

Let us take you on a culinary journey through Australia's vibrant spring and summer harvest at Me-Gal, a name inspired by the Cammeraigal word for 'tears,' symbolising the saltwater of our harbourside home. Our focus remains on fresh, sustainably sourced produce that reflects the natural beauty of our land and waters.

This season, our menu bursts with bold flavours and lighter, brighter dishes designed to celebrate the warmer months.

Begin your experience with our East 33 Sydney rock oysters, perfectly complemented by preserved desert lime and mignonette, or enjoy our house-baked focaccia served warm with native thyme and cultured butter. For something refreshing, try the tuna crudo with watermelon, smoked soy, and finger lime, or indulge in the richness of roasted quail paired with spring peas, shiitake, and native thyme.

Mains highlight the very best of Australia's seasonal produce and premium seafood. Our Glacier 51 toothfish is beautifully balanced with sweetcorn, bitter leaves, and preserved lemon, while the Rangers Valley wagyu striploin shines with notes of rhubarb, salsify, Gruyère, and green pepper. For pasta lovers, the mafaldine with Abrolhos Island octopus, tomato, black garlic, and native basil is a must-try. Vegetarian diners will love the delicate pairing of cauliflower with chickpea miso, blood lime, and hazelnut, bringing depth and brightness to the plate.

Complete your experience with sides designed to complement every dish, from grilled beans with chilli oil and crispy parmesan to Jerusalem artichoke with porcini crème and sunrise lime. End on a sweet note with our Davidson plum and rhubarb cheesecake or indulge in the Amphora chocolate crèmeux for a decadent finale.

At Me-Gal, each plate tells a story of seasonality, sustainability, and the unique flavours of Australia. Join us this spring and summer to savour the beauty of the land and sea — one dish at a time.



SMALLER PLATES

East 33 Sydney rock oysters, preserved desert lime, mignonette *gf, df* \$8 each
½ doz \$45 | 1 doz \$85

House baked focaccia, native thyme, St David Dairy cultured butter *v, vgo* \$8

Eggplant, macadamia, quandong, amaranth *vg, gf* \$24


Heirloom tomatoes, burrata, spring vegetables, mountain pepper *v, gf* \$34

Tuna crudo, watermelon, smoked soy, finger lime *df*  \$37

Roasted quail, spring peas, shitake, native thyme *gf* \$39

MAINS

Cauliflower, chickpea miso, blood lime, hazelnut *vg, gf* \$32

Mafaldine pasta, MSC Abrolhos island octopus, tomato, black garlic, native basil  \$44

Aged duck breast, hispi cabbage, pumpkin fondant, native currants *gf, dfo* \$54

Glacier 51 toothfish, sweetcorn, bitter leaves, preserved lemon *gf*  \$65

Rangers Valley wagyu striploin bms 7+, rhubarb, salsify, Gruyère, green pepper *gf, dfo* \$60

SHARING

Designed for two–three people

Lamb shoulder, salsa verde, roasting jus *gf, nf* \$115

SIDES

Butter lettuce, mustard dressing, ricotta salata, pine nuts *v, gf, nfo, dfo, vgo* \$20

Chips, kelp salt, burnt citrus aioli *v, gf, df, vgo* \$15

Grilled beans, chili oil, mornay sauce, crispy parmesan *v* \$18

Jerusalem artichoke, porcini crème, sunrise lime *v, gf, vgo* \$16

SHARED FEAST

\$110PP


Matching Wines – additional \$69PP

House baked focaccia, native thyme, St David Dairy cultured butter *v, vgo*

Heirloom tomatoes, burrata, spring vegetables, mountain pepper *v, gf*

Tuna crudo, watermelon, smoked soy, finger lime *df* 

2024 Lino Ramble Dot to Dot Arinto, 100ml *Bacchus, SA*

Mafaldine pasta, MSC certified Abrolhos Island octopus, tomato, black garlic, native basil 

2024 The Somm & The Winemaker 'Skinny' Field Blend on Skins, 100ml, *Orange, NSW* *vg, fw*

Rangers Valley wagyu striploin bms 7+, rhubarb, salsify, Gruyère, green pepper *gf, dfo*

2020 Giant Steps 'SCG' Syrah Carignan Grenache, 150ml *Yarra Valley, VIC* *vg, o, b, s, fw*

Butter lettuce, mustard dressing, ricotta salata, pine nuts *v, gf, nfo, dfo, vgo*

Amphora chocolate crèmeux *v, gf*

NV Chambers 'Rosewood' Grand Muscat, 75ml *Yorta Yorta, Rutherglen, VIC* *o, s, vg*



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

v vegetarian | *vg* vegan | *vo* vegetarian option available | *vgo* vegan 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

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.

Please note Public Holidays incur a 15% surcharge | Tables of 8+ incur a 10% service charge