



bread 2 slices per serve		gluten free 	regular
garlic bread	toasted italian bread brushed w garlic & parsley butter	8.9	5.9
herb bread	toasted italian bread brushed w fresh herbs & butter	8.9	5.9
olive bread	toasted italian bread topped w olive tapenade & fresh olives	8.9	5.9
bruschetta	topped w fresh tomato, spanish onion & basil	11.9	8.9
	topped w fresh tomato, spanish onion, basil & fetta	12.9	9.9

starter pizza		gluten free 	regular
herb crust	fresh herbs served w side olive tapenade	—	14.9
garlic crust	garlic & parsley served w side olive tapenade	—	14.9
garlic cheese	garlic, parsley & cheese	18.9	14.9
herb cheese	fresh herbs & cheese	18.9	14.9
bruschetta	fresh tomato, spanish onion & basil	19.9	15.9
fetta bruschetta	fresh tomato, spanish onion, basil & fetta	21.9	17.9
cheese & olive	provolone cheese topped w olive tapenade	21.9	17.9
oregano	oregano, sesame seed & olive oil served w side tomatoes, cucumbers & yoghurt	19.9	15.9

starter platter for 2		gluten free 	regular
mezze platter	tzatziki, hommus, baba ghanoush, olives, fetta & balsamic vinegar in olive oil served w grilled pita bread	22.9	19.9
antipasto platter	selection of delicious italian delicacies served w fresh italian bread	27.9	24.9
entree seafood platter (all served in pairs)	baby octopus, char-grilled giant king prawns, oysters served natural, kilpatrick & mornay served on a bed of garden salad	—	35.9
entree char-grilled giant king prawn platter (4 per serve)	topped w creamy garlic sauce served on a bed of garden salad	30.9	30.9

entrée		gluten free 	regular
traditional minestrone soup	seasonal vegetables & pasta in a homemade napoletana sauce topped w shaved parmesan served w fresh bread	16.9	13.9
homemade pumpkin soup	topped w a touch of cream served w fresh bread	16.9	13.9
homemade pumpkin crab soup	premium crab meat topped w a touch of cream served w fresh bread	20.9	17.9
haloumi cheese	served w grilled pita bread	16.9	13.9
brescioli (3 per serve)	italian rice croquette, filled w a combination of parmesan, mozzarella & fresh parsley served on napoletana sauce topped w rocket leaf & shaved parmesan	—	14.9
oysters	half dozen		
natural	served w lemon wedges	18.9	18.9
kilpatrick	topped w diced bacon & worcestershire sauce	19.9	19.9
mornay	topped w bechamel sauce & melted mozzarella cheese	—	19.9
salt & pepper squid	served on a bed of rocket w side lemon & aioli	—	17.9
creamy garlic prawns	prawns sautéed in fresh garlic & parsley in a creamy white sauce served on a bed of arborio rice (napoletana sauce on request)	19.9	19.9
chicken strips	crumbed chicken breast served w side honey seeded mustard	—	17.9

sizzling hot pot

gluten free  regular

gluten free hot pots served w gluten free italian bread
gluten free hot pots are cooked to order, please consider optimum cooking time

garlic prawn	22.9	19.9
prawns sautéed w fresh garlic in a napoletana sauce served w fresh bread		
chilli prawn	22.9	19.9
prawns sautéed w fresh garlic, basil & fresh chilli in extra virgin olive oil tossed w cherry tomato served w fresh bread		
veal	22.9	19.9
veal backstrap sautéed w fresh garlic, capsicum, onion & rosemary in extra virgin olive oil served w fresh bread		
vegetarian	20.9	17.9
sautéed capsicum, olives, eggplant & potato in a napoletana sauce served w fresh bread (fresh chilli on request)		
chilli mussels	21.9	18.9
black mussels sauteed in fresh chilli & garlic in a napoletana sauce served w fresh bread		
sausage	20.9	17.9
italian sausage, capsicum, garlic, onion & fresh chilli in extra virgin olive oil served w fresh bread		
seafood	22.9	19.9
black mussels, calamari, octopus, prawns in a napoletana sauce served w fresh bread		

