

## VEGAN MENU

Olives (GF) 8  
House marinated mixed olives

### START

Roasted Beetroot (GF) 22  
Balsamic, macadamia nut, basil

The Freycinet (GF) 25  
Apple, fennel, Swansea walnuts, roasted capsicum

### MAIN

4Mile Mushrooms (GF) 45  
Roasted local mushrooms, roasted onion purée  
baby capers, asparagus, onion jus

Vegan Gnocchi (GF) 42  
Beetroot, kale, macadamia, basil

### DESSERT

Pear & Almond (GF) 18  
Tasmanian pear baked in warm spices, almond panna cotta  
almond crumble, Bahen chocolate sauce, pear sorbet



Dear diner,

Thank you for choosing to dine with us at The Bay Restaurant this evening. We are delighted to showcase the best of what Tasmania has to offer.

Here at The Bay, we pride ourselves on utilising seasonal Tasmanian produce, which at times can be a little difficult to source, that is of course unless you know where to look. We are proud to support our local growers, producers and wine makers who provide us with the finest ingredients to craft our dishes from.

We hope you will find The Bay welcoming and relaxed and leave feeling like you've experienced food that has touched your soul. Our team will guide you through the menu and ensure you are left with warm memories to cherish.

To help with this I have created a 'Trust the Chef' menu featuring a selection of dishes and ingredients from the kitchen that I feel are their freshest and most flavoursome. Our knowledgeable team will assist you with selecting the perfect local drop to pair with your meal. Our wine list is comprised of some hidden gems and hard to find wines, so don't be afraid to tell us what you like.

Locally grown nuts and apples are appearing on the menu for something a little more warming and spicy, the Nduja baked Tasmanian scallops is your dish. Make sure to mop up the sauce with our house baked bread.

*What grows together, goes together* – A great saying that speaks the truth of many of our dishes.

We have designed a few main courses to share, it's really the best way to eat. There is the much loved pasture raised T bone, our seafood platter and whole local fish.

Make sure you don't miss out on desserts, our Rocks take inspiration from the red, black and grey rock formations all along the east coast.

Yours faithfully,

Michael Elfwing

A stylized, handwritten signature in black ink, appearing to read 'Michael Elfwing', positioned to the right of the printed name.



START

Tasmanian Oysters 1/2doz, 1doz (GF/DF) Natural, Sparkling Elder flower, bloody Mary granita	28/52
Baked Tasmanian Half Shell Scallops (GFO) Half dozen, Nduja cream, house baked bread	26
Tongola Goats Pippi (GF/V) Apple, fennel, Swansea walnuts, roasted capsicum	25
Atlantic salmon Sashimi (GF/DFO) 25 Spring onion, coriander, sesame, chilli, Ponzu dressing	
House Made Gnocchi (DFO/V) Beetroot, kale, macadamia, basil	24/42
Bicheno Tiger Abalone (GF) Buttermilk emulsion, apple, radish, basil, wild rice	26
Rannoch Farm Quail (GF) Radish, turnip, xo sauce, rice cracker	25
Seafood Risotto (GF, DFO) Blue eye cod, Atlantic salmon, Bass Strait octopus & Freycinet mussels	26/44

SHARED MAINS

Freycinet Seafood Platter (GFO) Natural Tasmanian oysters, Stanley Bay octopus with XO sauce Baked half shell scallops, Chili mussels harvested at Freycinet Marine Farm Atlantic salmon sashimi, ½ Bicheno cray fish, side salad	Market Price
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MAIN

The Bay (GF/DF) Pan fried market fish, Freycinet mussels, asparagus cherry tomato, sauce of chilli, garlic white wine	Market Price
Dry Aged Duck Breast (GF/DF) Green pea, orange, asparagus, butternut pumpkin, hazelnut, caramelised pear	55
Scottsdale Pork Belly Apple, braised fennel, parsnip, green beans, mustard jus	46
Cape Grim Beef short rib (GF/DF) Beetroot, caramelised onion, roasted root vegetables, Jus	46
Wild Clover Lamb Back strap (GF/DFO) Sauce soubise, Kalamata olive, Charred carrot, yoghurt, cauliflower, buckwheat	45
Portuguese Nichols Chicken Maryland (GF/DF) White bean, Dutch carrot, kale, lentils, jus	45
Crayfish Linguine (GFO) Grilled half Bicheno crayfish, cherry tomato, sauce of leek, garlic & chili, linguine & greens	Market Price

SIDES

Salad (GF/DF/V) Green leaves, shaved fennel, citrus, mandarin dressing	14
Roasted Beetroot (GF/DF/V) Balsamic, macadamia nut, basil	14
Sautéed green beans (GF/DF/V) Black sesame	14
Crispy Potato's (GF/DF/V) Rosemary salt	14

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