

Let us introduce you to the vibrant flavors of Australia at Me-Gal, a name inspired by the Cammeragal word for 'tears,' symbolizing the saltwater of the surrounding harborside shoreline. Here, our focus is on fresh, sustainably sourced produce that reflects the natural beauty of our land and waters.

Our Spring Menu proudly showcases local ingredients, ensuring a culinary journey that's both authentic and sustainable.

Begin your experience with our smaller plates, where the briny sweetness of freshly shucked Sydney rock oysters from Merimbula, NSW, meets the tang of desert lime and the refreshing kick of cucumber dill mignonette. Savour the artisanal Sonoma Bakery mission sourdough, whipped with wattle seed and ricotta butter, or delight in the fresh burrata paired with spring peas, preserved mushroom, and garlic chives. The Hiramasa kingfish crudo, complemented by tom kha sauce, cucumber, heart of palm, and coriander, offers a delicate balance of flavour. For something heartier, try our pork belly with pear, mojo verde, Davidson plum, and a hint of Aleppo pepper.

For mains, enjoy the tender calamari served with fregola, warrigal greens, and black garlic, or the perfectly cooked swordfish accompanied by fennel, gem lettuce, and grenobloise. Meat lovers will appreciate the richness of Black Angus striploin, paired with polenta, rhubarb, and fioretto, while those seeking a unique twist will find satisfaction in our aged duck breast with sweet corn and green tomato. Vegetarian options like swede with macadamia, river mint, and miso highlight the season's best produce.

Our sharing plates invite you to indulge in communal dining, featuring dishes like the lamb shoulder with salsa verde and roasting jus, or the whole chicken enhanced with Geraldton wax and pickled muntries.

Complete your meal with our desserts, where the freshness of berries meets the subtle notes of strawberry gum, mint, and tarragon, or try the tropical blend of coconut, wattle seed, pineapple, mango, and pampero. For a rich, indulgent ending, share our Valrhona Gianduja with Guanaja 70%, cherry, and sesame.


At Me-Gal, each dish is a tribute to sustainability and local flavour.

Join us in celebrating Australia's culinary excellence, one bite at a time.



Although every possible precaution has been taken to ensure that our menu items are allergen free, certain items may still contain traces of allergic ingredients as they are prepared in facilities that also process milk, egg, gluten containing products, lupin, fish, crustacean, soybean, sesame seeds and nut products.

SMALLER PLATES

Freshly shucked Sydney rock oyster, desert lime, cucumber & dill mignonette <i>Merimbula, NSW nf, gf, df</i>	\$6.50/\$39/\$76
Sonoma Bakery Mission sourdough, whipped wattle seed & ricotta butter <i>v, dfo</i>	\$9
Burrata, spring peas, preserved mushroom, garlic chives <i>v, nf, gfo</i>	\$32
Hiramasa Kingfish crudo, tom kha sauce, cucumber, heart of palm, coriander <i>gf, nf, df</i>	\$33
Scallops, carrots, pancetta, pepper berry <i>gf, nf</i> 	\$34
Pork belly, pear, mojo verde, Davidson plum, Aleppo pepper <i>gf, nf, df</i>	\$32
Baba ghanoush, sugar snaps, olive, finger lime, sourdough <i>vg, nf, gfo</i>	\$24

MAINS

Calamari, fregola, Warrigal greens, black garlic <i>nf, dfo, vo</i>	\$38
Swordfish, fennel, gem lettuce, grenobloise <i>gf, nf</i>	\$48
Striploin – Rangers Valley, Marble Score 5+, polenta, rhubarb, fioretto <i>gf, nf, dfo</i>	\$58
Aged duck breast, sweet corn, green tomato <i>gf, df, nf</i>	\$49
Swede, macadamia, river mint, miso <i>df, gf, vg</i>	\$30

SHARING

Designed for two–three people

Lamb shoulder, salsa verde, roasting jus <i>gf, nf</i>	\$105
Whole chicken, Geraldton wax, pickled muntries <i>gf, nf</i>	\$76
Half chicken	\$38

SIDES

Salt & vinegar kipfler potatoes, marjoram <i>gf, df, nf</i>	\$18
Crispy brussels sprouts, vincotto, barrel aged feta <i>gf, nf, dfo</i>	\$21
Citrus glazed Dutch carrots, black tahini, Amaranth <i>gf, df, nf</i>	\$19
Seasonal leaves salad, aged balsamic <i>gf, df, nf</i>	\$15
Chips, chipotle aioli, finger lime salt <i>gf, df, nf</i>	\$15

DESSERTS

Berries, strawberry gum, mint, tarragon <i>nf, gf</i>	\$20
Coconut, wattle seed, pineapple, mango, Pampero <i>nf</i>	\$20
Valrhona gianduja, Guanaja 70%, cherry, sesame	\$26

SHARED FEAST

\$109PP

Sonoma Bakery Mission sourdough, whipped wattle seed & ricotta butter <i>v, dfo, gfo</i>
Burrata, spring peas, preserved mushroom, garlic chives <i>v, nf, gfo</i>
Hiramasa Kingfish crudo, tom kha sauce, cucumber, heart of palm, coriander <i>gf, nf, df</i>
Swordfish, fennel, gem lettuce, grenobloise <i>gf, nf</i>
Striploin – Rangers Valley, Marble Score 5+, polenta, rhubarb, fioretto <i>gf, nf, dfo</i>
Seasonal leaves salad, aged balsamic <i>gf, df, nf</i>
Valrhona gianduja, Guanaja 70%, cherry, sesame



From an MSC certified sustainable fishery | www.msc.org | MSC-C-52290

v vegetarian | *vg* vegan | *vo* vegetarian option available | *gf* gluten free | *gfo* gluten free option available | *df* dairy free
dfo dairy free option available *nf* nut free | *nfo* nut free option available

Public holidays incur a 15% surcharge