homemade pasta

all pastas contain dairy, notify staff for allergies

gluten free pasta 


spaghetti or penne (imported from italy) • gnocchi (home made, contains dairy)
gluten free pasta is cooked to order, please consider optimum cooking time

select a gluten free pasta & match it with your selection of sauce listed below (add \$3)

regular

spinach & ricotta ravioli napoletana	18.9
traditional italian sauce made w fresh roma tomatoes, cooked w our homemade recipe	
spaghetti bolognese	18.9
minced beef in a napoletana sauce	
penne arabiata	19.9
olives & fresh chilli in a napoletana sauce	
penne siciliana	19.9
olives, roasted eggplant & fresh ricotta in a napoletana sauce	
fettucine boscaiola	19.9
bacon, shallots & mushrooms in a creamy white sauce	
gnocchi aurora	19.9
mozzarella cheese in a napoletana sauce tossed w a touch of cream	
linguini pesto chicken	19.9
homemade pesto tossed w chicken, mushroom & sundried tomato w a touch of cream	
spaghetti prawn	20.9
prawns sautéed in fresh garlic, basil & extra virgin olive oil tossed w cherry tomato	
linguini crab	22.9
premium crab meat, mushroom & olives in a creamy napoletana sauce	
linguini salmon	21.9
tasmanian smoked salmon, sundried tomato & rocket leaf in a creamy white sauce (napoletana sauce on request)	
spaghetti marinara	21.9
black mussels, calamari, octopus & prawns tossed in a napoletana sauce	
fettucine mediterranean	20.9
chicken, sundried tomato, fresh ricotta, olives & rocket in a creamy white sauce (napoletana sauce on request)	
penne vegetarian	18.9
mushrooms, olives, eggplant, roasted capsicum in a napoletana sauce	
beef lasagna	18.9
homemade minced beef, bechamel sauce layered w fresh pasta sheets in a napoletana sauce topped w mozzarella cheese	
cannelloni (2 per serve)	18.9
fresh homemade pasta sheets filled w spinach & ricotta topped w mozzarella cheese & a napoletana sauce	

risotto


	gluten free 	regular
chicken grilled chicken, mushrooms & shallots in creamy white sauce	20.9	20.9
vegetarian mushroom, olives, roasted capsicum & eggplant in a creamy napoletana sauce	20.9	20.9
prawn prawns sautéed w fresh garlic & parsley in a creamy napoletana sauce (creamy white sauce on request)	21.9	21.9
seafood black mussels, calamari, octopus & prawns sautéed w fresh garlic in a napoletana sauce (creamy white sauce on request)	23.9	23.9
sausage italian sausages, fresh garlic, olives & roasted capsicum in a napoletana sauce (fresh chilli on request)	20.9	20.9
pesto homemade pesto tossed w chicken, mushroom & sundried tomato w a touch of cream	20.9	20.9
mediterranean chicken, sundried tomato, fresh ricotta, olives & rocket in a creamy white sauce (napoletana sauce on request)	20.9	20.9
salmon tasmanian smoked salmon, sundried tomato & rocket leaf in a creamy white sauce (napoletana sauce on request)	21.9	21.9

steak served w mash & seasonal vegetables

all steaks are minimum 120 days grain fed cuts, cooked & served to your liking with your choice of sauce:

regular sauce: pepper, mushroom, diane, béarnaise, red wine, chilli seeded mustard, rosemary jus or traditional gravy

gluten free sauce: pepper, mushroom, diane, red wine, chilli seeded mustard, rosemary jus or traditional gravy


	gluten free 	regular
rump 300g	28.9	28.9
scotch fillet 300g	30.9	30.9
t-bone 450g	28.9	28.9
eye fillet 300g	32.9	32.9
scotch & prawn duo 300g scotch fillet w your choice of steak sauce topped w three tiger prawns	34.9	34.9
eye fillet & giant prawn duo 300g of eye fillet w your choice of steak sauce topped w two giant king prawns	40.9	40.9
lamb cutlets (5 per serve) topped w roasted garlic rosemary sauce	30.9	30.9

