

## 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

### **SCALLOPINI 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](http://www.facebook.com/menopa.co.nz)

Ph: 09 424 0898 [WWW.MENOPA.CO.NZ](http://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

\*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](http://www.facebook.com/menopa.co.nz)

Ph: 09 424 0898 [WWW.MENOPA.CO.NZ](http://WWW.MENOPA.CO.NZ)

