



**\$1 FROM EVERY
MAIN MEAL GOES
TO THE BLACK DOG
INSTITUTE**



**Black Dog
Institute**

BECAUSE WE BELIEVE IN A HEALTHY MIND AS WELL AS BODY

WE'RE SOCIAL!



@SKINNYSGRILL

SKINNYSGRILL.COM



MENU

**FROM OUR BREADS TO OUR SAUCES
TO OUR ICE CREAM & DESSERTS,
WE DON'T BUY OFF THE SHELF - WE MAKE THEM
IN-HOUSE WITH LOVE & FREE OF NASTIES,
GRAINS & ADDED SUGARS.**



BURGERS

FAT BOY \$22 (K/GF) 7 (C) - 141 (F) - 99 (P)

Two beef patties, double bacon, double cheddar, jus, sauteed onions, pickles, tomato, crispy onions, wholegrain mustard, mayo and tomato sauce

FAT STACK - ALL ADD ONS \$15

CHICKEN CRUNCH \$18 (K/GF) 5 (C) - 71 (F) - 38 (P)

Almond and coconut battered chicken fillet, slaw, pickles, lettuce and katsu mayo

THREE LITTLE PIGS \$18 (K/GF) 6 (C) - 125 (F) - 73 (P)

Pork pattie, pulled pork, bacon jam, slaw, lettuce, mayo and BBQ sauce

BARRAMUNDI \$21 (K/GF) 7 (C) - 82 (F) - 59 (P)

Grilled barramundi fillet, almond and coconut battered squid rings, lettuce, tomato, tartare sauce and tomato salsa

LENTIL AND CAULIFLOWER \$17 (K/V/GF/DF+VG OPTION) 8 (C) - 27 (F) - 10 (P)

Lentil and cauliflower pattie, tomato, sprout, cashew mayo and house ketchup

MOROCCAN LAMB \$18 (K/GF) 9 (C) - 101 (F) - 67 (P)

Lamb pattie spiced with sumac, tomato, lettuce, harissa sauce, greek yoghurt, eggplant dip and lemon zest mayo

ADD ONS:

CHEESE DIPPING SAUCE \$4

ONION RINGS \$3

EXTRA MEAT \$6

AVO \$3

BACON \$3

HALLOUMI \$3

**WE USE... GRASS FED BEEF,
FREE RANGE CHICKEN &
EGGS, FREE RANGE PORK,
ORGANIC LAMB &
PASTURE BUTTER**

LOW ON CARBS

FAT ON FLAVOUR

(K) KETO (V) VEGETARIAN (VG) VEGAN (GF) GLUTEN FREE (DF) DAIRY FREE
(F) FAT (C) NET CARBS (P) PROTEIN

LOADED FRIES

\$13

CHOOSE YOUR FRIES: Zucchini, Sweet Potato or French Fries

CHOOSE YOUR SAUCE: Gravy, Blue cheese, Four Cheese, Hummus

CHOOSE 2 TOPPINGS

SOUR CREAM (K/GF/V) 1 (C) - 10 (F) - 1 (P)

SPRING ONION (K/GF/V/VG/DF) 1 (C) - 0 (F) - 0 (P)

MOZZARELLA (K/GF/V) 2 (C) - 11 (F) - 15 (P)

BACON BITS (K/GF) 3 (C) - 4 (F) - 4 (P)

SMASHED AVOCADO (K/GF/V) 1.5 (C) - 9 (F) - 1.4 (P)

PAN FRIED JALAPENOS (K/GF/V/VG) 1 (C) - 1 (F) - 0 (P)

TOMATO SALSA (K/GF/V/VG) 2 (C) - 26 (F) - 1 (P)

DICED RED ONION (K/GF/V/VG) 1 (C) - 0 (F) - 0 (P)

CHORIZO (K/GF) 0.5 (C) - 4 (F) - 4.5 (P)

EXTRA TOPPINGS

Sour cream, tomato salsa, spring onion and red onion **\$2**

Mozzarella, bacon, avocado, jalapenos, chorizo **\$3**

PLATTERS

THE FAT PLATTER \$45 (K/GF)

Burger of your choice, loaded fries, chicken wings and shake

CARNIVORE \$50PP (K/GF) 13 (C) - 115 (F) - 92 (P)

Beef bavette, pork belly, lamb skewers with sauces

HERBIVORE \$40PP (K/VG) 28 (C) - 46 (F) - 14 (P)

Stuffed capsicum, loaded portobello mushrooms, lentil and cauliflower rissoles, skewers and hommus



PIZZAS

All pizzas are on our fathead pizza base - can be swapped for a vegan base
22 (C) - 53 (F) - 20 (P)

DAIRY FREE CHEESE \$3

REGULAR (12") \$24 24 (C) - 76 (F) - 112 (P) (plus toppings)

LARGE (14") \$34 29 (C) - 93 (F) - 138 (P) (plus toppings)

MARGARITA (K/GF/V)

12" 6 (C) - 14 (F) - 15 (P)

14" 8 (C) - 19 (F) - 19 (P)

Tomato, mozzarella, tomato salsa and basil

SPANISH HAWAIIAN (K/GF)

