

## Spring Lunch 11.30-2.30

### wraps

**lamb backstrap** marinated in ginger, lime & coriander, w a greek style salad & tzatziki wrapped in a flat bread 16.9

**tender chicken wrap**, field mushroom, cheddar, rocket smeared w basil pesto in a flat bread 14.9

### salads

**smoked salmon salad** w organic avocado, persian fetta & snow peas, bound with a red wine vinegar dressing 16.9

**warm roast pumpkin & fetta salad**, drizzled with pumpkin seed oil 12.9  
option - w tender cajun chicken pieces 15.9

### gourmet sandwiches

**open scotch fillet steak sandwich** on turkish stacked w melted cheddar, rocket, spanish onion, cherry tomatoes & a poached egg, finshed w kassundi (a mild spiced home made tomato relish) 17.9

**turtle back bagel**  
fresh rocket, roma tomato, crispy bacon, fried egg, drizzled with pesto mayo 12.5

**toasted turkish sandwich**  
please see the cabinet for today's selection

## brunch

**lil frog**  
crispy bacon, 2 eggs, roma tomato, sourdough 12

**big turtle**  
crispy bacon, 2 eggs, roma tomato, chorizo, field mushroom, hash browns, sourdough 17

### add me

beer battered chips bowl 7  
side chips 4  
side salad 6  
xtra homemade aioli 1  
xtra pesto mayo 1

please see our blackboard specials  
& cabinet inside for more delicious  
homemade lunch choices

*the* | frog & turtle | *cafe*