

bread 2 slices per serve

	regular
garlic bread toasted italian bread brushed w garlic & parsley butter	4.9
herb bread toasted italian bread brushed w fresh herbs & butter	4.9
olive bread toasted italian bread topped w olive tapenade & fresh olives	5.9
bruschetta topped w fresh tomato, spanish onion & basil	7.9
topped w fresh tomato, spanish onion, basil & fetta	8.9

starter pizza

	gluten free	regular
herb crust fresh herbs served w olive tapenade		12.9
garlic crust garlic & parsley served w olive tapenade		12.9
garlic cheese garlic, parsley & cheese	17.9	13.9
herb cheese fresh herbs & cheese	16.9	12.9
bruschetta fresh roma tomato & basil	18.9	14.9
fetta bruschetta fresh roma tomato, basil & fetta	20.9	16.9
cheese & olive provolone cheese & olive tapenade	19.9	15.9
oregano oregano, sesame seed & olive oil served w side tomatoes, cucumbers & yoghurt	19.9	15.9

starter platter for 2

	regular
mezze platter tzatziki, hommus, taramasalata, olives, fetta & balsamic vinegar in olive oil served w grilled pita bread	18.9
antipasto platter selection of delicious italian delicacies served w fresh italian bread	23.9
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	33.9
entree char-grilled giant king prawn platter (4 per serve) topped w creamy garlic sauce served on a bed of garden salad	29.9

entrée

	gluten free	regular
traditional minestrone soup seasonal vegetables & pasta in a homemade napoletana sauce topped w shaved parmesan served w fresh bread	15.9	12.9
homemade pumpkin soup topped w a touch of cream served w fresh bread	15.9	12.9
homemade pumpkin crab soup premium crab meat topped w a touch of cream served w fresh bread	18.9	15.9
grilled haloumi cheese drizzled w extra virgin olive oil, served w grilled pita bread		12.9
brescioli (3 per serve) italian rice rissoles, filled w combination of parmesan, mozzarella & fresh parsley served on napoletana sauce topped w rocket leaf & shaved parmesan		12.9
oysters half dozen served w lemon wedges	18.9	18.9
natural topped w diced bacon & worcestershire sauce	19.9	19.9
kilpatrick topped w bechamel sauce & melted mozzarella cheese	19.9	
mornay		
salt & pepper squid served on a bed of rocket w side lemon & aioli (gluten free on request)		16.9
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)	18.9	18.9

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

homemade pasta spaghetti, linguini, penne, fettucine, gnocchi or spinach & ricotta agnolotti

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 pasta & match it with your choice of sauce from the list below	gluten free	regular
napoletana traditional italian sauce made w fresh roma tomatoes, cooked w our homemade recipe	20.9	17.9
bolognese minced beef in a napoletana sauce	20.9	17.9
arabbiata olives & fresh chilli in a napoletana sauce	21.9	18.9
siciliana olives, roasted eggplant & fresh ricotta in a napoletana sauce	21.9	18.9
boscaiola bacon, shallots & mushrooms in a creamy white sauce	21.9	18.9
aurora mozzarella cheese in a napoletana sauce tossed w a touch of cream	21.9	18.9
pesto chicken homemade pesto tossed w chicken, mushroom & sundried tomato w a touch of cream	21.9	18.9
prawn prawns sautéed in fresh garlic, basil & extra virgin olive oil tossed w cherry tomato	22.9	19.9
crab premium crab meat, mushroom & olives in a creamy napoletana sauce	24.9	21.9
salmon tasmanian smoked salmon, sundried tomato & rocket leaf in a creamy white sauce	22.9	19.9
marinara black mussels, calamari, octopus & prawns tossed in a napoletana sauce	23.9	20.9
mediterranean chicken, sundried tomato, fresh ricotta, olives & rocket in a creamy white sauce (napoletana sauce on request)	22.9	19.9
chicken marinated chicken, mushrooms, shallots in a creamy white sauce	22.9	19.9
vegetarian mushrooms, olives, eggplant, roasted capsicum in a napoletana sauce	20.9	17.9
beef lasagna homemade minced beef, bechamel sauce layered w fresh pasta sheets in a napoletana sauce topped w mozzarella cheese		17.9
cannelloni (2 per serve) fresh homemade pasta sheets filled w spinach & ricotta topped w mozzarella cheese & a napoletana sauce		17.9

risotto

	gluten free	regular
chicken grilled chicken, mushrooms & shallots in creamy white sauce	19.9	19.9
vegetarian mushroom, olives, roasted capsicum & eggplant in a creamy napoletana sauce	19.9	19.9
prawn prawns sautéed w fresh garlic & parsley in a creamy napoletana sauce (creamy white sauce on request)	20.9	20.9
seafood black mussels, calamari, octopus & prawns sautéed w fresh garlic in a napoletana sauce (creamy white sauce on request)	22.9	22.9
sausage italian sausages, fresh garlic, olives & roasted capsicum in a napoletana sauce (fresh chilli on request)	19.9	19.9
pesto homemade pesto tossed w chicken, mushroom & sundried tomato w a touch of cream	19.9	19.9

