



PHAMISH

FOOD & WINE BAR

Fresh. Organic. Ethical.

Breakfast

Start your day with a good breakfast! We only use free range eggs and fresh, seasonal ingredients

Big Breakfast Crispy bacon, grilled sausages, housemade baked beans, potato rosti, portobello mushroom, roma tomato, eggs and sourdough.	21.50
Big Veggie Breakfast Avocado, sautéed spinach, roma tomato, portobello mushroom, asparagus, eggs and sourdough. V	19.50
Acai Smoothie Bowl Chia, acai, berries, seasonal fruit, granola, and mint. V	14.90
Avocado & Feta Smash Avocado smashed with Bulgarian feta and shaved radish, with poached eggs on multigrain toast. V	16.50
Wild Mushrooms Medley of sautéed wild mushrooms tossed in garlic, butter and thyme with whipped goats cheese and poached eggs on multigrain toast. V	21.50
Bacon Benedict Poached eggs on brioche loaf with a rosemary butter hollandaise, crispy bacon and spinach.	18.50
Nourish Bowl Smashed avocado, smoked salmon, asparagus, curried cauliflower, super seeds, house-made pickled celery and sumac poached egg. GF	19.50
Pancakes with maple and honey labne, roasted coconut, fresh berries and mini meringues.	18.50
Breads by "Noisette Bakery" with condiments <i>Choose your bread:</i> multigrain, sourdough, fruit loaf, or gluten free. <i>Choose your spread:</i> Strawberry jam, Apricot jam, honey, peanut butter, or Vegemite. V	7.50

Seafood

We feel strongly about ocean sustainability and all our seafood are ethically sourced by Red Coral Seafood

Fish & Chips Beer battered or Panfried fish of the day, with chunky chips, crunchy green salad, and house-made remoulade.	19.50
Baked Barramundi with confit potatoes, salsa verde and green salad. GF <i>Allow 15 minutes cooking time.</i>	24.50
Semolina Crusted Calamari with chunky chips, salad and orange chilli aioli.	32.00
Salmon Salad Confit of salmon with quinoa, snow peas, boiled egg, asparagus, fresh radish, and a lemon vinaigrette.	23.50
Chargrilled King Prawns 6 King Prawns, rosemary fries and a salad of chunky tomatoes and cucumber.	36.50
Linguine allo Scoglio Papillote Selection of fresh seafood, including king prawns, mussels, pipi, and calamari, cooked with chili and served in a parcel.	52.00

Broccolini with toasted almonds and balsamic reduction V GF	11.00
Honey Dutch carrots V GF	7.50
Garden salad (small or large) V GF	8.50 12.50

Small Plates

Our small plates are perfect as starters. Or why not order a few and share it amongst friends. All seafood are ethically sourced.

Bread platter Selection of fresh bread with balsamic, olive oil and dukkah. V	7.50
Kalamata Olives slightly warmed, and drizzled with olive oil. V GF	8.00
Tasmanian Oysters 4 oysters on ice, with citrus soy. GF <i>Extra oyster, each</i>	17.50 4.50
Kingfish Ceviche with golden beetroot, horseradish, cumin tuile and lime vinaigrette.	14.50
Cevapi Five traditional Balkan skinless beef sausages with ajvar and chopped red onion.	14.50
Zucchini and Ricotta Fritters with house-made fermented mint essence. V	16.00
Balsamic Bruschetta Heirloom tomato, onion and basil topped with parmesan, then drizzled with balsamic glaze. V	12.00
Semolina Crusted Calamari with orange and chilli aioli, rocket and braised leek.	15.00
Butterflied King Prawns 3 King Prawns, chargrilled with chilli, coriander and fresh lemon. GF <i>Extra king prawn, each</i>	17.50 6.50
Stuffed Mushroom Portobello Mushroom with cream cheese, sundried tomato, pine nuts, and balsamic drizzle. V GF	12.50

Main

Our main suppliers are Cherry Tree Organics and Hagens Organic Butcher, so you can be certain of 100% grassfed beef and lamb, and organic chicken.

Cevapi Traditional Balkan skinless beef sausages with ajvar, chopped red onion, capsicum, lemon vinaigrette, parsley, and spring onion potato salad.	29.50
Tawny Chicken Chicken, with asparagus wrapped in pancetta, sweet potato puree and a tawny port reduction. GF	27.50
Lamb Rack Grassfed lamb with smoked eggplant, Brussels sprouts, confit tomato, purple carrots, rosemary and lamb jus. GF	49.50
Tagliata Sliced porterhouse steak, rocket, caramelised onion and shaved parmesan. Please inform your waiter if you do not want the steak sliced.	44.50
Pulled Pork Burger with aple slaw, lime aioli, and chunky chips.	22.50
Beet Trio Golden beetroot, pink beetroot, purple beetroot, walnuts, goats cheese and rocket. V GF	24.50
Rustic Vegetables Slow roasted root vegetables with crumbled Bulgarian feta and crusty bread. V	22.50

Sides

Rosemary potatoes with sea salt V GF	7.50
Beer battered fat chips with aioli V	9.50
Sweet potato fries V GF	10.50

Pizza (coming soon)

All pizzas are made to order in our woodfired pizza oven. We start with a crispy base, topped with fresh ingredients, organic meat and ethically sourced seafood

Garlic and Cheese Focaccia V

Margarita

Buffalo mozzarella, San Marzano tomato, fresh basil. V

Calabrese

Salami, capsicum, olives, Spanish onion, buffalo mozzarella, and San Marzano tomato.

