



MENU

367 Darling Street, Balmain NSW 2041

PH: 02 9810 0292

Open 7 Nights from 5:30pm

WWW.MARINALUNGA.COM.AU

Menu subject to change without notice

ANTIPASTI

GARLIC OR HERB BREAD / 7

GARLIC OR HERB PIZZA / 14

GARLIC OR HERB PIZZA + MOZZARELLA / 18

SICILIAN OLIVES / 8

BRUSCHETTA / 14

Tomatoes, basil, Spanish onion on wood fired
ciabatta

GARLIC PRAWNS / 24

Prawn cutlets, garlic, napoli sauce

CAPRESE CALZONE / 16.5

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

CHILLI MUSSELS / 26

Fresh black mussels, Napoli sauce, white wine,
garlic & chilli

INSALATA

ITALIAN SALAD / 16.5

Mixed lettuce, cherry tomato, cucumber, Spanish
onion, capsicum, olives, oregano, balsamic

ROCKET SALAD / 17.5

Rocket, parmesan, walnuts, balsamic

INSALATA POMODORO / 19.5

Tomatoes, Spanish onion, olives, feta, basil

INSALATA MARINA LUNGA / 23

Rocket, honey walnuts, parmesan, prosciutto, pear,
roasted tomatoes, balsamic

PESTO CHICKEN SALAD / 22

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

GRILLED PRAWN SALAD / 24

Mixed lettuce, spanish onion, sicilian olives,
asparagus, cherry tomato & grilled garlic prawns

SALUMI PLATE

Prosciutto, del a nonna salami, bocconcini, grana Padano, sicilian olives, grilled ciabatta

...BAMBINI MENU...

Spaghetti Bolognese 12.5

Penne Napolitana 12

Ravioli Bolognese 13.5

Gnocchi Pesto 14

Margherita pizza 12.5

Ham Pizza 12.5

Ham & Pineapple pizza 12.5

Ham & olive 12.5

Kids juice 2.5

Take a look at our range of

pure gelato

Public holiday incurs a 10% surcharge

For any take away packaging please ask our staff (40c per unit)

Please advise staff of any food allergies in advance

Please note: Although all care is taken our kitchen is not a gluten
free environment.

TRADITIONAL PIZZA

REGULAR 11" / 22 LARGE 13 " / 24

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 11" / 24 LARGE 13 " / 26

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

GAMBERONI

Garlic marinated prawns, baby spinach, Spanish onion & mozzarella

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

PROSCUITTO

Napoli sauce, tomato, rocket, mozzarella,

GLUTEN FREE 11 inch

pizza base

regular size + 4

HALF & HALF ON LARGE + 2

PIZZA ADDITIONS

VEG + 2, MEAT + 4, CHEESE + 3, SEAFOOD + 5

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PASTA

GLUTEN FREE
penne
AVAILABLE +2

PENNE NAPOLITANA / 22

House made tomato sugo

PENNE SICILIANA / 24

Grilled eggplant, Napolitana sauce

PENNE AL POLLO / 25

Chicken, mushroom, sundried tomato, rose sauce

PENNE SALMONE / 29

Smoked salmon, asparagus, brandy cream

PENNE ARRABIATA / 25

Smoked bacon, chilli, Napolitana sauce

SPAGHETTI BOLOGNESE / 25

Traditional meat ragu

SPAGHETTI CARBONARA / 25

Smoked bacon, parmesan cream, egg

SPAGHETTI MARINARA / 30

Fresh seafood, garlic Napolitana sauce

RISOTTO MARINARA / 30

Fresh seafood, garlic Napolitana sauce

RISOTTO POLLO E FUNGHI / 27

Chicken, mushroom, aborio rice, parmesan cream

SPAGHETTI CHILLI MUSSELS / 26

Fresh black mussels, chilli, Napolitana sauce

FETTUCCHINE BOSCAIOLA / 25

Ham, mushroom, parmesan cream

FETTUCCHINE VEGETARIANA / 25

Field vegetables, napolitana sauce

FETTUCCHINE CHILLI PRAWN / 28

Prawn cutlets, garlic, chilli, Napolitana sauce

RAVIOLI BOLOGNESE / 26

Beef filled ravioli, traditional meat ragu

ADDITIONS:

Vegetables + 2 Cheese + 3 meat + 4 Seafood + 5

FROM THE WOOD FIRE

WOOD FIRED LASAGNE / 26

Traditional meat ragu, layered pasta bechemel

WOOD FIRED SPINACH & RICOTTA CANELONNI / 27

Ricotta, spinach, parmesan rolled in pasta topped with Napolitana sauce & mozzarella

GNOCCHI

GNOCCHI AL PESTO / 28 (contains tree nuts)

House made ricotta dumplings, basil pesto, parmesan

GNOCCHI SORRENTINA / 29.5

Smoked bacon, mushroom, cherry tomato, Napolitana sauce, topped with mozzarella & baked in the wood fire

POLLO & VITELLO

PIZZIAOLA

Black olives, oregano, Napoli sauce

POLLO VITELLO

29 34

AVOCADO

Avocado slices, brandy cream sauce

29 34

PARMIAGIANNA

Layered eggplant & mozzarella, Napoli sauce

33 38

SALTIMBOCCA

Layered smoked ham & mozzarella, Napoli sauce

33 38

AL LIMONE

Fresh lemon, white wine, garlic & parsley

28 33

FRUTTI DI MARE

Black mussels, fish, prawns, calamari, brandy cream

38 43

MARSALA

Mushroom, marsala, cream sauce

29 34

BOSCAIOLA

Mushroom, ham, garlic cream sauce

29 34

CACCIATORE

Mushroom, white wine, Napoli sauce

29 34

FUNGHI

Mushroom, garlic & white wine cream sauce

29 34

CHOOSE BETWEEN GRILLED CHICKEN OR SEARED VEAL +
YOUR CHOICE OF ITALIAN SALAD OR SEASONAL VEGETABLES

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VEGAN

plant based menu

ANTIPASTI

SICILIAN OLIVES / 8

GARLIC BREAD / 7

VEGAN GARLIC PIZZA / 14

SICILIAN CAPONATA / 18

Sautee'd eggplant, mushroom, cherry tomato, capsicum & pine nuts

VENICI CALZONE / 16.5 (3) *(contains tree nuts)*

Mini calzone filled with basil pesto, vegan mozzarella & cherry tomato

BRUSHETTA OLIVETO / 14 (2)

Basil pesto, black olives, Spanish onion, cherry tomato

MILANO SALAD / 17

Wild rocket, walnuts, pear, garlic ciabata & balsamic

ITALIANO SALAD / 16.5

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

ROMA SALAD / 19 *(contains tree nuts)*

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

PASTA

FETTUCCINE FUNGHI / 25

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

GNOCCHI POMODORRO / 28

House made gluten free gnocchi, cherry tomato, herbs & napolitana sauce

RISOTTO PIANTE / 26.5

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

PENNE AL FORNO / 27

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

GNOCCHI BASILICO / 28 *(contains tree nuts)*

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

TUSCANO CANELLONI / 27

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

PIZZA

13 inch / ALL \$27

VERDURE

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

SALSICCI

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

SANTA MARIA

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

PIZZA ADDITIONS: vegan cheese +4 vegetables + 2

GLUTEN FREE

penne

AVAILABLE + 2

GLUTEN FREE

pizza base

11" AVAILABLE + \$2

BURRO DI PATATA

Garlic butter base, roasted potato, vegan mozzarella, rosemary & fresh rocket

AGLIO FUNGHI

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

PIZZA AL PESTO *(contains tree nuts)*

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

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