



## MENU

367 DARLING ST BALMAIN

PH: 9810 0292

Open 7 Nights 5:30pm – 9:30 pm

PICK UP IN STORE OR

HOME DELIVERY AVAILABLE

[WWW.MARINALUNGA.COM.AU](http://WWW.MARINALUNGA.COM.AU)

Menu subject to change without notice

## antipasti

GARLIC OR HERB BREAD / 5

GARLIC OR HERB PIZZA reg / 10. lrg / 12

SICILIAN OLIVES / 6

BRUSCHETTA / 11

Tomatoes, basil, Spanish onion on wood fired ciabatta

BRUSCHETTA PIZZA reg/ 16 lrg / 19

GARLIC PRAWNS / 19

Prawn cutlets, garlic, napoli sauce

SALT & PEPPER SQUID / 18

Tender squid dusted in our House made spice mix and shallow fried

CHILLI MUSSELS / 23

Fresh black mussels, Napoli sauce, white wine, garlic & chilli

CALAMARI FRITTI / 18

Fresh crumbed calamari rings, fried, tartare

## insalata

ITALIAN SALAD /12.5

Mixed lettuce, tomato, cucumber, Spanish onion, capsicum, olives, oregano, balsamic

ROCKET SALAD / 14

Rocket, parmesan, walnuts, balsamic

INSALATA POMODORO / 16

Tomatoes, Spanish onion, olives, feta, basil

INSALATA MARINA LUNGA / 19.5

Rocket, honey walnuts, parmesan, prosciutto, pear, roasted tomatoes, balsamic

PESTO CHICKEN SALAD / 18

Mixed lettuce, cherry tomato, sliced cucumber, Spanish onion, olives, capsicum, grilled pesto chicken & feta

### salumi plate / 17

Prosciutto, del a nonna salami, bocconcini, parmigiana, sicilian olives, grilled ciabatta

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## ...bambini menu...

Spaghetti Bolognese 12.5

Penne Napolitana 11

Ravioli Bolognese 13

Gnocchi Pesto 13

Fresh crumbed Calamari & chips 14

Chicken Schnitzel & chips or veg 14

Grilled Chicken & chips or veg 14

Margherita pizza 12.5

Ham Pizza 12.5

Ham & Pineapple pizza 12.5

Kids juice / soft drink 2.5

Take a look at our range of

*pure gelato*

# pasta

.....  
GLUTEN FREE  
*penne*  
AVAILABLE +2  
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PENNE NAPOLITANA / 17  
Home made tomato sugo

PENNE SICILIANA / 19  
Grilled eggplant, Napolitana sauce

PENNE AL POLLO / 22.5  
Chicken, mushroom, sundried tomato, rose sauce

PENNE SALMONE / 22.5  
Smoked salmon, asparagus, brandy cream

PENNE ARRABIATA / 19.5  
Smoked bacon, chilli, Napolitana sauce

SPAGHETTI BOLOGNESE / 21  
Traditional meat ragu

SPAGHETTI CARBONARA / 21  
Smoked bacon, parmesan cream, egg

SPAGHETTI MARINARA / 24.5  
Fresh seafood, garlic Napolitana sauce

# gnocchi

GNOCCHI AL PESTO / 22  
House made potato dumplings, basil pesto, parmesan

GNOCCHI SORRENTINA / 24.5  
Smoked bacon, mushroom, cherry tomato, Napolitana sauce, topped with mozzarella & baked in the wood fire

# vitello e' pollo

.....  
CHOOSE BETWEEN GRILLED CHICKEN OR SEARED VEAL  
.....  
YOUR CHOICE OF ITALIAN SALAD OR SEASONAL VEGETABLES  
.....