*please note: well done steaks take 30 mins to cook
well done eye fillet steaks take 40 mins to cook*

veal served w potatoes & seasonal vegetables

all veal are predominately milk fed w grass supplement to give a unique flavour

gluten free served w seasonal vegetables only
gluten free veal is cooked to order, please consider optimum cooking time


	gluten free 	regular
veal lemon veal w rosemary, lemon & fresh garlic in a white wine sauce	28.9	28.9
veal parmigiana veal topped w eggplant & melted mozzarella cheese in a napoletana sauce	29.9	29.9
veal pizzaiola veal w olives & fresh chilli in a napoletana sauce	28.9	28.9
veal boscaiola veal w bacon, mushrooms & shallots in a creamy white sauce	29.9	29.9
veal 317 veal w seeded mustard & chilli in a creamy white sauce	29.9	29.9
veal prosciutto veal w prosciutto & bocconcini in a napoletana sauce	30.9	30.9
veal mushroom & prawn veal w sautéed mushroom in a gravy sauce w a touch of cream topped w three tiger prawns	30.9	30.9
veal cacciatore veal w roasted capsicum, olives, fresh chilli & mushroom in a napoletana sauce	28.9	28.9

chicken served w potatoes & seasonal vegetables

gluten free served w seasonal vegetables only

gluten free chicken is cooked to order, please consider optimum cooking time

gluten free  regular

	gluten free 	regular
chicken lemon chicken breast w rosemary, lemon & fresh garlic in a white wine sauce	25.9	25.9
chicken pizzaiola chicken breast w olives & fresh chilli in a napoletana sauce	25.9	25.9
chicken 317 crumbed chicken breast stuffed w mushroom, double smoked ham & bocconcini cheese topped w boscaiola sauce (subject to daily availability)	—	27.9
chicken parmigiana chicken breast topped w eggplant & melted mozzarella cheese in a napoletana sauce	27.9	27.9
chicken mushroom chicken breast w sautéed mushroom in a gravy sauce w a touch of cream	27.9	27.9
chicken garlic chicken breast w fresh garlic & basil in olive oil & white wine sauce	26.9	26.9
chicken boscaiola chicken breast w bacon, mushrooms & shallots in a creamy white sauce	27.9	27.9
chicken avocado chicken breast topped w avocado & a creamy cheese sauce	28.9	28.9
chicken & giant prawn chicken breast w mozzarella cheese in a creamy napoletana sauce topped w two giant king prawns	31.9	31.9
chicken seeded mustard chicken breast w seeded mustard & chilli in a creamy white sauce	26.9	26.9
chicken schnitzel crumbed chicken breast w a side of traditional gravy	—	26.9
chicken prosciutto crumbed chicken breast stuffed w prosciutto & bocconcini cheese topped w napoletana sauce (subject to daily availability)	—	27.9

