



## LUNCH MENU

**Available from 11.30am daily**

## **Light Lunches:**

**Crunchy ciabatta roll** served with olive oil and balsamic 5 (5.5)

**Garlic herb bread** served on Turkish bread 5 (5.5)

**Tomato Bruschetta** with parmesan and rocket 10 (11)

**French crepe** filled with smoked salmon and florentine, served with side salad 16 (17.6)

**Fish and chips:** beer-battered flathead fillets served with chips and tartare sauce 18 (19.8)

## **Salads**

**Warm Mediterranean lamb fillet salad** - char-grilled vegetables, fetta, rocket and kalamata olives 18 (19.8) (GF)

**Rustic tomato tart** of cherry tomatoes, goat's cheese and asparagus 16 (17.6) (V)

**Roasted beetroot**, grilled asparagus, spinach and caramelised pumpkin tossed with walnuts and an extra virgin olive oil dressing, topped with crispy pancetta (optional) 16 (17.6) (V, GF)

**Caesar salad** - baby cos lettuce with garlic-roasted croutons, crispy bacon, tossed with a whole egg dressing, topped with grana padano and anchovies 14 (15.4)

**Caesar options:** smoked salmon add 4 (4.4); char-grilled chicken breast add 3 (3.3)

## **Damper Rolls**

(All served with chips)

**Char-grilled vegetable** eggplant, pumpkin, red peppers, basil pesto, ricotta and rocket 13 (14.3) (V)

**Shaved leg ham** with tomato, provolone cheese, Spanish onion, baby spinach and mustard aioli 14 (15.4)

**Smoked salmon** - shaved cucumber, Spanish onion, cream cheese and wild rocket, with a preserved lemon and caper mayonnaise 15 (16.5)

**Roast beef** with tomato, horseradish, beetroot and spinach 14 (15.4)

### **Weekend all-day breakfast selections:**

**Roasted field mushrooms** - with baked ricotta, vine-ripened cherry tomatoes and spinach served with wholegrain sourdough toast 15 (16.5); with poached egg add 2 (2.2) (V)

**The MEGA BREAKFAST - the most awesome-tasting, delicious breakfast ever** - eggs (cooked how you like them), grilled tomatoes, veal chipolata sausages, bacon, mushrooms, hashbrown, baked beans and toast 18.5 (20.35)

**Spanish omelette and toast** - open-style with ham, tomato, potatoes, peas, onions, chorizo sausage and tasty cheese 15.5 (17.05)

**Vegetarian omelette and toast** - mushrooms, tomato, baby spinach, peas, shallots and fetta cheese 15 (16.5) (V)

Available from 12pm daily

## Entrees

**Plump Pacific oysters** served natural with lime vinaigrette 18 (19.8) / 30 (33)

**Crispy salt and pepper squid** with watercress and lime aioli 16 (17.6)

**Green prawns** sautéed in garlic, chilli, fresh tomato and herbs, on grilled ciabatta  
19 (20.9) / 27 (29.7)

## Pastas

**Chicken penne** - marinated breast, Napoli, cream, semi-dried tomatoes and basil 17 (18.7)

**Fresh seafood linguine** - tossed with prawns, calamari, fish and black mussels, sautéed in white wine, garlic, fresh herbs, roasted tomato and a touch of chilli 22 (24.2)

**Wild mushroom risotto** with baby spinach and parmesan 18 (19.8) (V, GF)

## Mains

**Mouth-watering char-grilled grain-fed scotch fillet** served with roasted balsamic root vegetables, sautéed mushrooms, sour cream, chives and red wine jus **300gms** 30 (33) **200gms** 27 (29.7) (GF)

**Barramundi fillet** served in a chickpea and chorizo broth with broccoli and fresh herbs 27 (29.7) (GF)

### Sea la vie 'signature dish'

**Seared Atlantic salmon fillet** with warm salad of kipfler potato and watercress drizzled with coddled egg dressing 28 (30.8) (GF)

## Burgers (the tastiest burgers in Dee Why)

(All served with chips)

**Steak sandwich** - char-grilled scotch fillet on a toasted ciabatta roll with rocket, tomato and bocconcini, drizzled with balsamic 16 (17.6)

**200g Beef burger** - home-made beef patti, char-grilled, with aioli, tomato, beetroot, bacon and cheese 14 (15.4)

**Chicken burger** - char-grilled breast fillet, tomato, bacon, cheese, avocado and aioli 15 (16.5)

(GF) indicates gluten free; (V) indicates vegetarian.

Prices shown in brackets () include the 10% surcharge for Sundays and public holidays.

We will gladly divide the bill equally, however we cannot individualise the bill.

Sea la vie is available for parties, functions and events.  
Leave it to us, we can organise anything!

## **Sea la vie is open EVERY day**

Breakfast and Lunch 7 days

Dinner Tuesday to Saturday  
from 6pm

Dinner Sunday from 5pm  
(including Roast Dinner)

**sea** la vie  
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