Pescatore

Prawns, scallops, calamari, mussels, rocket, oil, fresh chili, buffalo mozzarella, and San Marzano tomato.

Il Jordino

Sun-dried tomatoes, sweet potato, truffle oil, almonds, capers, buffalo mozzarella, and broccoli puree. V

Prosciutto

Prosciutto, rocket, Heirloom tomatoes, buffalo mozzarella, San Marzano tomato and parmesan.

Agata

Italian pork and fennel sausage, porcini mushroom, buffalo mozzarella and San Marzano tomato.

Number 8

Grilled Pork belly, spiced cured pineapple, purple radish, buffalo mozzarella, and San Marzano tomato.

Coffee & Hot Drinks

Flat White Cappuccino Latte	4.00	4.50
Espresso Ristretto Americano	3.90	
Café Viennois		6.00
Hot Chocolate		5.00
Extra shot Decaf		+0.60
Bonsoy Almond milk Coconut milk Rice milk		+1.00
Vegan Spice Chai, steamed with bonsoy	5.50	
Turmeric Latte, steamed with coconut milk	5.50	
Beetroot Latte, steamed with almond milk	6.50	

Tea

All our loose leaf teas are ethically sourced, hand picked and lovingly blended by Love Tea.

Black:

English Breakfast | Earl Grey 4.50

Green:

Traditional Green | Jasmine Pearls 4.50 5.50

Herbal:

Lemongrass Ginger | Rooibos | Moroccan Mint 4.50

White:

White, Rose & Goji 4.50

Wellness:

Detox with dandelion, nettle & burdock to support liver & kidneys 5.00

Digestive with fennel, aniseed & lemon balm to aid digestion 5.00

Skin Glow with calendula, red clover & burdock root to clear toxins 5.00

Water

Coconut Water 100% pure	4.00	
Watermelon Water 100% pure	4.50	
Still/Sparkling Water 200ml 500ml	3.50	4.50
<i>From the pristine water in the heart of the Snowy Mountains</i>		

Combos & Sharing Plates

Can't decide what to have?
Why choose when you can have it all!

Seafood Platter for 1	39.50
3 King Prawns, semolina crusted calamari, scallops, and chunky tomato and cucumber salad, with orange and chilli aioli.	
Family Seafood Platter	164.00
8 King Prawns, semolina crusted calamari, 8 Tasmanian oysters, battered fish of the day, olives, chunky tomato and cucumber salad, chips, and house-made remoulade.	
Meat & Veg Sharing Platter	84.50
Cevapi, ajvar, sliced porterhouse steak, chopped red onion, capsicum, roasted mushrooms, olives, and zucchini and ricotta fritters.	

Dessert

Trio of sorbet and seasonal fruit GF	12.50
Panna Cotta	15.00
with Malibu, praline dust, pineapple compote, cherry, and toasted coconut. GF	
Chocolate fondant	15.00
with vanilla bean ice-cream, crème anglaise and poached pear.	
Oops! we broke the 'Tiramisu'	15.00
Cheeseboard	15.50
with a selection of local sliced cheese, grapes and crackers.	
Dom Pedro	14.50
Milk shake for grown-ups! Vanilla bean ice-cream, kahlua <u>or</u> whiskey, fresh cream, and grated chocolate.	
Liqueur Coffee	9.90
Affogato	14.50
Espresso, vanilla ice-cream, and amaretto liqueur.	

Cold Pressed Elixirs

All elixirs are made by Feast Juice using certified organic ingredients and proven rare pure plant extracts.

Phyto Cleanse	11.00
Carrot, Beet, Ginger, Turmeric, Apple, Lime, Acai	
Hydra Cleanse	11.00
Apple, Cucumber, Celery, Kale, Lemon, Ginger, Cayenne, Chlorella, Irish moss, Mint	
Tranquillize	11.00
Orange, Pineapple, Turmeric, Fennel, Ginseng	
Detoxify	11.00
Apple, Fennel Root, Lemon, Oregano, Activated Charcoal	

Smoothies

Acai	10.50
Acai, banana, strawberries, apple and almond milk	
B&P	10.50
Banana, peanut butter, honey, cinnamon and milk	
Tropical	10.50
Mango, strawberries, apple, mint and pineapple juice	
Super Green	12.00
Avocado, kale, pineapple, matcha and almond milk	

Cold Drinks & Juice

Chia:	6.00
Feijoa & Pink Guava Coconut Water & Mango Blueberry	
Remedy Kombucha:	5.50
Original Raspberry Lemonade Ginger Lemon Cherry Plum	
House-pressed juice	8.00
Choose your own combination of up to four fruits and/or vegetables	