

## Breads / Starters

|                                |  |  |             |
|--------------------------------|--|--|-------------|
| <b>La Vela Shared Plate</b>    | cold meats, olives, bocconcini, Italian sausage & mini arancini  |  | <b>24</b>   |
| <b>Continental Bread</b>       | With butter, olive oil and balsamic vinegar  |  | <b>8</b>    |
| <b>Garlic Bread</b>            | crusty continental bread with garlic butter  | <b>2 slices 4</b> <u><b>OR</b></u> <b>4 slices</b> | <b>8</b>    |
|                                |  | <b>Gluten Free 2 slices</b>                        | <b>5</b>    |
| <b>Bruschetta al Pomodoro</b>  | traditional topping & shaved parmesan...   |  | <b>1350</b> |
| <b>Mini Arancini</b>           | 6 Hand rolled crumbed and fried risotto balls  |  | <b>9</b>    |
| <b>Olives</b>                  | Marinated Green & black olives served warm   |  | <b>8</b>    |
| <b>Italian Sausage</b>         | lightly grilled spicy Italian sausage  |  | <b>8</b>    |
| <b>Arancini Balls</b>          | 2 rice balls stuffed with mozzarella on Bolognese sauce &<br>parmesan, drizzled with olive oil                         |  | <b>17</b>   |
| <b>Insalata</b>                | Italian salad, cucumber, red onion, tomato, bocconcini, olives, basil on<br>Mixed leaves with a white balsamic vinegar |  | <b>1250</b> |
| <b>Seafood</b>                 |  | <b>ENTRÉE</b>                                      | <b>MAIN</b> |
| <b>Calamari</b>                | lightly crumbed or grilled on a cherry tomato, cucumber & red onion salad<br>White Balsamic dressing & tartar sauce    | <b>18</b>  | <b>28</b>   |
| <b>Garlic Prawns</b>           | Prawns cooked in garlic butter served in a<br>sizzling pot served with a slice of Italian bread                        | <b>22</b>  |             |
| <b>Chilli Mussels</b>          | cooked in a rich tomato & chilli sauce<br>Served with 2 slices of garlic bread   |  | <b>2450</b> |
| <b>Grilled Fish of the Day</b> | chips, salad and lemon sauce   | <b>24</b>  | <b>37</b>   |
| <b>Grilled Fish Of The Day</b> | served with sweet potato & broccolini  | <b>24</b>  | <b>37</b>   |

| <b>PASTA</b>                                |  | <b>ENTRÉE</b>     | <b>MAIN</b>         |
|---|--|-------------------|---------------------|
| <b>Lasagne</b>                              | Traditional homemade lasagne with ham &<br>Boiled egg and garden salad   |                   | <b>26</b>           |
| <b>Spaghetti Bolognese</b>                  | Traditional spaghetti Bolognese  |                   | <b>24</b>           |
| <b>Spaghetti Aglio Olio</b>                 | Spaghetti served with chilli, garlic, parsley & olive oil  |                   | <b>18</b>           |
|   |  | <b>Add Prawns</b> | <b>30</b>           |
| <b>Spaghetti Carbonara</b>                  | Spaghetti served with smoked bacon,<br>White wine, eggs, pepper, parmigiana & cream sauce                            |                   | <b>25</b>           |
| <b>Spaghetti Marinara</b>                   | Spaghetti with mixed seafood & Napolitano sauce  | <b>22</b>         | <b>32</b>           |
| <b>Rigatoni Arrabiata</b>                   | Rigatoni pasta served with hot Italian sausage,<br>Napolitano sauce, olives, garlic & basil                          |                   | <b>27</b>           |
| <b>Tortellini alla Pana</b>                 | Tortellini served with bacon, mushroom,<br>Parmigiano & cream sauce, topped with Truffle oil                         | <b>18</b>         | <b>28</b>           |
| <b>Fettuccini Alfredo</b>                   | Fettuccini served with diced chicken , mushrooms,<br>Bacon, in your choice of tomato or cream sauce                  | <b>18</b>         | <b>28</b>           |
| <b>Gnocchi Portofino</b>                    | Homemade potato dumplings served with<br>spinach, prawns, tomato & cream sauce                                       |                   | <b>31</b>           |
| <b>Gnocchi Ragout Of The Day</b>            | <b>Ask your waiter</b>   |                   | <b>Market Price</b> |
| <b>Seafood Risotto</b>                      | Risotto Rice cooked with snapper ,mussels, squid, prawns & seafood stock<br>Fresh herbs, lemon & EV olive oil        |                   | <b>32</b>           |
| <b>Vegetarian</b>                           |  |                   |                     |
| <b>Gnocchi Napolitano (V)</b>               | Home made potato dumplings served in Napolitano sauce  |                   | <b>23</b>           |
| <b>Eggplant Parmigiano (V)</b>              | Filled with Napolitano sauce & bocconcini, zucchini,<br>mushroom, spinach & sun-dried tomato pesto served with salad |                   | <b>26</b>           |
| <b>Fettuccine Romano (V)</b>                | fettuccine served with mushrooms, zucchini, eggplant<br>& cherry tomatoes in tomato & basil sauce                    |                   | <b>26</b>           |
| <b>Spinach &amp; Ricotta Cannelloni (V)</b> | in tomato & basil sauce & topped with crumbled feta  |                   | <b>24</b>           |