seafoodgluten free  regular

	gluten free 	regular
oysters one dozen natural served w lemon wedges	26.9	26.9
kilpatrick topped w diced bacon & worcestershire sauce	27.9	27.9
mornay topped w bechamel sauce & melted mozzarella cheese	—	27.9
fish & chips beer battered fish fillet served w potato chips & side tartare sauce	—	23.9
char-grilled calamari fresh baby calamari tossed w fresh garlic, lemon, parsley & extra virgin olive oil served on a bed of garden salad	24.9	24.9
char-grilled baby octopus baby octopus marinated w fresh garlic, lemon, parsley & extra virgin olive oil served on a bed of garden salad	26.9	26.9
creamy garlic prawns prawns sauteed in fresh garlic & parsley in a creamy white sauce served on a bed of arborio rice (napoletana sauce on request)	26.9	26.9
barramundi barramundi fillet topped w a creamy garlic sauce served w potatoes & seasonal vegetables (gluten free served w seasonal vegetables only)	26.9	26.9
snapper (please allow 25 minutes cooking time) whole snapper topped w a creamy garlic sauce served w potatoes & seasonal vegetables (subject to daily availability) (gluten free served w seasonal vegetables only)	28.9	28.9
john dory grilled john dory fillet topped w fresh garlic & lemon sauce served w potatoes & seasonal vegetables (gluten free served w seasonal vegetables only)	28.9	28.9
char-grilled giant king prawns (4 per serve) butterflied giant king prawns topped w a creamy garlic sauce served on potato chips (gluten free served w garden salad only)	30.9	30.9
char-grilled giant king prawn platter (9 per serve) butterflied giant king prawns topped w a creamy garlic sauce served w potato chips & salad (gluten free served w garden salad only)	62.9	62.9
atlantic salmon grilled atlantic salmon fillet topped w creamy garlic sauce served w rice & broccoli (subject to daily availability)	29.9	29.9

317 hot seafood platter for 2 - 119.9

king prawns, baby octopus, chilli mussels, salt & pepper squid, grilled john dory, oysters natural, kilpatrick & mornay, potato chips & fresh salad served w lemon aioli & tartare sauce

pizza all served on a fresh napoletana base

no half & half pizzas. large size only. all ingredients are prepared fresh daily

gluten free regular

margherita mozzarella cheese & basil	21.9	17.9
hawaiian mozzarella cheese, ham & pineapple (bbq sauce on request)	22.9	18.9
caprese cherry tomato, bocconcini & fresh basil drizzled w olive oil	22.9	18.9
mexicana mozzarella cheese, pepperoni, roasted capsicum, onion & fresh chilli	23.9	19.9
calabrese mozzarella cheese, pepperoni, mushroom & bocconcini cheese	23.9	19.9
pepperoni mozzarella cheese & pepperoni	23.9	19.9
napoli mozzarella cheese, bocconcini, anchovies & olives	23.9	19.9
capriciosa mozzarella cheese, ham, mushroom & olives	23.9	19.9
vegetarian mozzarella cheese, eggplant, sundried tomato, artichokes, roasted capsicum, spanish onions, mushroom & olives	23.9	19.9
prosciutto mozzarella cheese, prosciutto topped w rocket & shaved parmesan cheese drizzled w olive oil	24.9	20.9
italian sausage mozzarella cheese, eggplant, italian sausage & provolone cheese	24.9	20.9
supreme mozzarella cheese, ham, pepperoni, cabanossi, spanish onion roasted capsicum, mushrooms, olives & pineapple	25.9	21.9
meat deluxe mozzarella cheese, ham, pepperoni, cabanossi & italian sausage (bbq sauce on request)	26.9	22.9
chilli prawn mozzarella cheese, prawns, garlic & chilli	27.9	23.9
marinara mozzarella cheese, roasted capsicum, garlic prawns, calamari, & black mussels	28.9	24.9
bbq chicken our chef's signature bbq sauce, mozzarella cheese, roasted capsicum, spanish onion, mushroom & char-grilled chicken	24.9	20.9
satay chicken our chef's signature satay sauce, mozzarella cheese, roasted capsicum, broccoli, snow peas & char-grilled chicken finished w sweet chilli sauce	24.9	20.9
chicken avocado mozzarella cheese, avocado, char-grilled chicken, fetta topped w sundried tomato	24.9	20.9
pizza 317 mozzarella cheese, garlic, fresh chilli, pepperoni, cherry tomato topped w provolone cheese & fresh basil	24.9	20.9
mediterranean mozzarella cheese, garlic, fresh chilli, mushroom, roasted capsicum, olives, pepperoni topped w sundried tomato	24.9	20.9
four cheese mozzarella, fetta, bocconcini & provolone cheese	24.9	20.9

at restaurant 3one7 our number one priority is our customer satisfaction with our head chef ulise tasipale experienced in modern italian cuisine. at 3one7 all sauces are cooked fresh per meal, so allow optimum cooking time for quality food. if there is anything you are allergic too, please notify one of our friendly staff so we can make sure you enjoy your meal. we advise we can not guarantee a 100% gluten free environment.

