



TAKE AWAY 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

Menu subject to change without notice

starters

GARLIC OR HERB BREAD / 4.5
GARLIC OR HERB PIZZA reg / 10 lrg / 12
BRUSCHETTA / 9
Tomato, basil, Spanish onion on wood fired ciabatta
GARLIC PRAWNS / 17
Prawn cutlets, garlic, napoli sauce
SALT & PEPPER SQUID / 17
Tender squid dusted in our House made spice mix and shallow fried
CHILLI MUSSELS / 20
Black mussels, Napoli sauce, white wine, garlic & chilli
CALAMARI FRITTI / 16
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 / 14.5
Tomatoes, Spanish onion, olives, feta, basil
INSALATA MARINA LUNGA / 17
Rocket, honey walnuts, parmesan, prosciutto, pear, roasted tomatoes, balsamic
PESTO CHICKEN SALAD / 17
Mixed lettuce, cherry tomato, sliced cucumber, Spanish onion, olives, capsicum, grilled pesto chicken & feta

pasta

PENNE NAPOLITANA / 16
Home made tomato sugo
PENNE SICILIANA / 18
Grilled eggplant, Napolitana sauce
PENNE AL POLLO / 20
Chicken, mushroom, sundried tomato, rose sauce
PENNE SALMONE / 20
Smoked salmon, asparagus, brandy cream
PENNE ARRABIATA / 17.5
Smoked bacon, chilli, Napolitana sauce
SPAGHETTI BOLOGNESE / 18.5 Traditional meat ragu
SPAGHETTI CARBONARA / 19
Smoked bacon, parmesan cream, egg
SPAGHETTI MARINARA / 22.5
Garlic marinated seafood, napolitana sauce
FETTUCCINE BOSCAIOLA / 18.5
Ham, mushroom, parmesan, cream
FETTUCCINE VEGETARIANA / 17.5
Field vegetables, napolitana sauce
FETTUCCINE CHILLI PRAWN / 20
Prawn cutlets, garlic, chilli, Napolitana sauce
RAVIOLI BOLOGNESE / 19
Beef filled ravioli, traditional meat ragu
RISOTTO MARINARA / 22.5
Fresh seafood, garlic Napolitana sauce
RISOTTO POLLO E FUNGHI / 20
Chicken, mushroom, aborio rice, parmesan cream

"Gluten free"

penne

available + \$2

oven baked

WOOD FIRED LASAGNE / 20
Traditional meat ragu, layered pasta bechemel
SPINACH & RICOTTA CANELONNI / 20
Ricotta, spinach, parmesan rolled in pasta topped with Napolitana sauce & mozzarella

Gnocchi

GNOCCHI AL PESTO / 20
House made potato dumplings, basil pesto, parmesan
GNOCCHI SORRENTINA / 22.5
Smoked bacon, mushroom, cherry tomato, Napolitana sauce, topped with mozzarella & baked in the wood fire

traditional pizza regular \$18 Large \$20

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 \$21 Large \$23

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, bocconcini, 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

QUATTRO FORMAGGI

Napoli sauce, mozzarella, parmesan, bocconcini, 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

GAMBERONI

Garlic marinated prawns, baby spinach, spanish onion & mozzarella

HALF & HALF ON LARGE + \$2

GLUTEN FREE 11 INCH BASE + \$4 ON TOP OF "REGULAR" SIZE PRICE

ADDITIONAL TOPPINGS – VEG \$1 / MEAT \$2 / CHEESE \$2 / SEAFOOD \$3

vitello & pollo

All veal & chicken dishes are served with roast potato & seasonal vegetables

PIZZAOLA / 25

Black olives, oregano, Napoli sauce

AVOCADO / 25

Avocado slices, brandy cream sauce

PARMIAGIANNA / 27

Layered eggplant & mozzarella, Napoli sauce

SALTIMBOCCA / 27

Layered smoked ham & mozzarella, Napoli sauce

AL LIMONE / 25

lemon, butter, white wine, garlic & parsley

FRUTTI DI MARE / 29

Black mussels, fish, prawns, calamari, brandy cream sauce

MARSALA / 25

Mushroom, marsala, cream sauce

BOSCAIOLA / 25

Mushroom, ham, garlic cream sauce

CACCIATORE / 25

Mushroom, white wine, Napoli sauce

COTOLETTA (schnitzel) / 24

dolci..

TRADITIONAL TIRAMISU \$9

NUTELLA PIZZA, icing sugar & gelati \$16

FIGURA TORTA (fig & date cake) + gelati \$9

PURE GELATO & SORBET

SINGLE \$4.5 / DOUBLE \$7 / TRIO \$9.5

See display for flavours

SOFT DRINK CANS \$3

SAN PELLEGRINO SPARKLING WATER 500ML \$4.5

vegan dolci..

COCOA CALZONE

(3) choc filled pastry, icing sugar & gelati \$14

APPLE PIE CALZONE

(3) apple & cinnamon filled pastry, icing sugar & gelati

DATE & WALNUT TORTA + gelati \$9

TRIO SORBET \$9

Vegan menu — PLANT BASED ITALIANO

starters

GARLIC BREAD \$5.5

GARLIC PIZZA \$12

EGGPLANT PARMIGIANNA \$14

Sauteed' eggplant, garlic crumb, Napoli sauce

VENICI CALZONE \$15

3 Mini calzone with basil pesto, mozzarella & cherry tomato

BRUSHETTA OLIVETO \$11

Basil pesto, black olives, Spanish onion, cherry tomato

MILANO SALAD \$14

Wild rocket, walnuts, pear, garlic ciabata & balsamic

ITALIANO SALAD \$12.5

Mixed lettuce, tomato, cucumber, onion, olives & capsicum

ROMA SALAD \$14

Wild rocket, asparagus, sundried tomato, Spanish onion, sicilian olives, basil pesto oil & pine nuts

pasta

FETTUCCINE FUNGHI / 20

Sauteed' garlic, onion, mushroom, baby spinach, cherry tomato, chilli & herbs in olive oil topped with walnuts & rocket

SPAGHETTI AL BRUSCHETTA / 22

Tomato bruschetta & basil in a rose sauce

PENNE PIANTE / 21

Grilled eggplant, mushroom, cherry tomato, asparagus, baby spinach, Napoli sauce & fresh rocket

PENNE SALSICCI / 24

Sundried tomato, vegan sausage, spanish onion, capsicum napoli sauce.

GNOCCHI BASILICO / 24

House made vegan gnocchi, basil pesto, pine nuts, soy, garlic butter, fresh rocket

TUSCANO CANELLONI / 24

Brown lentil, vegetable ragu, hand rolled into pasta tubes baked with Napolitana sauce & mozzarella

Vegan pizza — 13" all \$24

VERDURE

Napoli sauce base, grilled eggplant, mushroom, cherry tomato, Spanish onion, olives, & fresh rocket

SALSICCI

Napoli sauce base, vegan sausage, mushroom, capsicum, spanish onion & oregano.

SANTA MARIA

Garlic butter base, Napoli sauce, cherry tomato, topped with vegan mozzarella, oregano & fresh rocket

BURRO DI PATATA

Garlic butter base, roasted potato, mozzarella, rosemary & fresh rocket, sea salt

AGLIO FUNGHI

Garlic butter base, mushroom, baby spinach, spanish onion, mozzarella, oregano & balsamic glaze

CARCIOFO

Basil pesto, artichoke, baby spinach, Spanish onion, cherry tomato, mozzarella, walnuts & fresh rocket