## Chicken

|   |   |             |
|---|---|-------------|
| <b>Chicken Parmigiano</b>                   | Topped with sliced tomato, prosciutto, & napolitana sauce<br>& melted bocconcini cheese | <b>30</b>   |
| <b>Chicken Breast Lugano (GF)</b>           | cooked in white wine with prawns, mushroom &<br>garlic cream sauce                      | <b>3450</b> |
| <b>Polla alla Vela</b><br>(Half chicken)    | marinated in vinegar, wine, herbs, garlic & spices served on a sizzling plate           | <b>31</b>   |
| <b>Chicken Diavoletto</b><br>(Half Chicken) | marinated and grilled in chilli, olives, tomato, herbs & capsicum                       | <b>32</b>   |
| <b>Chicken Scaloppini (GF)</b>              | Chicken tenderloins cooked in mushroom & sweet Marsala sauce                            | <b>30</b>   |
| <b>Pepper Chicken Breast (GF)</b>           | Cooked With Green peppercorns, mustard, brandy &<br>Cream sauce                         | <b>31</b>   |

## MEAT

|                                    |  |           |
|------------------------------------|--|-----------|
| <b>Beef Fillet 280gm</b>           | Choice of Pepper or Mushroom Sauce   | <b>43</b> |
|                                    | <b>Add Prawns</b>  | <b>5</b>  |
| <b>Scaloppine Marsala (GF)</b>     | cooked with prosciutto , mushroom & a sweet Marsala sauce                                  | <b>32</b> |
| <b>Scaloppine Capriccioso (GF)</b> | cooked in tomato, chilli, garlic & herb sauce  | <b>32</b> |
| <b>Scaloppine alla Crema (GF)</b>  | cooked in white wine, cream & mushroom sauce   | <b>32</b> |
| <b>Braised Lamb Shank (GF)</b>     | Slow Braised Lamb Shank served with sweet potato mash,<br>green beans & balsamic reduction | <b>34</b> |

Some main meals are served with vegetables Or salad & potatoes in rosemary sea salt

### Extras

|                                 |                                 |           |
|---------------------------------|---------------------------------|-----------|
| <b>Chips</b>                    | served with garlic aioli        | <b>8</b>  |
| <b>Broccoli &amp; Brocolini</b> | Served with EV oil and Sea Salt | <b>12</b> |
| <b>Garden Salad</b>             |                                 | <b>9</b>  |
| <b>Rosemary Potatoes</b>        |                                 | <b>8</b>  |