PIZZIAOLA / 26.5  
Black olives, oregano, Napoli sauce

AVOCADO / 27.5  
Avocado slices, brandy cream sauce

PARMIAGIANNA / 29.5  
Layered eggplant & mozzarella, Napoli sauce

SALTIMBOCCA / 29.5  
Layered smoked ham & mozzarella, Napoli sauce

AL LIMONE / 26.5  
Fresh lemon, white wine, garlic & parsley

SPAGHETTI CHILLI MUSSELS / 22.5  
Fresh black mussels, chilli, Napolitana sauce

FETTUCCINE BOSCAIOLA / 20  
Ham, mushroom, parmesan cream

FETTUCCINE VEGETARIANA / 19.5  
Field vegetables, napolitana sauce

FETTUCCINE CHILLI PRAWN / 22.5  
Prawn cutlets, garlic, chilli, Napolitana sauce

RAVIOLI BOLOGNESE / 22  
Beef filled ravioli, traditional meat ragu

RISOTTO MARINARA / 24.5  
Fresh seafood, garlic Napolitana sauce

RISOTTO POLLO E FUNGHI / 23  
Chicken, mushroom, aborio rice, parmesan cream

# baked

WOOD FIRED LASAGNE / 22  
Traditional meat ragu, layered pasta bechemel

SPINACH & RICOTTA CANELONNI / 22  
Ricotta, spinach, parmesan rolled in pasta topped with Napolitana sauce & mozzarella

# di mare

WOOD FIRED KING PRAWNS / 32  
King prawns topped with parmesan, Napoli sauce, smoked bacon & mozzarella baked in the oven.

Served with chips & Italian salad

ZUPPA DI MARE / 29.5

Hearty Sicilian seafood stew. Tomato broth & parsley

Served with ciabatta bread

PRAWN INSALATA / 28.5

Grilled king prawn, mixed leaf, cherry tomato, Spanish onion, cucumber, avocado, basil, lemon & balsamic

SIDES – POTATO CHIPS / 8

SEASONAL VEGETABLES / 8

FRUTTI DI MARE / 32  
Black mussels, fish, prawns, calamari, brandy cream sauce

MARSALA / 27.5  
Mushroom, marsala, cream sauce

BOSCAIOLA / 27.5  
Mushroom, ham, garlic cream sauce

CACCIATORE / 27.5  
Mushroom, white wine, Napoli sauce

COTOLETTA (schnitzel) / 26  
Crumbed & fried

# Traditional pizza

REGULAR 11" / 20 LARGE 13" / 22

## PEPPERONI

Napoli sauce, spicy pepperoni, mozzarella

## HAM & PINEAPPLE

Napoli sauce, smoked ham, pineapple, mozzarella

## MARGHERITA

Napoli sauce, mozzarella, oregano

## NAPOLITANA

Napoli sauce, anchovies, olives, mozzarella

## HAM & MUSHROOM

Napoli sauce, mushroom, smoked ham, mozzarella

## VEGETARIAN

Napoli sauce, mushroom, olives, onion, capsicum, pineapple, mozzarella

# Gourmet pizza

REGULAR 11" / 22 LARGE 13" / 24

## MARINA LUNGA SPECIAL

Napoli sauce, ham, chorizo, olives, mushroom, onion, capsicum, pineapple, mozzarella

## MEXICANA

Napoli sauce, pepperoni, capsicum, onion, chilli, mozzarella

## 4 SEASONS

Napoli sauce, smoked ham, capsicum, mushroom, prawns, mozzarella

## CARNE

Napoli sauce, pepperoni, ham, smoked bacon, chorizo, mozzarella

## CAPRICIOSA

Napoli sauce, smoked ham, mushroom, olives, anchovies, mozzarella

## NO # 1

Napoli sauce, grilled chicken, capsicum, sundried tomato, mozzarella

## NO # 2

Napoli sauce, smoked salmon, artichoke, Spanish onion, mozzarella

## NO # 3

Napoli sauce, sundried tomato, eggplant, artichoke, capsicum, onion, asparagus, mozzarella

## NO#4

Napoli sauce, smoked bacon, bocconcinni, basil, peas, mozzarella

## MARINARA

Napoli sauce, smoked salmon, prawns, anchovies, mozzarella

## BBQ POLLO

Bbq sauce base, grilled chicken, mushroom, onion, mozzarella

## MEDITERRANEAN

Napoli sauce, chorizo, olives, feta, oregano, mozzarella & fresh rocket

## GAMBERONI

Garlic marinated prawns, baby spinach, Spanish onion & mozzarella

## QUATTRO FORMAGGI

Napoli sauce, mozzarella, parmesan, bocconcinni, provolone cheese

## POLLO ITALIANO

Napoli sauce, garlic chicken, capsicum, cherry tomato, olives, mozzarella & fresh rocket

