

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

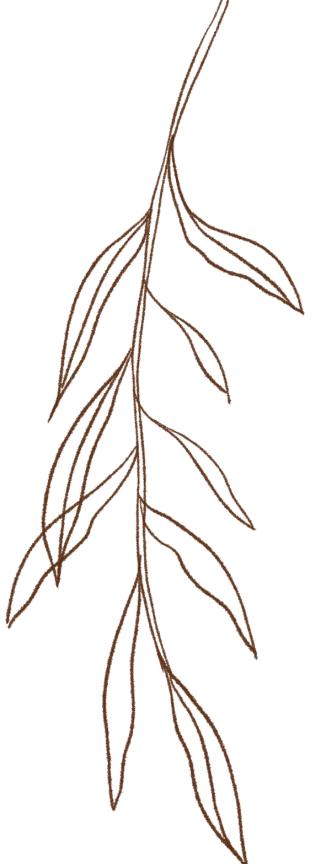
This season, the menu showcases bold flavours and lighter, brighter dishes designed for summer dining.

Begin with East 33 Sydney rock oysters, complemented by preserved desert lime and mignonette, or our house-baked focaccia served warm with native thyme and cultured butter. For something refreshing, the tuna crudo with watermelon, smoked soy and finger lime offers a clean, vibrant start, while veal tongue prepared two ways with leek aioli, horseradish and herbs delivers depth and balance.

Mains highlight premium Australian produce and thoughtful technique. Glacier 51 toothfish is paired with sweetcorn, bitter leaves and preserved lemon, while the wagyu rostbiff is served with warrigal greens chimichurri and cauliflower for a rich yet refined centrepiece. For pasta lovers, the mafaldine with Abrolhos Island octopus, tomato, black garlic, and native basil is a must-try. Vegetarian dishes shine with creativity, from sticky BBQ-glazed swede and mushrooms with chickpeas and sunrise lime, to heirloom tomatoes with stracciatella, raspberry and mountain pepper.

Sides are designed to complement every dish, including grilled broccolini with lemon-hazelnut dressing and Meredith Farms goat cheese, and charred leeks finished with nduja butter, sheep's yoghurt and saltbush. To finish, indulge in our Davidson plum and rhubarb cheesecake or 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 summer to savour 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, dfo	\$8
Eggplant, macadamia, quandong, amaranth	vg, gf	\$24
Veal tongue two ways, leek aioli, horseradish and herbs salad	gf, df	\$29
Heirloom tomatoes, stracciatella, raspberry, mountain pepper	v, gf	\$34
Tuna crudo, watermelon, smoked soy, finger lime	df, gfo	\$37

MAINS

Sticky bbq glazed swede and mushrooms, chickpeas and sunrise lime	gf, df	\$29
Mafaldine pasta, MSC Abrolhos island octopus, tomato, black garlic, native basil	dfo	\$44
Half roasted Bannockburn free range chicken, yeast butter, finger lime, charred pickled onion, roasting jus	gf, dfo	\$46
Glacier 51 toothfish, sweetcorn, bitter leaves, preserved lemon	gf	\$65
250g Stoneaxe fullblood wagyu rostbiff mbs9+, warrigal greens chimichurri, cauliflower	gf, dfo	\$62

SHARING

Designed for two–three people

Lamb shoulder, salsa verde, roasting jus	gf, nfo	\$115
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SIDES

Butter lettuce, mustard dressing, ricotta salata, pine nuts	v, gf, nfo, dfo, vgo	\$20
Chips, kelp salt, chipotle aioli	v, gf, df, vgo	\$15
Grilled broccolini, lemon-hazelnut dressing, meredith farms goat cheese	gf, dfo	\$18
Charred leeks, nduja butter, sheep's yoghurt, saltbush	gf	\$19



MSC-C-52290 | Seafood certified to MSC's environmental standard for fishing | msc.org

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

gf gluten free | df dairy free | gfo gluten free option available | dfo dairy 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

