

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

dolci..

TRADITIONAL TIRAMISU / 9

NUTELLA PIZZA, icing sugar & gelati / 16

FIGURA TORTA (fig & date cake) + gelati / 9

PURE GELATO & SORBET

TRIO / 9.5

SOFT DRINK CANS / 3

SAN PELLEGRINO SPARKLING WATER 500ML / 4.5

Vegan menu - PLANT BASED ITALIANO

starters

GARLIC BREAD / 5.5

GARLIC PIZZA / 12

SICILIAN CAPONATA / 15

Sauteed' eggplant, mushroom, cherry tomato, capsicum, pine nuts & Napoli sauce

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, cherry 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

GNOCCHI POMODORO / 22

Vegan gnocchi, cherry tomato, Napoli sauce & herbs

RISOTTO PIANTE / 21

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

PENNE AL FORNO / 24

Artichoke, baby spinach, Spanish onion, cherry tomato, napoli sauce, vegan mozzarella & oven 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

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

PIZZA AL PESTO

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



TAKE AWAY MENU

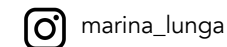
367 DARLING ST BALMAIN

PH: 9810 0292

Open 7 Nights 5:30pm – till late

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
Cherry tomato, basil, Spanish onion on wood fired ciabatta
GARLIC PRAWNS / 17
Prawn cutlets, garlic, napoli sauce
SICILIAN MEATBALLS / 15
House made beef meatballs, Napoli sauce, mozzarella & parmesan (5)
CAPRESE CALZONE / 14
Mini calzone filled with mozzarella, cherry tomato & basil pesto (3)
CHILLI MUSSELS / 20
Black mussels, Napoli sauce, white wine, garlic & chilli

insalata

ITALIAN SALAD / 12.5
Mixed lettuce, cherry 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

pastà

PENNE NAPOLITANA / 17
Home made tomato sugo
PENNE SICILIANA / 18.5
Grilled eggplant, Napolitana sauce
PENNE AL POLLO / 20
Chicken, mushroom, sundried tomato, rose sauce
PENNE SALMONE / 21
Smoked salmon, asparagus, brandy cream
PENNE ARRABIATA / 18.5
Smoked bacon, chilli, Napolitana sauce
SPAGHETTI BOLOGNESE / 18.5
Traditional meat ragu
SPAGHETTI CARBONARA / 19
Smoked bacon, parmesan cream, egg
SPAGHETTI MARINARA / 23
Garlic marinated seafood, napolitana sauce
FETTUCCHINE BOSCAIOLA / 19
Ham, mushroom, parmesan, cream
FETTUCCHINE VEGETARIANA / 18.5
Field vegetables, napolitana sauce
FETTUCCHINE CHILLI PRAWN / 21
Prawn cutlets, garlic, chilli, Napolitana sauce
RAVIOLI BOLOGNESE / 20
Beef filled ravioli, traditional meat ragu
RISOTTO MARINARA / 23
Fresh seafood, garlic Napolitana sauce
RISOTTO POLLO E FUNGHI / 21
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 / 21
Ricotta, spinach, parmesan rolled in pasta topped with Napolitana sauce & mozzarella

Gnocchi

GNOCCHI AL PESTO / 22
House made potato dumplings, basil pesto, parmesan
GNOCCHI SORRENTINA / 23
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
CAPRICIOSSA
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, cherry 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