

# VEGETARIAN MENU

Celebrating produce-driven creativity and plant-forward balance

## Entrées

Bruschetta (V,DF,GFO) Grilled sourdough, heirloom tomatoes, Fresh basil, garlic, extra virgin olive oil	18
Vegetable Crudo (V,GF) Fermented vegetables, vegan aioli	28

## Mains

Chargrilled Cauliflower Steak (VO,VG,GFO) Chimichurri, peas à la Française, truffle aioli	38
Roasted Tasmanian Vegetable Plate (V,GF,DF) Hummus, roasted pumpkin, roasted sweet potato, dukkah, chilli jam	42

Please talk to us regarding your dietary requirement  
GF gluten free | DF dairy free | GFO/DFO gluten/dairy free option | VG vegetarian |  
V vegan | VO vegan option



## Welcome to The Bay

Dear diner,

Welcome to The Bay, where we proudly showcase the best of Tasmania’s seasonal produce through the lens of modern Australian cuisine.

Our menu is a reflection of time and place — led by quality, simplicity, and balance. Every dish is inspired by the pristine land and coastal waters that surround us, honouring the work of our local farmers, fishers, and artisans.

Begin your journey with something light and vibrant from the raw bar — from the seared tataki of tuna with ginger soy, to the delicate ceviche of scallops and market fresh fish, and our freshly shucked Melshell oysters.

Our entrées offer bold, expressive flavours — like the Cape Grim beef and bone marrow tartare with fresh herbs and red wine vinegar, or the charred Stanley octopus basted in salmoriglio, paired with smoked paprika potatoes. The saffron-infused seafood chowder brings together Tasmania’s coastal bounty in a rich, aromatic broth.

For mains, we celebrate the art of good produce and thoughtful technique — whether it’s the fish of the day with saffron beurre blanc and salmon roe, the indulgent seafood linguini, or the three-point lamb rack chargrilled and paired with yoghurt mint sauce. The dry-aged scotch fillet offers boldness and tradition, while the pan-roasted chicken supreme with parmesan polenta and heirloom carrots brings warmth and refinement.

And of course, the seafood tower for two stands as a true celebration of Tasmania’s waters — abundant, fresh, and unforgettable.

We invite you to settle in, take your time, and enjoy a dining experience rooted in connection: to the seasons, to the ingredients, and to this beautiful place we call home.

Thank you for choosing to dine with us.

Warm regards,

A handwritten signature in dark ink, appearing to read 'Sahil', written in a fluid, cursive style.

**Sahil Kumar**  
Executive Chef, Freycinet Lodge

RAW BAR

Fresh, light, and vibrant — a celebration of Tasmania's coastal purity.

House-Shucked Melshell Oysters - Priced per piece	
• Natural (GF,DF)	5
• Champagne & shallot (GF,DF)	5.5
• Mornay (GF)	6

Seared Tataki of Blue Fin Tuna (DF,GF)	27
Ginger soy	

Ceviche of Scallops & Market Fresh Fish (DF,GF)	26
Herb salad, lavosh, orange gel, miso	

Entrées

Expressive flavours and seasonal technique.

Cape Grim Beef & Bone Marrow Tartare (GF,DF)	28
Fresh herbs, garlic, shallot, red wine vinegar, olive oil	

Charred Stanley Octopus (GF,DFO)	28
Saloriglio basted, smoked paprika, potatoes, Sriracha kewpie, burnt orange	

Saffron Infused Seafood Chowder (GF)	32
Prawns, scallops, pipis, mussels, local fish	

Sides

Thoughtfully crafted accompaniments to elevate your main.

Duck Fat Potatoes (GF)	18
Truffle aioli	

Grilled Asparagus (VO,GF)	18
Pecorino Romano, truffle oil	

Wedge Salad (VO, GF)	18
Baby Cos lettuce, miso dressing, Pecorino Romano, toasted pistachios	

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MAINS

Showcasing balance, boldness, and the bounty of Tasmania.

Fish of the Day (GF)	Market Price
Saffron beurre blanc, heirloom tomatoes, Pickled kohlrabi & fennel slaw, salmon roe	

Seafood Linguini	48
Prawns, scallops, pipis, mussels, fish, lobster bisque	

Three-Point Wild Clover Lamb Rack (GFO)	54
Chargrilled, yoghurt & mint sauce, Dutch carrots, Pickled onion, green pistachio crumb, jus	

Dry-Aged Cape Grim Scotch Fillet (GF)	200g	75
28-day aged, mushroom purée, Seeded mustard aioli, red wine jus	400g	130

Pan Roasted Chicken Supreme (GF)	42
Parmesan polenta, roast heirloom carrots, tarragon & lemon butter sauce	

Signature Experience

A showcase of Tasmania's coastal bounty

Seafood Tower for Two	Market Price
• Whole flounder (GF,DF)	
• Natural Melshell oysters (GF,DF)	
• Scallops mornay (GF)	
• Tataki of tuna (GF, DF)	
• Grilled Stanley octopus (GF,DF)	
• Steamed mussels (GF,DF)	
• Salad	
• Duck fat potatoes	

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