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	26.9	26.9
scotch fillet 300g	28.9	28.9
t-bone 450g	28.9	28.9
eye fillet 300g	30.9	30.9
scotch & prawn duo 300g scotch fillet w your choice of steak sauce topped w three tiger prawns	32.9	32.9
eye fillet & giant prawn duo 300g of eye fillet w your choice of steak sauce topped w two giant king prawns	38.9	38.9
lamb cutlets (5 per serve) topped w roasted garlic rosemary sauce	29.9	29.9

*please note: well done steak takes about 25 minutes to cook,
well done eye fillet steak takes about 35 minutes 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	26.9	26.9
veal parmigiana veal topped w eggplant & melted bocconcini cheese in a napoletana sauce	27.9	27.9
veal pizzaiola veal w olives & fresh chilli in a napoletana sauce	26.9	26.9
veal boscaiola veal w bacon, mushrooms & shallots in a creamy white sauce	27.9	27.9
veal 3one7 veal w seeded mustard & chilli in a creamy white sauce	27.9	27.9
veal prosciutto veal w prosciutto & bocconcini in a napoletana sauce	28.9	28.9
veal mushroom & prawn veal w sautéed mushroom in a gravy sauce w a touch of cream topped w three tiger prawns	28.9	28.9
veal cacciatore veal w roasted capsicum, olives, fresh chilli & mushroom in a napoletana sauce	26.9	26.9

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
chicken lemon		24.9	24.9
chicken breast w rosemary, lemon & fresh garlic in a white wine sauce			
chicken pizzaiola		24.9	24.9
chicken breast w olives & fresh chilli in a napoletana sauce			
chicken 3one7			26.9
crumbed chicken breast stuffed w mushroom, double smoked ham & bocconcini cheese topped w boscaiola sauce (subject to daily availability)			
chicken parmigiana		26.9	26.9
chicken breast topped w eggplant & melted bocconcini cheese in a napoletana sauce			
chicken mushroom		26.9	26.9
chicken breast w sautéed mushroom in a gravy sauce w a touch of cream			
chicken garlic		25.9	25.9
chicken breast w fresh garlic & basil in olive oil & white wine sauce			
chicken boscaiola		26.9	26.9
chicken breast w bacon, mushrooms & shallots in a creamy white sauce			
chicken avocado		27.9	27.9
chicken breast topped w avocado & a creamy cheese sauce			
chicken & giant prawn		30.9	30.9
chicken breast w mozzarella cheese in a creamy napoletana sauce topped w two giant king prawns			
chicken seeded mustard		25.9	25.9
chicken breast w seeded mustard & chilli in a creamy white sauce			
chicken schnitzel			25.9
crumbed chicken breast w a side of traditional gravy			
chicken prosciutto			26.9
crumbed chicken breast stuffed w prosciutto & bocconcini cheese topped w napoletana sauce (subject to daily availability)			

seafood

		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			22.9
beer battered fish fillet served w potato chips & side tartare sauce			
char-grilled calamari		23.9	23.9
fresh baby calamari tossed w fresh garlic, lemon, parsley & extra virgin olive oil served on a bed of garden salad			
char-grilled baby octopus		25.9	25.9
baby octopus marinated w fresh garlic, lemon, parsley & extra virgin olive oil served on a bed of garden salad			
creamy garlic prawns		25.9	25.9
prawns sauteed in fresh garlic & parsley in a creamy white sauce served on a bed of arborio rice (napoletana sauce on request)			
barramundi		25.9	25.9
barramundi fillet topped w a creamy garlic sauce served w potatoes & seasonal vegetables (gluten free served w seasonal vegetables only)			
snapper (please allow 25 minutes cooking time)		27.9	27.9
whole snapper topped w a creamy garlic sauce served w potatoes & seasonal vegetables (subject to daily availability) (gluten free served w seasonal vegetables only)			
john dory		27.9	27.9
grilled john dory fillet topped w fresh garlic & lemon sauce served w potatoes & seasonal vegetables (gluten free served w seasonal vegetables only)			
char-grilled giant king prawns (4 per serve)		29.9	29.9
butterflied giant king prawns topped w a creamy garlic sauce served on potato chips (gluten free served w garden salad only)			
char-grilled giant king prawn platter (9 per serve)		59.9	59.9
butterflied giant king prawns topped w a creamy garlic sauce served w potato chips & salad (gluten free served w garden salad only)			

