

antipasti

GARLIC BREAD OR HERB BREAD \$4.5

GARLIC or HERB PIZZA 13" \$10

BRUSHETTA POMODORRO \$10

Tomato, Spanish onion, basil

SICILIAN MEATBALLS \$15 (5)

Traditional meatballs, Napoli sauce, parmigianna

CAPRESE CALZONE \$14 (3)

Mini calzone filled with basil pesto, mozzarella & cherry tomato

GAMBERI AGLIO \$19

Grilled garlic prawns, Napoli sauce, ciabatta bread

SALUMI PLATE \$16

Prosciutto, salumi, parmigiano, bocconcini, sicilian olives, ciabatta

insalata

ITALIANO \$12

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

ROCKET \$14

Rocket, parmesan, walnuts, pear & balsamic

INSALATA MARINA LUNGA \$17

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 & balsamic

GRILLED PRAWN \$19

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

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 & mozzarella cheese

"gluten free base
11" available
add \$2

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 \$18

Basil pesto, pine nuts, cream, basil

ARRABIATA \$18.5

Bacon, Napoli sauce, chilli

BOLOGNESE \$18.5

Beef & veal ragu, crushed tomato, herbs

BOSCAIOLA \$18.5

Mushroom, leg ham, cream

CARBONARA \$18.5

Bacon, parmesan, egg, cream

AL POLLO \$20

Grilled chicken, sundried tomato, Mushroom, rose' sauce (contains cream)

PRIMEVERA \$18.5

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

GARLIC PRAWN \$21

Prawns, cherry tomato, rose' sauce (contains cream)

MARINARA \$23

Garlic & lemon marinated mixed seafood, Napoli sauce

CHILLI PRAWN \$21

Prawn, Napoli sauce, chilli

LASAGNE' \$20

Meat ragu, pasta sheets, béchamel, mozzarella

SPINACH & RICOTTA CANELLONI \$20

Ricotta, spinach, Napoli sauce, mozzarella

RISOTTO POLLO E FUNGHI \$20

Chicken, mushroom, baby spinach, aborio rice, cream

RISOTTO MARINARA \$23

Garlic marinated mixed seafood, napoli sauce

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

PROSCIUTTO

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 CALZONE, icing sugar & gelati \$12
APPLE CALZONE, icing sugar & gelati \$12
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

SICILIAN CAPONATA \$15

Sauteed' eggplant, mushroom, cherry tomato, capsicum, pine. Nuts & 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

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

GNOCCHI POMODORO / 22

House made vegan gnocchi, cherry tomato, Napoli sauce, herbs

RISOTTO PIANTE / 21

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

CASARECCE AL FORNO/ 24

Artichoke, baby spinach, Spanish onion, cherry tomato, Napoli sauce topped with vegan mozzarella & baked.

GNOCCHI BASILICO / 23

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

TUSCANO CANELLONI / 23

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

PIZZA AL PESTO

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

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

- **Trio Sorbet** \$8

PIZZA PASTA BAR
Marina Lunga
CUCINA

TAKE AWAY MENU

380 - 382 Illawarra Road Marrickville

PH: 9188 3175

Open 7 Nights from 5:30pm

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

WWW.MARINALUNGA.COM.AU

Menu subject to change without notice