

PROTEIN MENU

A selection of dishes curated to repair and refuel with flavour and finesse

Two courses 26.5 | Three Courses 29.5

GAUCHO

STARTERS

TUNA TARTARE 13g

Crushed avocado, lime, watercress

BEEF TARTARE 12.5g

Tofu-aji amarillo emulsion, shallots, cornichons, parsley, micro greens

GAUCHO-CURED

SMOKED SALMON 12.5g

Watercress, pickled red onions, lemon

MAINS

RUMP 180G 31g

The leanest cut with a pure, distinctive flavour. Served with a mixed leaf salad and lemon dressing

GRILLED CHICKEN 50g

Seasonal green salad, lemon

SALMON 29g

Cooked on a plancha with cucumber ribbons, micro cress, lemon

EGG WHITE FRITTATA V | 19g

Spinach, rocket salad, pickled red onions, avocado, aji amarillo crema

DESSERT

GREEK YOGHURT & BERRIES V | 6g

Yoghurt with raspberries and strawberries

Vegetarian

V Vegan

Proteins



ALLERGEN INFORMATION

Scan the QR code to find out more about allergen details

SIDES V | V | 5

Green vegetables 6.9g

Green salad 1.3g

Sautéed spinach 3.5g