



## TAKE AWAY MENU

380 - 382 Illawarra Road Marrickville

PH: 9188 3175

Open 7 Nights 5:30pm – 9:30 pm

PICK UP IN STORE OR  
ORDER HOME DELIVERY VIA  
UBER EATS or MENULOG

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

Menu subject to change without notice

## antipasti

**GARLIC BREAD OR HERB BREAD \$4.5**

**GARLIC or HERB PIZZA 13" \$10**

**BRUSHETTA POMODORRO \$9**

Tomato, Spanish onion, basil

**SICILIAN MEATBALLS \$14.5 (5)**

Traditional meatballs, Napoli sauce, parmigiana

**CAPRESE CALZONE \$14 (3)**

Mini calzone filled with basil pesto, mozzarella & cherry tomato

**GAMBERI AGLIO \$17**

Grilled garlic prawns, Napoli sauce, ciabatta bread

**SALUMI PLATE \$16**

Prosciutto, salami, parmigiano, bocconcini, sicilian olives, ciabatta

## insalata

**ITALIANO \$12**

Lettuce, tomato, cucumber, spanish onion, olives, capsicum & balsamic

**ROCKET \$13.5**

Rocket, parmesan, walnuts, pear & balsamic

**INSALATA MARINA LUNGA \$17**

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

**PESTO CHICKEN \$16**

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

**GRILLED PRAWN \$18**

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

## traditional pasta

**CASSERACE / LINGUINE / SPAGHETTI**

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

**NAPOLITANA \$16**

Tomato ragu, fresh basil

**SICILIANA \$17**

Eggplant, Napoli sauce

**PESTO \$17**

Basil pesto, pine nuts, cream, basil

**ARRABIATA \$17.5**

Bacon, Napoli sauce, chilli

**BOLOGNESE \$17.5**

Beef & veal ragu, crushed tomato, herbs

**BOSCAIOLA \$17.5**

Mushroom, leg ham, cream

**CARBONARA \$17.5**

Bacon, parmesan, egg, cream

**AL POLLO \$19**

Grilled chicken, sundried tomato, Mushroom, rose' sauce

**PRIMEVERA \$18**

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

**GARLIC PRAWN \$20**

Prawns, cherry tomato, rose' sauce

**MARINARA \$22**

Garlic & lemon marinated mixed seafood, Napoli sauce

**CHILLI PRAWN \$20**

Prawn, Napoli sauce, chilli

**LASAGNE' \$19**

Meat ragu, pasta sheets, béchamel, mozzarella

**SPINACH & RICOTTA CANELLONI \$19**

Ricotta, spinach, Napoli sauce, mozzarella

**RISOTTO POLLO E FUNGHI \$19**

Chicken, mushroom, baby spinach, aborio rice, cream

**RISOTTO MARINARA \$22**

Garlic & lemon marinated mixed seafood, napoli sauce

traditional pizza 13" \$20

**MARGHERITA**

Mozzarella, tomato base & basil

**NAPOLITANA**

Anchovies & olives

**VEGETARIAN**

Mushroom, onion, pineapple, capsicum & olives

**PEPPERONI**

Spicy Italian salami

**HAM & PINE**

Leg ham & pineapple

**MEXICANA**

Pepperoni, onion, capsicum, chilli

All pizzas come with tomato base  
and mozzarella cheese

"gluten free base 11"  
available add \$2

gourmet pizza 13" \$23

**MARINA LUNGA SPECIAL**

Leg ham, mushroom, onion, capsicum, olives,  
pineapple & chorizo

**CARNE**

Ham, smoked bacon, chorizo & pepperoni

**POLLO ITALIANO**

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

**PRIMEVERA**

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

**BBQ POLLO**

Mushroom, chicken, onion, bbq base

**MEDITERRANEAN**

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

**4 SEASONS**

Leg ham, mushroom, prawn, capsicum

**QUATTRO FORMAGGI**

Mozzarella, provolone, bocconcini & parmesan

**PROSCUITTO**

Sliced tomato, mozzarella, grana padano parmesan,  
prosciutto & fresh rocket

**DI PATATE**

Garlic butter base, sliced potato, provolone, rosemary

**GAMBERONI**

Garlic marinated prawns, baby spinach, spanish onion

**CAPRICIOSA**

Leg ham, mushroom, olives & anchovies

HALF & HALF \$2 / GLUTEN FREE BASE \$2 ( 11" )

ADDED INGREDIENTS – VEG \$1, CHEESE \$2, MEAT \$3, SEAFOOD \$3

## dolci..

TRADITIONAL TIRAMISU \$9  
NUTELLA PIZZA, icing sugar & gelati \$16  
FIGURA TORTA (fig & date cake) + gelati \$9  
GELATI TRIO \$8 / SORBET TRIO \$8  
(flavours will vary)

SOFT DRINK CANS \$3 / SAN PELLEGRINO SPARKLING WATER 500ML \$4.5

## Vegan menu – PLANT BASED ITALIANO

### entree

**GARLIC BREAD \$5.5**

**GARLIC PIZZA \$12**

**EGGPLANT PARMIGIANA \$14**

Sauteed' eggplant, garlic crumb, Napoli sauce

**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**

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

### pasta

**LINGUINE FUNGHI / 20**

Confit 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

**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 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

pizza 13" all \$24

gluten free base 11" available **add \$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, 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

## VEGAN DESSERTS

- **Cocoa calzone** (3) choc filled pastry, icing sugar & gelati \$14

- **Apple pie calzone** (3) apple & cinnamon filled pastry, icing sugar & gelati \$14

- **Date & walnut torta** + gelati \$9 - **Trio Sorbet** \$9