

FLAT BREAD

GARLIC & PARSLEY. 7

Classic

CHEESE & GARLIC. 8

Parmigiano . garlic confit

BASIL PESTO. 8

Garlic . Parmigiano . basil . nuts

BEURRE AU MISO. 8

Savoury fermented soy bean . honey . butter

BITE

BROCCOLINI. 9

Sautee broccolini . miso . ginger . garlic . toasted almond

SALAD. 7

Mix salad . red onion . cucumbers . tomatoes . sesame dressing

MARINATED OLIVES. 7

Lemon . fennel seed . coriander seed . rosemary . garlic . chili

FRIES. 7.9

Crispy fries . aioli

KUMARA FRIES. 7.9

Crispy fries . aioli

SHARING PLATE

COZZE VERDI. 17.5

Mussels . garlic . basil . creamy white wine sauce

TATAKI. 18.5

Seared yellowfin Tuna . citric soy sauce . cucumber . jalapeno relish

CAJUN PRAWNS. 18 .5

Seared whole Tiger prawns . Cajun spiced . ginger . tomato jus

HALLOUMI. 17.5

Seared . garlic . tomato . red capsicum . smoke eggplant . coriander seed .
sumac

MAIN

- All main course serves with potatoes and vegetables

MARKET FISH. 32.5

Seared . coconut . peanut sambal . truffle oil . couscous

SCALOPPINI MARSALA. 30.5

Veal scaloppini . mushroom . creamy marsala sauce

FREE RANGE CHICKEN FILLET. 30

MARSALA - mushroom . cream sauce

FRANGELICO - almond . apricot . camembert . cream sauce

SICILIANA - garlic . tomato . red capsicum . spinach . mozzarella

CHAMPIGNON A LA CRÈME - mushroom . thyme . jus . cream sauce

EYE FILLET. 37.5

ROSSINI - brandy . mushroom . bacon . cream sauce

POIVRE VERDE - whole grain mustard . green pepper . brandy . cream sauce

CHIMICHURRI - mortar garlic . shallot . parsley . citrus . olive oil

*Our menu contains allergens. If you suffer from a food allergy or intolerance, please let a member of the restaurant team know upon placing your order.

MENOPA

400 Whangaparaoa Road, Stanmore Bay 0932

www.facebook.com/menopa.co.nz

Ph: 09 424 0898 WWW.MENOPA.CO.NZ



PASTA

Happy Hour Pasta (\$16 pasta special Tue – Thur, 5:00 – 6:30pm)

***only for take away**

***last pick up will be at 6:30pm**

FETTUCCINE ALFREDO. 21

Classic . chicken . mushroom . bacon . cream . parmesan

SPAGHETTI ALLA CARBONARA. 21

Bacon . mushroom . egg yolk . cream . parmesan

SPAGHETTI ALLO SCOGLIO. 26 (happy hour \$21)

Prawns . scallops . mussels . shrimps . basil . white wine . chili .
parmesan

SPAGHETTI ALLA BOLOGNESE. 21

Traditional meat sauce . tomato sauce . Parmigiano

MUSHROOM RAVIOLI. 21

Marsala wine . mushroom . cream . Parmigiano

CANNELLONI. 21

Rolled pasta filled with beef . mirepoix . béchamel . tomato . parmesan

PIZZA

Happy Hour Pizza (\$15 pizza special Tue – Thur, 5:00 – 6:30pm)

***only for take away**

***last pick up will be at 6:30pm**

- 9 inch & San Marzano tomato sauce

MARGHERITA. 18

Napoli style . fresh basil . buffalo mozzarella . parmesan

PIZZA CON POLLO. 20

Chicken . sun-dried tomato . artichoke . bacon . mozzarella

MISTA. 18

Ham . salami . red onion . mushroom . mozzarella

PROSCIUTTO E FUNGI. 20

Prosciutto . mushroom . mozzarella

FUNGI. 18

Mushroom . parsley . truffle oil . mozzarella

BLU CELESTE. 18

Gorgonzola . mushroom . mozzarella

PEPPERONI. 20

Capsicum . salami . capers . red onion . mozzarella

SICILIANA. 18

Olives . anchovy . oregano . basil . mozzarella . parmesan

HAWAIIAN. 16

Ham . pineapple . mozzarella

QUATTRO FORMAGGI. 20

Gorgonzola . brie . mozzarella . parmesan

CAPRICCIOSA. 20

Ham . anchovy . artichoke . olives . mushroom . mozzarella

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