

# T A P A S

## **Marinated Olives 16**

Local Flow House Marinated Olives, Fennel Seed, lemon,  
Grilled Organic Sourdough

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## **Crisp Fried Eggplant 16**

Crisp Fried Lebanese Eggplant, Chilli Relish, Marinated Feta

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## **Grilled Squid & Sobrasada 19**

Grilled Marinated Squid, Crisp Sobrasada, Salsa Verde, Fresh Lemon

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## **Caramelised Duck Liver Pate 22**

Local Flow House Made Pate, Spice Poached Grapes, Grilled Sourdough

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## **Anchovy & Goats Cheese Chillies 22**

Marinated Anchovy & Goats Cheese Stuffed Pickled Chillies,  
Organic Sourdough

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## **Crab & Confit Tomato & Bruschetta 22**

Confit Local Vine Tomatoes, Roast Garlic Alioli, Crab  
Sweet Pickled Onions, Basil, Parsley

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## **Chilli & Garlic Clams 22**

Pan Fried Chilli & Garlic Clams, Spring Onion, Parsley, White Wine,  
Grilled Organic Sour Dough

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## **Barramundi & Crab Fritters 22**

Crisp Crab & Barramundi Fritters, Pickled Chilli Vinegar, Roast Garlic Alioli

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## **Paprika Grilled Prawns 24 GF**

Smoked Paprika Grilled Mooloolaba Prawns, Roast Garlic Alioli,  
Pickled Cucumber

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## **Seared Scallops 24**

Seared Scallops, Salsa Romesco, Fried Leeks

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## **Roast Pumpkin Ravioli 24**

Roast Pumpkin & Goats Cheese Ravioli, Roasted Hazelnuts,  
Parmesan, Olive Oil, Crisp Parsley

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# P I Z Z A B R E A D S

## **Garlic & Rosemary Pizza 17**

Garlic, rosemary & mozzarella pizza bread

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## **Chilli & Feta Pizza 19**

3 Chilli Relish Pizza Bread, Mozzarella & Feta

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**Whilst We Aim To Have All Menu Items Available,  
Pricing & Availability Is Subject To Change**

# PIZZA

## **Local Flow BBQ Seafood Pizza 37**

Grilled Mooloolaba Prawns, Barramundi, Grilled Squid, Garlic, Roast Tomato, Rocket, Fresh Lemon

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## **Char Grilled Chilli Beef Pizza 36**

Char Grilled Chilli Beef Fillet Pizza, Pickled Chillies, Salted Onions, Sumac Yoghurt, Rocket, Toasted Sesame

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## **Roasted Pumpkin Pizza (Vegetarian) 30**

Roasted Butternut Pumpkin Pizza, Rocket, Meredith Goats Cheese, Roast Tomato, Basil, Sherry Reduction

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# MAINS

## **Crispy Skinned Barramundi 44 GF**

Crispy Skinned N.Q. Ocean Farmed Barramundi Fillet, Broccolini, Green Beans, Goats Cheese, Confit Tomato, Preserved Lemon

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## **Herbed Polenta Gnocchi 38 GF**

Winter Herbed Pan Fried Polenta Gnocchi, Roast Pumpkin, Baby Spinach, Parmesan, Pine Nuts, Fried Leeks

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## **Chilli Crab Linguine 40**

Pan Fried Chilli & Garlic Crab Linguine, Roast Tomato, Preserved Lemon, Basil, Olive Oil

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## **Sesame Crusted Local Tuna 44**

Sesame Crusted Rare Local Tuna, Green Bean Ensalada, Sumac Yoghurt, Crisp Potatoes, Smoked Chilli Oil, Fresh Lemon

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## **Spiced Roasted Spatchcock 44 GF**

Fennel Seed, Sumac & Lime Roasted Spatchcock, Creamed Winter Herb Polenta, Pan Fried Beans, Spring Onion, Chorizo

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## **Slow Braised Lamb Ragu 44 GF**

Slow Braised Lamb Ragu, Peppers, Garlic, Rosemary, Tomato, Fresh Rag Pasta, Preserved Lemon, Parsley, Parmesan

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## **Darling Downs 220gm Beef Fillet 55 GF**

Char Grilled Grass Fed Beef Fillet, 220gm w/ Roast Garlic & Potato Mash, Slow Roast Tomato, Sautéed Baby Spinach, Sherry Reduction

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# SIDES 12 GF

Chips, Green Harissa Alioli  
Local Greens, Olive Oil, lemon  
Rocket & Parmesan Salad  
Green Peas, Mint, Dill, Goats Cheese  
Roast Pumpkin, Beetroot, Parmesan

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Please Advise Of Any Food Allergies When Ordering  
One Bill Per Table**