3one7 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		20.9	16.9
hawaiian mozzarella cheese, ham & pineapple (bbq sauce on request)		21.9	17.9
caprese cherry tomato, bocconcini & fresh basil drizzled w olive oil		21.9	17.9
mexicana mozzarella cheese, pepperoni, roasted capsicum, onion & fresh chilli		22.9	18.9
calabrese mozzarella cheese, pepperoni, mushroom & bocconcini cheese		22.9	18.9
pepperoni mozzarella cheese & pepperoni		22.9	18.9
napoli mozzarella cheese, bocconcini, anchovies & olives		22.9	18.9
capriciosa mozzarella cheese, ham, mushroom & olives		22.9	18.9
vegetarian mozzarella cheese, eggplant, sundried tomato, artichokes, roasted capsicum, spanish onions, mushroom & olives		22.9	18.9
prosciutto mozzarella cheese, prosciutto topped w rocket & shaved parmesan cheese drizzled w olive oil		23.9	19.9
italian sausage mozzarella cheese, eggplant, italian sausage & provolone cheese		23.9	19.9
supreme mozzarella cheese, ham, pepperoni, cabanossi, spanish onion roasted capsicum, mushrooms, olives & pineapple		24.9	20.9
meat deluxe mozzarella cheese, ham, pepperoni, cabanossi & italian sausage (bbq sauce on request)		25.9	21.9
chilli prawn mozzarella cheese, prawns, garlic & chilli		26.9	22.9
marinara mozzarella cheese, roasted capsicum, garlic prawns, calamari, & black mussels		27.9	23.9
bbq chicken our chef's signature bbq sauce, mozzarella cheese, roasted capsicum, spanish onion, mushroom & char-grilled chicken		23.9	19.9
satay chicken our chef's signature satay sauce, mozzarella cheese, roasted capsicum, broccoli, snow peas & char-grilled chicken finished w sweet chilli sauce		23.9	19.9
chicken avocado mozzarella cheese, avocado, char-grilled chicken, fetta topped w sundried tomato		23.9	19.9
pizza 3one7 mozzarella cheese, garlic, fresh chilli, pepperoni, cherry tomato topped w provolone cheese & fresh basil		23.9	19.9
mediterranean mozzarella cheese, garlic, fresh chilli, mushroom, roasted capsicum, olives, pepperoni topped w sundried tomato		23.9	19.9
four cheese mozzarella, fetta, bocconcini & provolone cheese		23.9	19.9

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	add chicken	gluten free	regular
garden mixed lettuce, cherry tomato, cucumber, capsicum & spanish onion in our homemade balsamic dressing	17.9	13.9	13.9
greek mediterranean mixed lettuce, cherry tomato, cucumber, capsicum, spanish onion, fetta & olives, sprinkled w oregano in our homemade balsamic dressing	19.9	15.9	15.9
rocket rocket leaf in our homemade balsamic dressing topped w shaved parmesan	18.9	14.9	14.9
bocconcini cherry tomatoes, bocconcini, fresh basil & spanish onion drizzled w extra virgin olive oil		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)	18.9	14.9	14.9
avocado mixed lettuce, cherry tomato, cucumber, capsicum, avocado & spanish onion in our homemade lemon dressing	18.9	14.9	14.9
seafood char-grilled prawns, octopus, calamari tossed w rocket, fetta & avocado in our homemade lemon dressing		18.9	18.9
char-grilled bbq octopus mixed lettuce, cherry tomato, cucumber, capsicum & spanish onion topped w warm bbq octopus in our homemade balsamic dressing		17.9	17.9
smoked salmon rocket, avocado, spanish onion & capers in our homemade lemon dressing topped w smoked salmon		18.9	18.9
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		29.9	29.9
veal cos lettuce, cherry tomato, cucumber, capsicum & spanish onion tossed w veal in a homemade lemon dressing		18.9	18.9

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	16.9
chicken grilled chicken breast, fresh tomato, cos lettuce, avocado & our chef's signature mayonnaise	16.9
vegetarian vegetarian pattie, sautéed onion, fresh tomato & cos lettuce (sauce on request)	16.9
veal veal, sautéed onion, fresh tomato, cos lettuce, roasted capsicum & our chef's signature bbq sauce	16.9

wraps served w potato chips & garden salad	regular
chicken grilled chicken breast, fresh tomato, cos lettuce, avocado & our chef's signature mayonnaise	15.9
veal veal, sautéed onion, cos lettuce & roasted capsicum w tzatziki	15.9
vegetarian vegetarian pattie, sautéed onion, fresh tomato & cos lettuce (sauce on request)	15.9
salmon smoked salmon, mascopone cheese, rocket leaf, spanish onion & avocado	16.9

sides	
potato chips	5.9
potato wedges w sweet chilli sauce & sour cream	8.9
mash	5.9
side salad	5.9
seasonal vegetables	7.9