |
| <b>LEMON TART</b>  | <b>12</b> |
| PASSIONFRUIT MASCARPONE, BRAISED STONE FRUIT, PISTACHIO, HONEY PASSITO CARAMEL   |           |
| <b>CHOCOLATE TORTE</b>   | <b>15</b> |
| RICH VENETIAN CHOCOLATE & HAZELNUT TORTE, WARM CHOCOLATE SAUCE, BLACK CHERRIES, CHOCOLATE & BURNT CARAMEL ICE CREAM [V]  |           |
| <b>TIRAMISU</b>  | <b>15</b> |
| TRADITIONAL CUCINA STYLE PICK ME UP COFFEE & MASALA SOAKED SAVOIRADE BISCUITS, LAYERED WITH WHIPPED MASCARPONE CREAM [V] |           |

|   |           |
|---|-----------|
| <b>CRÈME BRULEE</b>   | <b>15</b> |
| VANILLA BEAN BRULEE SERVED WITH COINTREAU POACHED BERRIES, BISCOTTI [V] |           |

|   |           |
|---|-----------|
| <b>TRIO OF HOUSEMADE SORBETS &amp; ICE CREAMS</b> | <b>15</b> |
|---|-----------|

|   |           |
|---|-----------|
| <b>CHEESE</b>   | <b>24</b> |
| SELECTION OF AUSTRALIAN & IMPORTED CHEESE WITH ACCOMPANIMENTS |           |

### VEGETARIAN / VEGAN SELECTION

|   |           |
|---|-----------|
| <b>BRUSCHETTA</b>   | <b>16</b> |
| VINE RIPENED TOMATO, SPANISH ONION, LOCAL BASIL, , STONE BAKED SOUR DOUGH [V] |           |

|  |           |
|--|-----------|
| <b>OLIVES</b>                                    | <b>11</b> |
| WARM HOUSE MARINATED OLIVES WITH SOURDOUGH [VDF] |           |

|  |           |
|--|-----------|
| <b>LA TABELLA RUCOLA SALAD</b>   | <b>15</b> |
| ROCKET, PICKLED FENNEL, PARMESAN, SPANISH ONION, WHITE BALSAMIC DRESSING |           |

|  |           |
|--|-----------|
| <b>ROASTED WINTER VEGETABLE SALAD</b>  | <b>19</b> |
| SPICED PUMPKIN, SWEET POTATO, FENNEL, QUINOA, CANDIED PEACANS, POMEGRANATE DRESSING [GF] |           |

|  |           |
|--|-----------|
| <b>MARGHERITA PIZZA</b>                              | <b>26</b> |
| VEGAN CHEESE, FRESH BASIL, SLOW COOKED ROMA TOMATOES |           |

|  |           |
|--|-----------|
| <b>ORTOLANE PIZZA</b>  | <b>26</b> |
| ONION, PUMPKIN, MUSHROOM, ROASTED RED CAPSICUM, ARTICHOKE, SPINACH, VEGAN CHEESE |           |

|   |           |
|---|-----------|
| <b>GNOCCHI GORGONZOLA</b>   | <b>27</b> |
| BABY SPINACH, LEMON ZEST, TOASTED PINE NUTS & ITALIAN GORGONZOLA CHEESE |           |

|   |           |
|---|-----------|
| <b>ZUCCHINI SPAGHETTI</b>   | <b>18</b> |
| ROAST PUMPKIN, MUSHROOMS, SEMI DREID TOMATOES, ROAST CAPSICUM, PINE NUTS, BASIL PESTO |           |

|   |           |
|---|-----------|
| <b>PEARL COUS COUS STUFFED CAPSICUM</b>                                 | <b>18</b> |
| STUFFED CAPSICUM, FRESH HERB & ALMOND MILK SAUCE, ADD - GRILLED HALOUMI |           |
|   | <b>5</b>  |

|  |           |
|--|-----------|
| <b>QUINOA POWER BOWL</b>   | <b>22</b> |
| QUINOA, EDAMAME, TOFU, HOUSE SALAD, NUT & SEED MIX, PICKLES, SLAW, SOY DRESSING. |           |

### DESSERT COCKTAILS

|                              |            |
|------------------------------|------------|
| <b>ESPRESSO MARTINI</b>      | <b>18</b>  |
| <b>TIRAMISU MARTINI</b>      | <b>18</b>  |
| <b>AFFOGATO</b>              | <b>7.5</b> |
| <b>AFFOGATO W/FRANGELICO</b> | <b>15</b>  |
| <b>AFFOGATO W/AMARETTO</b>   | <b>15</b>  |

PLEASE SEE WINE LIST FOR SELECTION OF ITALIAN GRAPPAS, LIQUEURS & DIGESTIVES

Quality, house made,  
italian inspired  
cuisine.