12" 9 (C) - 34 (F) - 27 (P)

14" 10 (C) - 39 (F) - 30 (P)

Tomato, mozzarella, hot salami, chorizo, pineapple, onion and chilli oil

JAPANESE CHICKEN (K/GF)

12" 7 (C) - 19 (F) - 26 (P)

14" 9 (C) - 24 (F) - 31 (P)

BBQ, chicken, enoki, avocado, choy sum, soy reduction

MEAN AND GREEN (K/GF)

12" 14 (C) - 29 (F) - 28 (P)

14" 16 (C) - 34 (F) - 32 (P)

Garlic base, ricotta, mozzarella, bacon, broccolini, asparagus, bacon jam

PICKLED PEPPER (K/DF/VG)

12" 24 (C) - 37 (F) - 23 (P)

14" 32 (C) - 45 (F) - 34 (P)

Cauliflower base, vegan cheese, zucchini, roast capsicum, mushrooms, pesto, pickled eggplant.

SALADS

CHICKEN CAESAR \$17 (K/GF) 2 (C) - 31 (F) - 40 (P)

Chicken, bacon, cos lettuce and flaxseed croutons

LAMB KOFTA SALAD \$18 (K/GF) 8 (C) - 30 (F) - 18 (P)

Lamb kofta, house salsa, snow pea tendrils, basil and mint

VEGAN BOWL \$18 (K/GF/V/VG) 28 (C) - 33 (F) - 9 (P)

Cauliflower tabbouleh, sweet potato, avocado, zucchini mushroom and cashew mayo

SIDES

CHIPS:

With choice of sauce - tomato, coconut aioli or cashew mayo

FRENCH FRIES \$7 (K/GF/V/VG/DF) 43 net (C) - 8 (F) - 4 (P)

SWEET POTATO \$9 (K/GF/V/VG/DF) 45 (C) - 8 (F) - 3 (P)

ZUCCHINI \$9.5 (K/GF/V/DF/VG) 3 (C) - 12 (F) - 11 (P)

With an almond and coconut milk batter, cooked in coconut oil

BRUSCHETTA \$10 (K/GF/V/VG OPTION) 13 (C) - 36 (F) - 7 (P)

Tomato salsa, balsamic dressing

GARLIC BREAD \$7 (K/GF/V) ADD CHEESE \$1 14 (C) - 119 (F) - 27 (P)

PAPRIKA & ALMOND ONION RINGS \$8 (K/GF/VG/DF) 11 (C) - 7 (F) - 3 (P)

SEASONAL VEGGIES \$7 (K/GF/V/VG/DF) 5 (C) - 0 (F) - 5 (P)

TOSSED WINGS \$13 (K/GF/DF) 1 (C) - 38 (F) - 44 (P)

With your choice of sauce

SALT & PEPPER SQUID WITH AIOLI \$13 (K/GF) 8 (C) - 32 (F) - 29 (P)

CAULIFLOWER TABBOULEH \$12 (K/GF/V/VG/DF) 4 (C) - 11 (F) - 2 (P)

Cauliflower rice, tomato, cucumber, shallots, garlic, mint, parsley and extra virgin olive oil

MAC & CHEESE \$12 (K/GF/V) 4 (C) - 60 (F) - 14 (P)

Gratin keto pasta with cream cheese, fresh cream, parmesan and pepper

ROCKET SALAD \$7 (K/GF/V/VG OPTION) 6 (C) - 13 (F) - 3 (P)

Balsamic vinaigrette with parmesan

GARDEN SALAD \$9 (K/GF/V/VG/DF) 10.5 (C) - 13 (F) - 1 (P)

Lettuce, tomato, cucumber, vinaigrette

DESSERTS

SIN CITY \$14 (K/GF/V) 9 (C) - 28 (F) - 17 (P)

Chocolate brownie, chocolate ice cream, chocolate sauce, whipped cream and shaved chocolate

CHOCOLATE PIZZA \$18 (K/GF/V) 41 (C) - 110 (F) - 148 (P)

House chocolate spread, walnuts and marshmallows with maple coconut cream

CHEESECAKE \$16 (K/V/VG/DF) 6 (C) - 24 (F) - 7 (P)

Mixed berry and lemon cheesecake with a walnut and almond crust

MILKSHAKES \$9 (K/GF/V/VG) 4 (C) - 4 (F) - 4 (P)

Chocolate, strawberry or caramel

ICE CREAM SUNDAES \$7 (K/GF/V) 0.02 (C) - 3 (F) - 1 (P)

Chocolate, strawberry or caramel sauce

INDULGE YOUR TASTEBUDS

SATISFY YOUR NATURAL CRAVINGS



LOW ON CARBS

HIGH IN GOOD, HEALTHY FATS

NO ADDED SUGAR

NO ARTIFICIAL INGREDIENTS

KETO, VEGETARIAN, VEGAN & GLUTEN FREE OPTIONS

(K) KETO (V) VEGETARIAN (VG) VEGAN (GF) GLUTEN FREE (DF) DAIRY FREE
(F) FAT (C) NET CARBS (P) PROTEIN