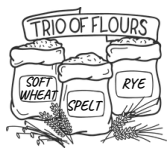


3 GRAINS - PIZZA THAT MAKES YOU FEEL GOOD!



STARTERS

WARM OLIVES (vg)	15
Warm marinated olives with mini focaccia	
SHOESTRING FRIES (small large)	8 12
POLENTA CHIPS (gf) (vg)	16
Served with roasted capsicum pesto	
FRIED SPAGHETTI SUPPLI	2 for 8
Fried spaghetti balls in Napoli sauce with Mozzarella	4 for 16
FRIED CARBONARA SUPPLI	2 for 8
Fried Carbonara spaghetti balls	4 for 16
FOCACCIA CLASSICA (vg) (gfo)	10
Rosemary, salt & EVOO	
FOCACCIA AGLIO (v) (gfo)	12
Garlic, oregano & salt	
With Mozzarella	14
CRUMBED CAULIFLOWER BITES	16
Served with truffle mayo	
BRUSCHETTA CLASSICA (vg)	17
Tomato with red onion, basil & EVOO	
ANTIPASTO PLATTER (small)	30
Selection of cured meats & cheeses with 3 GRAINS focaccia	(large) 50

SALADS

INSALATA MISTA (vg)	13
Mixed leaf salad with balsamic vinaigrette	
RUCOLA	20
Rocket, pear and gorgonzola salad with mustard vinaigrette & walnuts	
CAPRESE	20
Fresh tomato, buffalo mozzarella & basil	
BRESAOLA	22
Rocket, bresaola and shaved parmesan salad with balsamic glaze	

PIZZA ROSSA

House-Made Gluten-Free Pizza Base +\$4

MARGHERITA (v)	20	CAPRICCIOSA	27	'THE VIOLATION'	25
Tomato, mozzarella, basil & EVOO		Tomato, mozzarella, smoked leg ham, olives & mushrooms		Tomato, mozzarella, smoked leg ham & pineapple	
BUFALA MARGHERITA	28	TRAMONTO (v)	27	ALBA ROSA	27
Tomato, mozzarella, buffalo mozzarella, basil & EVOO		Tomato, mozzarella, roasted eggplant, cherry tomatoes, red onion, rocket & garlic		Tomato, mozzarella, hot salami, olives & roasted capsicum	
ORTOLANA (v)	27	LOPEZ	30	CLEOPATRA (v)	30
Tomato, mozzarella, roasted capsicum, zucchini, grilled eggplant & garlic		Tomato, mozzarella, hot salami, roasted capsicum, gorgonzola & parmesan		Tomato, mozzarella, zucchini, artichokes, mushroom, garlic, olives, red onion, thyme & parmesan	
WEST IS BEST	27	FREDDIE	26	SALSICCIA	28
Tomato, mozzarella, hot salami, rocket, pineapple & balsamic glaze		Tomato, mozzarella, smoked leg ham & free range egg		Tomato, mozzarella, porcini mushrooms, pork & fennel sausages & parmesan	
T-REX	29	GAMBERI	25	PROSCIUTTO	30
Tomato, mozzarella, hot salami, pork & fennel sausages, smoked leg ham		Tomato, mozzarella, wild caught prawns, chilli, garlic & rocket		Tomato, mozzarella, prosciutto & buffalo mozzarella	
ROYALE	27	HOT CALABRESE	30	JALAPEÑO	30
Tomato, mozzarella, red onion, mild salami, mild mini peppers		Tomato, mozzarella, spicy N'duja, roasted capsicum, buffalo mozzarella & basil		Tomato, mozzarella, hot salami, jalapeño peppers, olives & buffalo mozzarella	
JULIETTA	28				
Tomato, mozzarella, spicy N'duja, ricotta, hazelnuts & honey					

PIZZA BIANCA

House-Made Gluten-Free Pizza Base +\$4

ROMANESCA (v)	23	PESTO (v)	27	BOSCO	28
Mozzarella, potatoes, rosemary & EVOO		Mozzarella, pesto, red onions, cherry tomatoes & rocket		Mozzarella, potatoes, smoked leg ham, porcini mushrooms, pine nuts & parsley	
GORGONZOLA	29	SALMONE	30	POTATO & TRUFFLE (v)	27
Mozzarella, zucchini, prosciutto & gorgonzola		Mozzarella, smoked salmon, dill, zucchini, capers, mascarpone & EVOO		Mozzarella, potatoes, 3 GRAINS truffle cream, parsley & EVOO	
TRUFFLE MUSHROOM (v)	27				
Mozzarella, mushrooms, rocket & 3 GRAINS truffle cream					

<p>SPECIALS</p> <p>Please refer to the blackboard for our current Specials!</p>	<p>EVENTS & CATERING</p> <p>Whatever your celebration, we've got you covered! Chat to our friendly staff about your event catering needs.</p>
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PASTA

Choose from Penne or Spaghetti Gluten-free Pasta +\$3

BOLOGNESE	28
Classic bolognese	
3 GRAINS PESTO (v)	27
Basil Pesto with pine nuts & parmesan	
NONNA'S TOMATO SUGO (v)	23
Slow-cooked classic tomato sauce with parmesan	
ARRABBIATA (v)	27
Slow-cooked classic tomato sauce, capers, olives & chilli with parmesan	
CARBONARA	28
Pancetta, egg, cream & parmesan	
SALMONE & ZUCCHINI	32
Smoked salmon, zucchini, cream cheese, capers & dill	
SPAGHETTI MARINARA	32
Seafood marinara	
HOUSE-MADE LASAGNA	32
House-made pasta layers, classic bolognese sauce, mozzarella & parmesan	

KIDS

House-Made Kids Gluten-Free Pizza Base +\$3
Choose from Penne or Spaghetti Gluten-free Pasta +\$3

MARGHERITA (v)	12
Tomato, mozzarella, basil & EVOO	
2 CHEESE PIZZA (v)	12
Mozzarella, parmesan & EVOO	
HAM & PINEAPPLE PIZZA	17
Tomato, mozzarella, ham & pineapple	
BOLOGNESE	15
Classic bolognese	
PESTO PASTA (v)	15
Basil Pesto with pine nuts & parmesan	
NONNA'S SAUCE (v)	12
Slow-cooked classic tomato sauce with parmesan	

3 GRAINS IS A FULLY LICENSED RESTAURANT
10% surcharge applies on Sundays.
Card payments incur a processing fee.

ALLERGEN INFO

A wide range of foods including those containing gluten, nuts, dairy & eggs are prepared in our kitchen. While food is handled with the utmost care, there is always some risk of traces of allergens.

(gf) gluten-free | (gfo) gluten-free option (v) vegetarian | (vg) vegan | EVOO extra virgin olive oil