

Parallel 23

Bar & Eatery

1054a Beach Road, Torbay
Parallel23.co.nz Tel: 09 214 7931

We are a contemporary eatery offering brunch, pizza, global mains, and a selection of wine and beer.

Breakfast (9AM - 3PM)

Farmer's Breakfast 28
Manuka Smoked Bacon | Fransky | Sourdough | Mushroom | Hash brown | Tomato Salsa | Egg your way

Breakfast Risotto 22
Chicken | Chorizo | Poached Egg | Tomato Salsa
Using Gluten Free Ingredient

Fried Chicken Waffle 25
Buttermilk Chicken | Maple Syrup | Coleslaw | Chipotle Mayo

Eggs Benne on Potato Gratin 23
Poached Egg | Prosciutto | Wilted Spinach | Hollandaise Sauce | Sunrise Tomato

Baked Beans 23
Tomato sauce | Chorizo | Poached Egg | Parsley | Avocado
GFI on request

Granola v 19
Seasonal Fruit | Greek Yoghurt

Smashed Avocado v 24
Edamame | Tomato Salsa | Sourdough | Poached egg
GFI on request

S'mores Waffle v REGULAR 26 KIDS 18
Dark Chocolate | Torched Marshmallow | Nutella | Chocolate Soy | Berry Compote | Vanilla Ice cream

Steak Baguette 16
Pickled Carrot | Homemade Sweet Chilli Sauce | Coriander

Omelette on Toast 18
Stuffed with Onion | Capsicum | Ham | Mushroom | Spinach | Cheese

Make Your Own 14
Egg your way | Sourdough | Sunrise tomato
Add Bacon 6 | Add Sausage 6 | Add Bake Beans 6 | Add Mushroom 5 | Add Avocado 5

Coarse Oats v 18
Macadamia | Berry compote | Grilled Apple
Vegan option available

Salads

Garden Salad vG 12
Mesclun | Tomato | Cucumber | Red Onion | House Dressing
Using Gluten Free Ingredient

Caesar Salad 28
Cos Lettuce | Grilled Chicken | Bacon | Croutons | Boiled Egg | Anchovies | Parmesan

Seafood Salad DF 30
Garden Salad | Grilled Prawns | Squid | Fish | Mustard Dressing
Using Gluten Free Ingredient

Pasta & Risotto

Creamy Bacon Penne 28
Grilled Chicken | Mushroom | Parsley | Parmesan

Garlic Kale Gnocchi v 26
Truffle Butter | Macadamia | Parmigiano
Using Gluten Free Ingredient

Pomodoro Meatball Spaghetti 28
Beef | Tomato sauce | Onion | Parsley | Parmigiano

Mushroom Risotto v 27
Shitake | Portobello | Parmesan | Mascarpone
Using Gluten Free Ingredient

Truffle Duck Risotto 34
Parsley | Parmesan | Mascarpone
Using Gluten Free Ingredient

Octopus Risotto DF 32
Chorizo | Parsley | Napolitana Sauce | Onion
Using Gluten Free Ingredient

Pizza

Aloha 18
Pineapple | Champagne Ham

Soppressata Salami 19
Mozzarella | Ricotta | Red Onion | Chili Honey

Pesto Chicken 23
Brie Cheese | Tomato | Aioli | Macadamia

Pastrami 22
Mozzarella | Romesco | Kale | Chili Oil

Mushroom v 21
Mozzarella | Portobello | Shitake | Jalapeno | Chili

Vegan vG 21
Tomato | Olive | Artichoke | Jalapeno | Red pepper | Pesto

Margherita v 18
Buffalo Mozzarella | Cherry tomato | Basil

Classics

French Fries v 9
Garlic Oregano Oil | Ketchup
Using Gluten Free Ingredient

Beer Battered Fish & Chips DF 27
Green Salad | Tartare sauce | Lemon

Grass Fed Cheese Burger 28
Beef Patty | Lettuce | Tomato | Pickle | Onion Rings | Chips

