



## MENU

380 - 382 Illawarra Road Marrickville

PH: 9188 3175

Open 7 Nights 5:30pm – 9:30 pm

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

Menu subject to change without notice

# antipasti

GARLIC BREAD OR HERB BREAD / 5

GARLIC or HERB PIZZA / 10  
+ cheese / 2

SICILIAN OLIVES / 6

BRUSHETTA POMODORRO / 11  
Tomato, Spanish onion, basil, balsamic glaze

SICILIAN MEATBALLS / 15.5  
Traditional meatballs, Napoli sauce, shaved parmesan (5)

CAPRESE CALZONE / 15  
Mini calzone filled with basil pesto, mozzarella  
& cherry tomato (3)

GAMBERI AGLIO / 18 19  
Grilled garlic prawns, Napoli sauce, ciabatta bread

COZZE NAPOLITANA / 22  
Black mussels, chilli, white wine, crushed tomatoes, parsley, ciabatta bread

# insalata

ITALIANO / 12.5

Lettuce, tomato, cucumber, Spanish onion, olives, capsicum

ROCKET / 14

Rocket, parmesan, walnuts, pear

MARINA LUNGA / 18

Rocket, cherry tomato, pear, walnuts, prosciutto, grana Padano, basil & balsamic

PESTO CHICKEN \$17

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

GRILLED PRAWN \$19

Mixed lettuce, cherry tomatoes, spanish onion, mixed olives, grilled asparagus & sautéed garlic prawns

## salumi plate / 17

Prosciutto, del a nona salami, sicilian olives, grana padano, bocconcini, grilled ciabatta

## Traditional pizza \$22

+ tomato base & mozzarella

MARGHERITA  
Mozzarella & basil

NAPOLITANA  
Anchovies & olives

HAM AND PINE  
Leg ham & pineapple

VEGETARIAN  
Mushroom, onion, pineapple, capsicum, olives

PEPPERONI  
Spicy Italian salami

MEXICANA  
Pepperoni, onion, capsicum, chilli

GLUTEN FREE  
**pizza base**  
AVAILABLE + \$2

## Gourmet pizza \$24

+ tomato base & mozzarella

MARINA LUNGA SPECIAL  
Leg ham, mushroom, onion,  
capsicum, olives, pineapple & chorizo

CARNE  
Ham, smoked bacon, chorizo & pepperoni

GAMBERETTO  
Garlic marinated prawns, baby spinach,  
Spanish onion

POLLO ITALIANO  
Garlic chicken, cherry tomato, capsicum,  
olives & fresh rocket

4 SEASONS  
Leg ham, mushroom, prawn, capsicum

PROSCIUTTO  
Tomato slices, fresh rocket, grana Padano  
parmesan & shaved prosciutto

QUATTRO FORMAGGI  
Mozzarella, provolone, boconcini, grana  
padano

PRIMEVERA  
Sundried tomato, capsicum, onion,  
eggplant, artichoke, asparagus

DI PATATE  
Garlic butter base, sliced potato, provolone,  
rosemary

MEDITERRANEAN  
Chorizo, feta, onion, olives, oregano &  
fresh rocket

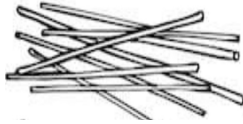
CAPRICIOSA  
Leg ham, mushroom, olives & anchovies

BBQ POLLO  
Bbq base Mushroom, chicken, onion

# pasta

choose a pasta

linguine



cassarece



spaghetti



GLUTEN FREE PENNE + \$2 / VEAL TORTELLINI + \$3 / HAND MADE GNOCCHI + \$4

NAPOLITANA / 17.5

Tomato ragu, fresh parmigiana, basil

SICILIANA / 18.5

Eggplant, Napolitana sauce

CHILLI MUSSELS / 22.5

Fresh black mussels, chilli, Napolitana sauce

PESTO / 19

Basil pesto, cream, basil, pine nuts

ARRABIATA / 19.5

Bacon, Napolitna sauce, chilli

PRIMEVERA / 19.5

Mushroom, eggplant, cherry tomato, onion, asparagus, baby spinach

BOLOGNESE / 21

Beef & veal ragu, crushed tomato, oregano

BOSCAIOLA / 20

Mushroom, leg ham, cream

CARBONARA / 21

Bacon, parmesan, egg, cream

AL POLLO / 22.5

Grilled chicken, mushroom, sundried tomato, rose' sauce

GARLIC PRAWN / 23.5

Prawns, cherry tomato, rose' sauce

MARINARA / 24.5

Fish, prawns, calamari, mussels, Napolitana sauce

CHILLI PRAWN / 22.5

Prawn, Napolitana sauce, chilli

..... risotto .....

POLLO E FUNGHI / 23

Chicken, mushroom, baby spinach, aborio rice, parmesan

MARINARA / 24.5

Fish, prawns, calamari, mussels, aborio rice, napoli sauce

..... alForno .....

