

# 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 18**

Crisp Fried Lebanese Eggplant, Chilli Relish, Marinated Feta

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## **Crisp Fried Baby Squid 24**

Crisp Fried Baby Squid, Fried Onion & Parsley, Roast Garlic Alioli

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## **Caramelised Duck Liver Pate 22**

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

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## **House Marinated Anchovy Bruschetta 22**

L. F. Marinated Anchovies, Mascarpone, Sweet Pickled Onions,  
& Grilled Organic Sourdough

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## **Spanner Crab Bruschetta 24**

Spanner Crab & Green Onion Bruschetta, Confit Tomato,  
Alioli, Parsley, Smoked Chilli Oil & Organic Sourdough

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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 & Chorizo 24 GF**

Seared Scallops, Grilled Chorizo, Salsa Verde

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## **Spiced Lamb Cutlets 24 GF**

Green Harissa Char Grilled Tasmanian Lamb Cutlets, Green Onion Salsa  
Tzatziki & Fresh Lemon

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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  
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***\$1.00 Charge For Even Split Bills***

# 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 Lamb Pizza 36**

Char Grilled Tasmanian Lamb Pizza w/ Eggplant Jam, Rocket, Parmesan, Tomato & Eggplant Crisps

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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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## **Caramelised Onion & Mushroom Casarecce 38**

Caramelised Onion & Mushroom Casarecce, Thyme, Sage, Baby Spinach, Roast Garlic, Parmesan & Mascarpone

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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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## **Green Chilli & Garlic Roasted Spatchcock 44 GF**

Green Chilli & Garlic Crusted Spatchcock, Roast Pumpkin, Mint & Hazelnut Salad, Pomegranate Vinaigrette,

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## **Spiced Walnut Crusted Pork Cutlet 300gm 49 GF**

Spiced Walnut Crusted Pork Cutlet, Roast Cauliflower Puree, Sautéed Spinach, Crisp Potatoes & Fresh Lemon

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

Char Grilled Grass Fed Beef Fillet, 220gm w/ Roast Garlic & Potato Mash, Confit Tomato, Sautéed Baby Spinach, Braised Red Wine Onions

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# SIDES

Chips, Green Harissa Alioli **12 GF**

Local Greens, Olive Oil, lemon **16 GF**

Rocket & Parmesan Salad. **16 GF**

Green Peas, Mint, Dill, Goats Cheese. **16 GF**

Roast Pumpkin, Beetroot, Parmesan **18 GF**

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