

It's Italian but not as you know it. Sauced Pasta Bar is your go-to for rich Italian flavours. Our menu is all about taking each and every diner to a journey filled with tradition, fresh and nutritionally balanced eats, and all the authentic gastronomic experience. "Pan Built Pasta"



Our New Antipasto

SIDES

GARLIC BREAD \$5

Freshly toasted and lathered in our 'famous' house made garlic butter. Cheesy garlic bread +\$2

MAC N CHEESE CROQUETTE \$6

Rich and tangy cheese, deep fried and good for your health

ARANCINI BALLS \$7

Risotto with mushroom, capsicum, spinach and parmesan, tossed in pink salt

SPECIALITA

SAUCED CHIPS \$6

Sauced signature parmesan dusted chips with pink salt

BRUSCHETTA \$6

Traditional style with tomato, Spanish onion, bocconcini, fresh basil, balsamic glaze and extra virgin olive oil

CARNE

SALT & PEPPER CALAMARI \$11

Hand crumbed in panko, lightly fried and served on a bed of fresh rocket leaves. Finished with lemon and aioli

ADD SOME SAUCE TO YOUR SIDE

AIOLI, SWEET CHILLI, TOMATO

\$1

INSALATA

ROCKET SALAD \$8

Wild rocket, Parmesan tossed with lemon vinaigrette and finished with a touch of honey coated walnuts

GRILLED CHICKEN & AVOCADO SALAD \$16

Grilled chicken and fresh avocado on crisp pile of cos lettuce, tossed with rich goat cheese, cherry tomatoes and house vinaigrette

CAPRESE SALAD \$10

A classic Italian summer salad. A mix of ripe tomatoes, bocconcini and basil.

Step 1: Pick your Sauce

1

CLASSICS

NAPOLITANO \$14

Tomato, fresh garlic, and basil...that's it! Add cream \$1

CREAMY PESTO \$14

Basil pesto with a dash of cream. Add mushrooms \$3

THE SICILIAN \$14

A beautiful, light, summery sauce, sun-dried tomato and ricotta cheese mixed with fresh herbs and rocket

AMATRICIANA \$14

Cold smoked pancetta, Napoli, spring onion, chilli garlic and fresh herbs.

SPICY LENTIL BOLOGNESE \$14

Our amazing bolognese made with zero meat Add cream \$1

AGLIO OLIO \$14

Olive oil, garlic, chilli and fresh parsley Add chicken \$4

CARBONARA \$14

Traditional, with egg, crispy pancetta and spring onions

BOLOGNESE \$14

100% Australian beef Italian style with a Sauced touch Add chilli \$1

POLLO E FUNGHI \$14

Pan roasted chicken and mushrooms in a creamy white wine sauce Add pesto \$2

CREAMY ARRABIATA \$18

Spicy salami, roasted capsicum, Kalamatta olives and a dash of cream in our Napoli sauce

MEATBALL SAUCE \$18

Traditional polpetta slow cooked. Beef, Chicken or Vegetarian

MAMMA'S DECONSTRUCTED TUNA BAKE \$18

Tuna and chunky tomato tossed with spring onion in a rich, creamy cheese sauce

PRAWN AGLIO OLIO \$18

Prawns flash fried with olive oil, garlic, chilli and fresh parsley

THE 4 P'S \$18

Pumpkin puree, pine nuts, Persian fetta, basil pesto and fresh herbs

Step 2: Pick your Pasta

2

SUPER HEALTHY

CAULIFLOWER RICE

With Garlic, Onions, Citrus and White Wine

50/50 + \$2

Half zucchini and half pasta. Penne, Spaghetti and Fettuccine only

GLUTEN FREE PENNE + \$2

PASTA

Penne Spaghetti Fettuccine Traditional potato gnocchi + \$2

ZUCCHINI STRIPS

Half zucchini and half pasta. Penne, Spaghetti and Fettuccine only

SPELT SPAGHETTI + \$2

FRESH RAVIOLI

Osso Buco slow cooked +\$2 in red wine Fresh baby spinach, +\$2 pecorino and ricotta

Step 3: Add any Pimp

3

ADD ANY OF THESE INGREDIENTS TO YOUR SAUCE

Chicken + \$4	Avocado + \$3	Fetta + \$2	Olives + \$2
Tuna	Pancetta	Broccoli	Cream
Roast Capsicum	Mushrooms	Cherry Tomatoes	Extra Parmesan
	Bocconcini	Salami	Extra Garlic
	Anchovies	Spring Onions	Extra Chilli
		Napoli	
		Pesto	

Our Pasta

GF GLUTEN FREE V VEGETARIAN VG VEGAN

La Dolce Vita Sweets

4

HOUSE MADE TRADITIONAL ITALIAN DESSERTS

Bomboloni \$9
House made, Belgium chocolate centred Italian doughnuts, seerved with delectable vanilla bean ice cream Choices of sauces – Strawberry or honey and walnut.

Bambino

5

KIDS MENU PENNE, SPAGHETTI OR FETTUCCINE GLUTEN FREE PENNE +\$2

Cheese & Butter \$6 The crowd pleaser	Napoli \$8 Tomato, fresh garlic, onion and basil...that's it!	Bolognese \$10 100% Australian beef Italian style with a Sauced touch.	Vanilla Ice cream with strawberry sauce \$4 Under 12 years old
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@SaucedPastaBar #GetSauced