Appetizers

Cheesy Garlic Bread ▽	13
Mozzarella Garlic Herb Butter	
Skewers DF	12
- Chicken Teriyaki (2pcs) Honey Soy Sesame Pickle Carrot Kewpie Mayo Lemon or - Lemongrass Beef (2pcs) Soy Pickle Carrot Kewpie Mayo Lemon Using Gluten Free Ingredient	
Whitebait and Prawn Toast DF	12
Sesame Coriander Chili Sauce Kewpie Mayo GFI on request	
Salt & Pepper Squid	19
Lemon Aioli Salad Greens Lemon	
Arancini ▽	17
Mozzarella Mushroom Grilled Pepper Sauce Basil Pesto Parmesan	
Fresh Tuna DF	19
Truffle Soy Puff Rice Spring Onion Lemon	
Sautéed Chicken Liver	20
Marsala wine Mushroom Onion Toast GFI on request	
BBQ Pork Ribs	22
Hoisin Sauce Sweet corn Spring Onion Sesame	
Chef's Platter	53
Skewers Salt & Pepper Squid Prawn Toast BBQ Pork Ribs Chips	

Mains (5PM - LATE)

Char grilled New York Striploin	39
Potato gratin Broccolini Pickle red onion Choice of sauce Red wine jus Green pepper jus	
Fish of the day DF	35
Lemon & herb risotto Avocado salsa Grilled red pepper coulis Using Gluten Free Ingredient	
Roasted Pork Belly DF	34
Kumara mash Apple sauce Bok choy Jus Using Gluten Free Ingredient	
Chicken Parmigiana	34
Romesco Basil Pesto Mozzarella Potato mash Seasonal Veggies Eggplant option available 32	
Lamb Shank	35
Tomato ragu Mashed potato Broccolini Pickle red onion Red wine jus Using Gluten Free Ingredient	
Country Fish DF 🌿 🌿	34
Tangy spicy chilli sauce Capsicum Lemon Grass Kaffir Lime Mild option available GFI on request	

Open Hours:

Monday - Tuesday: Close

Wednesday - Thursday: 3PM - Late

Friday: 11AM - Late

Saturday - Sunday: 9am - Late

Happy hours 3PM to 5PM daily
Free chips with any alcoholic drink

Kid's Menu

Fish & Chips	18
Tomato sauce	
Creamy chicken Penne	18
Bacon, parmesan cheese	
Cheese Burger	18
Beef Pattie Chips Tomato sauce	
Desserts	
Tiramisu	16
Mascapone Espresso Marsala Wine Cocoa	
Triple Chocolate CheeseCake	18
Chocolate soil Berry Compote Vanilla Ice cream Using Gluten Free Ingredient	
Ice Cream Sundae	12
Vanilla Chocolate Berry Sorbet Using Gluten Free Ingredient	
Cheese Plater	S 14 M 22 L 30
New Zealand Cheese Selection Cracker Seasonal Fruits	
Affogato	12
Kahlua Espresso Vanilla Ice Cream Using Gluten Free Ingredient	
Coffee & Tea	
Espresso	3.5
Short Black Long Black Americano	
Flat White Latte Cappuccino Mocha Hot chocolate	M 4 L 5
Fluffy	2.50
Extra shot Oat Milk Soy Milk	1
T2 Tea	4
Chinese Jasmine English Breakfast Earl Grey	
T2 Tea	5
Detox Packs A Peach Ginger Lemongrass Sleep tight	
Non - Alcoholic	
Soft Drinks	4
Coke Coke Zero Sprite Raspberry Coke Raspberry Lemonade	
Juice	5
Apple Orange Pineapple Cranberry	
Ginger beer Ginger Ale Tonic Water Soda Water	6
Lemon Lime Bitter	8
Sparkling Water (750ml)	10
Kombucha	6
Ask available flavours	