LASAGNE' / 23

Meat ragu, layered pasta, béchamel, mozzarella

SPINACH & RICOTTA CANELLONI / 23

Ricotta, spinach, Napoli sauce, mozzarella

# Vegano Italiano

PLANT BASED MENU ...

## ANTIPASTI

**SICILIAN OLIVES** / 6

**GARLIC BREAD** / 5.5

**GARLIC PIZZA** / 12

**EGGPLANT PARMIGIANNA** / 14

Sautéed eggplant, garlic & herb crumb, mozzarella & ciabatta

**VENICI CALZONE** / 15

Mini calzone filled with basil pesto, mozzarella & cherry tomato (3)

**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

Rocket, asparagus, sundried tomato, Spanish onion, sicilian olives, basil pesto & pine nuts

## PASTA

GLUTEN FREE

*penne*

AVAILABLE + 2

**LINGUINE FUNGHI** / 20

Mushroom, baby spinach, cherry tomato, chilli, garlic & herbs in olive oil topped with walnuts & rocket

**SPAGHETTI AL BRUSCHETTA** / 22

Tomato bruschetta & basil in a rose' sauce

**CASARECCE PIANTE** / 21

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

**CASARECCE SALSICCI** / 24

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

**GNOCCHI BASILICO** / 24

House made 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

**PIZZA** 13 inch / ALL \$24

GLUTEN FREE

*pizza base*

11" AVAILABLE + \$2

**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

**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

## dolci

DATE & WALNUT TORTA + vegan gelati \$ 10

COCOA CALZONE (3) mini chocolate filled calzone + icing sugar, gelati / 16

APPLE PIE CALZONE (3) mini apple & cinnamon filled calzone + icing sugar, gelati / 16

AFFOGATO espresso, vegan gelati / 9

TRIO SORBET / 9 (flavours will vary)

*vegan + organic wine*

SPEAK NO EVIL – Shiraz aus \$44

HEAR NO EVIL – Sauvignon Blanc \$44

Available bottle only



# bambini

## *pasta* / 12

SPAGHETTI Bolognese, Napolitana, Boscaiola

## *pizza* / 12

Margherita / Ham / Ham & Pineapple

## *juice* / 2.5

Orange / Apple / Apple & black current

## *gelati* / 4

Vanilla, chocolate

---

# dolci

### TRADITIONAL TIRAMISU / 10

Espresso soaked savoiardi, marscapone cream, cocoa

### AFFOGATTO / 9

Espresso, vanilla gelati, biscotti

AFFOGATTO + FRANGELICO / 15

### CIOCCOLATE / 8

Italian creamy hot chocolate, biscotti & fresh fruits

### FIGURA TORTA / 11

Fig & date pudding + gelati

### LEMON & RICOTTA TORTA / 11

Lemon curd + gelati

### NUTELLA PIZZA / 18

Traditional pizza base, nutella, icing sugar sugar, gelati

### TRIO SORBET / 9

Assorted fruit sorbet – dairy free

### TRIO GELATI / 9

Assorted Italian gelati

**CAFFE'** Espresso / Ristretto / Macchiato / Piccolo \$3.5  
Latte / Flat white / Cappuccino / Mocha / Hot Chocolate / Chai Latte \$4  
Tea Pot \$4  
English breakfast, chamomile, green, peppermint, earl grey

## Vino bianco

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

## birra

PERONI / 8.5  
PERONI LEGGERA / 8.5  
MENEGBREA Italy / 9  
LITTLE CREATURES pale ale aus / 9  
CORONA / 8

## spirits

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

Mixed drinks + 2

## Vino rosso

BORGIO SANLEO Nero D'avola Italy 12 / 42  
ZONIN, Merlot Italy – 10 / 38  
GRANT BURGE, Shiraz aus - 9 / 34  
KRONDORF, Cabernet Sauvignon aus – 10 / 38 BORGIO  
SANLEO, Chianti Italy – 40  
ZONIN, Montepulciano Italy – 10 / 38  
FARM TO TABLE, Pinot Noir vic – 46  
TAYLORS, Shiraz aus - 42

## soda

COKE, DIET, LIFT, SPRITE, FANTA / 3.5

JUICE, apple / orange / apple black current / 3.5

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  
NEGRONI \$16 – Campari, gin vermouth  
SGROPPINO \$17 – lemon sorbet, sparkling, vodka  
BELLINI \$15 – peach puree, prosecco  
ESPRESSO MARTINI \$16 – espresso, kahlua, vodka  
HUGO \$16 – lime, limoncello, sparkling

## mocktails /9

MILANIA – Watermelon, fresh lemonade, orange, mint  
KATALINA – Mango, fresh lemonade, pineapple, mint  
LUCIANO – Watermelon, fresh lemonade, lychee, blueberry, mint