## DI PATATE

Garlic butter, roast potato, provolone, mozzarella, rosemary

## PROSCIUTTO

Napoli sauce, sliced tomato, rocket, mozzarella, prosciutto, shaved parmesan

GLUTEN FREE

**pizza base**

regular size + 4

HALF & HALF ON LARGE + 2

PIZZA ADDITIONS

VEG + 1, MEAT + 2, CHEESE + 2, SEAFOOD + 3

## vino bianco

GLASS / CARAF / BOTTLE

TORESELLA, Pinot grigio Italy – 10 / 24 / 38  
MATO BAY, Sauvignon blanc NZ – 11 / 25 / 40  
WARBURN, Chardonnay aus – 11 / 25 / 40  
TORESELLA, Pinot grigio ROSE' Italy – 10 / 24 / 38  
SILENI, Sauvignon blanc NZ – 44  
TOLLEY, Riesling Clare Valley – 42  
ZONIN, Moscato Italy – 38  
  
MASCHIO, Prosecco Italy – 14 / 44

## vino rosso

GLASS / CARAF / BOTTLE

SURYA, Nero D'avola Italy 12 / 26 / 42  
ZONIN, Merlot Italy – 10 / 24 / 38  
GRANT BURGE, Shiraz aus - 9 / 22 / 34  
ZONIN, Montepulciano Italy – 10 / 24 / 38  
FARM TO TABLE, Pinot Noir vic – 46  
TAYLORS, Shiraz aus - 42  
BORGIO SANLEO, Chianti Italy – 42  
HANWOOD ESTATE, Cabernet Sauvignon aus – 38

## birra

PERONI / 8.5  
PERONI LEGGERA / 8  
MENEAREA Italy / 9  
LITTLE CREATURES pale ale aus / 9  
CORONA / 7.5  
HEINEKEN / 7.5  
CROWN LARGER / 7.5  
STRONGBOW APPLE CIDER / 7.5

## spirits

GIN, MIDORI, BAILEYS, FRANGELICO,  
TIA MARIA, VODKA, JACK DANIELS, KAHLUA  
TEQUILA, JOHNNY WALKER, JIMBEAM / 8  
SCOTCH, BUNDABERG RUM, LIMONCELLO / 9

Mixed drinks + 2

## soda

COKE, DIET, LIFT, SPRITE, FANTA / 3.5  
  
JUICE, apple / orange / apple black current / 3.5  
  
LIMONATA, CHINOTTO / 4.5  
LEMON LIME & BITTERS / 4.5  
  
SAN PELLEGRINO SPARKLING . 500ml / 4.9  
AQUA PANNA STILL WATER . 500ml / 4.9

## cocktails

APEROL SPRITZ \$16 – sparkling, soda, aperol  
SGROPPINO \$17 – lemon sorbet, sparkling, vodka  
BELLINI \$15 – peach puree, prosecco  
HUGO \$16 – lime, limoncello, sparkling

## mocktails / 9

MILANIA – Watermelon, fresh lemonade, orange, mint  
KATALINA – Mango, fresh lemonade, pineapple, mint

## Vegan + organic wine

SPEAK NO EVIL – Shiraz \$44

HEAR NO EVIL - Sauvignon Blanc \$44

BYO WINE ONLY \$2pp

management reserves the right to ask for ID and stop service of alcohol to intoxicated patrons

**Dolci — 13" all \$24**

**TRADITIONAL TIRAMISU / 10**

Espresso soaked savoiardi, marscapone cream

**AFFOGATTO / 9**

Espresso, vanilla gelati, biscotti

AFFOGATTO + FRANGELICO / 15

**FIG & DATE TORTA / 11**

Warm brown sugar pudding + gelati

**WOOD FIRED APPLE CRUMBLE / 10**

+ cinnamon & gelati

**NUTELLA PIZZA reg / 16 lrg / 19**

Traditional pizza base,  
nutella, honey, icing sugar & gelati

**ASSORTED PURE GELATI & SORBETS**

See display

Single \$4.5 / Double \$7.5 / Trio \$10.5

Flat white / Cappuccino / Latte \$3.5

Hot Chocolate / Chai Latte / Mocha \$4

Espresso \$3

Macchiato / Piccolo \$3.5

Tea \$4