www.3one7.com.au

salad

	w chicken	gluten free ☒	regular
garden mixed lettuce, cherry tomato, cucumber, capsicum & spanish onion in our homemade balsamic dressing	18.9	14.9	14.9
greek mediterranean mixed lettuce, cherry tomato, cucumber, capsicum, spanish onion, fetta & olives, sprinkled w oregano in our homemade balsamic dressing	20.9	16.9	16.9
rocket rocket leaf & cherry tomato in our homemade balsamic dressing topped w shaved parmesan	19.9	15.9	15.9
bocconcini cherry tomatoes, bocconcini, fresh basil & spanish onion drizzled w extra virgin olive oil	19.9	15.9	15.9
caesar cos lettuce, bacon, croutons, egg in our chef's signature caesar dressing topped w shaved parmesan cheese (anchovies on request)	19.9	15.9	15.9
avocado mixed lettuce, cherry tomato, cucumber, capsicum, avocado & spanish onion in our homemade lemon dressing	19.9	15.9	15.9
seafood char-grilled prawns, octopus, calamari tossed w rocket, fetta & avocado in our homemade lemon dressing		20.9	20.9
char-grilled bbq octopus mixed lettuce, cherry tomato, cucumber, capsicum & spanish onion topped w warm bbq octopus in our homemade balsamic dressing		18.9	18.9
smoked salmon rocket, avocado, spanish onion & capers in our homemade lemon dressing topped w smoked salmon		19.9	19.9
lamb mediterranean (5 cutlets per serve) mixed lettuce, cherry tomato, cucumber, capsicum, spanish onion, avocado, fetta, olives, sprinkled w oregano in our homemade balsamic dressing topped w lamb cutlets		30.9	30.9
veal cos lettuce, cherry tomato, cucumber, capsicum & spanish onion tossed w veal in a homemade lemon dressing		19.9	19.9

burgers & wraps available lunch only (11.30am - 4pm)

burgers

served w potato chips & garden salad

regular

beef 200g lean beef grilled pattie, sautéed onion, fresh tomato, mixed lettuce roasted capsicum, tasty cheese & our chef's signature bbq sauce		17.9
chicken grilled chicken breast, fresh tomato, cos lettuce, avocado & our chef's signature mayonnaise		17.9
vegetarian vegetarian pattie, sautéed onion, fresh tomato & cos lettuce (sauce on request)		17.9
veal veal, sautéed onion, fresh tomato, cos lettuce, roasted capsicum & our chef's signature bbq sauce		18.9

wraps

served w potato chips & garden salad

gluten free ☒ regular

gluten free wraps served w garden salad only

chicken grilled chicken breast, fresh tomato, cos lettuce, avocado & our chef's signature mayonnaise	19.9	16.9
veal veal, sautéed onion, cos lettuce & roasted capsicum w tzatziki	19.9	16.9
vegetarian vegetarian pattie, sautéed onion, fresh tomato & cos lettuce (sauce on request)	—	16.9
salmon smoked salmon, mascopone cheese, rocket leaf, spanish onion & avocado	20.9	17.9

sides

regular

potato chips	5.9
potato wedges w sweet chilli sauce & sour cream	9.9
mash	5.9
side salad	5.9
seasonal vegetables	7.9

Just For Kids U12's

meals include a kids soft drink



chicken schnitzel & chips	9.9
calamari & chips	9.9
battered fish & chips	9.9
penne napoletana	9.9
spaghetti bolognese	9.9
penne boscaiola	9.9
ham & pineapple pizza	9.9
margherita pizza	9.9

all kids meals are made fresh to order
chips can be replaced w mash potato or seasonal vegetables