

SPERO

GLUTEN FREE MENU

DIPS & HOUSE BREAD

(GFO)

1 FOR 14 - 3 FOR 30

CHICKPEA HUMMUS

Za'atar, olive oil

TZATZIKI

Pickled cucumber, dill, sumac

EGGPLANT

Pistachio dukkha, crumbled feta

ENTRÉE

MEZZE BOWL

10

Mixed marinated olives, pickled chillies, feta

SAGANAKI CHEESE

15

Tomato jam, olive oil, oregano, lemon

LAMB CUTLETS

26

Tzatziki, ladolemono, oregano

ZUCCHINI FRITTAS

16

Beetroot hummus, fennel salad

GRILLED MOOLOOLABA PRAWNS

22

Avgolemono, lemon garlic cream, tomato, parsley

FRIED CALAMARI

20

Sumac, green goddess sauce, pickled chilli

TUNA CARPACCIO (GFO)

20

Piquant pepper, rocket, tuna mayonnaise, olive oil lemon

CHAR GRILLED OCTOPUS (GFO)

24

Oregano, garlic, shallot, lemon, olive oil, gf bread

SOUVLAKI (GFO)

CHICKEN

22

Ladolemono, tzatziki, vine leaf, grilled pita

BEEF RIB

22

Smoked tomato, pickled onion, tzatziki, grilled pita

HALLOUMI, BELL PEPPER & ONION

22

Olive parsley tapenade, tzatziki, grilled pita

MAINS

BBQ CHICKEN PLATE (GFO)

32

Ladolemono, salad, fries, spiced yoghurt, grilled gf bread

LAMB SHOULDER (GFO)

38

Lemon roasted potato, red wine jus, tzatziki, grilled gf bread

SIDES

LEMON ROASTED POTATOES

12

Tzatziki, oregano salt

HOUSE SALAD

15

Tomato, cucumber, peppers, olives, feta, radish, house dressing

ROASTED ZUCCHINI, HALLOUMI SALAD

18

Radicchio, zucchini, halloumi, pomegranate dressing

FETA FRIES

15

Spero spice, feta, oregano, saffron aioli