

Day

No outside food please - One account per table

from 10.45am Tuesday to Saturday

100% gluten, onion, garlic & leek free, intolerant, FODMAP Safe Kitchen
from Fox in the box - home to the Intolerant Chef - Tim

Fresh "open" gourmet sandwiches GF/DF/SF/FF (Turkish Roll \$2 extra)	12.9
Marinated Moroccan spiced Chicken with spinach, sesame seeds & mint yoghurt GF/LF/SF/FF	
Slow Roasted lamb with curry aioli on baby spinach or rocket GF/DF/FF (Soy Lecithin)	
Italian rosemary infused pork belly, tomato on baby spinach or rocket GF/DF/FF/SF	
The "FOX" B.L.T. with aioli (rocket - not lettuce) GF/DF/FF (Soy Lecithin)	
Avocado & Yarra Valley goats cheese smash GF - contains lactose/sorbitol	
Chicken schnitzel, mayo and shredded rocket GF/DF/FF (Soy Lecithin)	
* Any with fries and salad	16.9
The "Straight up" Egg & Bacon Sandwich GF/DF/FF with cheese - GF/LF/FF	12.9 14.9
Soup of the day GF/LF/SF/FF with bread *can be ordered dairy free or Vegan	11.9
Scone & Jam GF/LF/FF	5.5 9.9
Home made Pie of the day (from beef, chicken, veggie) GF/DF/FF with salad & fries	15.9
Salt & Pepper Calamari GF/DF/FF served with our trilogy of aiolis, fries & salad	18.9
Succulent Root Vegetable salad GF/DF/SF/FF/V with a rosemary dressing	16.9
Pasta or Risotto of the day GF/LF/SF/FF *can be ordered veg/vegan	19.9
Pasta Bake - Lasagne GF/LF/FF - can be ordered DF - dairy free	18.9
Layers of rich bolognese sauce topped with bechemal then layered with penne, again and again....	
Vegetarian Pasta GF/DF/SF/FF/V *can be ordered Vegan	17.9
Capsicum, cherry tomato, roasted root vegetables with Korean spice mix and our 3.5 hour tomato soorz	
Carbonara - GF/SF/LF/FF Swap the bacon for Roasted Root Vegetables	17.9
Classic Pasta Bolognese GF/LF/FF - DF without parmesan	18.9
Flat head tails with Tartar soorz and fries GF/DF/FF (Soy Lecithin)	22.9
"The famous" home crumbed Chicken Schnitzel GF/DF/FF (Soy Lecithin)	20.9
Chicken Parma - as above oven roasted napoli soorz & melted cheese GF/LF/FF add Ham 3.0	23.9
The "breadless" burger - GF/DF/FF Prime beef mince on grilled eggplant Veggie Patty add 2.5 on grilled eggplant, topped with bacon, tomato, capsicum, mashed potato, finished with our "kick ass" ranch dressing	19.9
Grilled Calamari Salad with lemon dressing - GF/DF/FF	19.9
A generous serve of calamari fillet, pan grilled, served on a bed of mixed greens, cherry tomato & lemon	
Spinach, Grilled Goats cheese & pumpkin salad (add chicken) - GF/LF/FF	17.9 21.9
Roast Jap pumpkin, grilled fetta and spinach finished with our citrus dressing	
Moroccan grilled chicken & quinoa salad GF/SF/LF/FF with spinach, mint yogurt dressing & sesame seeds	20.9
Warm lamb and quinoa salad - GF/SF/DF/FF	20.9
Succulent Slow cooked Lamb Shoulder served warm with a mix of Salad Greens, silver beet pesto & mapled pine nuts	
Rare beef and wasabe dressed salad - GF/DF/FF	21.9
Mouth watering fillet bedded on rocket with "mock onion" and sesame seeds & ranch dressing	
Bowl of Fries - GF/SF/DF/FF small 5.9	8.0
House salad - GF/DF/FF spinach, tamari & oil dressed with parmesan	6.0
Green beans & almonds tamari & oil dressed (Raffinose) GF/DF/FF	6.0
Hot Bread - our exceptional warmed Turkish pide sliced with rock salt & E.V. olive oil GF/SF/DF/FF	3.5
Vegan Cheese	3.0
Extra Aiolis (from Tomato blush, Wasabi or Curry) (Soy Lecithin)	1.5

Our house salad dressing is Extra Virgin olive oil and Tamari - it contains soy protein