

# NOTAS DE COCINA

## [KITCHEN NOTES]

Argentinean food is about family and friends. The style is heavily influenced by Spain and Italy combining Creole and North African flavours.

Growing up in Argentina as a kid meant experiencing all of these influences from a young age. My Mum's restaurant, which she had for as long as I can remember, gave me a place to learn the secrets to this passionate fusion. Her teaching was the beginning of my learning, a learning that I have never lost passion for.

I have spent years travelling throughout Europe rediscovering the origins of Argentinean fare; finding aromas, sourcing flavours and exploring locations.

True South for me is an arrival where I can stop, be inspired by the seasons and my favourite ingredients, a place where I can bring my knowledge and contemporary interpretation of Argentina.

The menu is designed with sharing dishes of small medium and large sizes. Make sure you also check out our specials blackboard featuring the best ingredients of the week.

True South is my expression. I hope that you enjoy the experience.

Que Lo Disfrute, Mauro

## CHICO [SMALL]

### PICADA | Tapas |

**Chipa** (Mini Cheese Rolls) (GF) (V) **8**

This snack is often sold from street side stands. Made with cassava flour, Gruyere cheese and milk

**Aceitunas** (Olives) (GF) (V) **7**

**Pure De Berenjena** (Spicy Curried Eggplant Dip) **12**  
Cumin Oil + Ciabatta (V)

**Provoleta** (Grilled Provolone Cheese) (GF) (V) **11**

Provolone cheese is a trade mark for Argentines, cooked in a terracotta dish called "provolera"

**Empanada De Carne** (Beef Pastie) **6**

We adopted this as a quick nibble, originally from Galicia, Spain. We eat them at any time of the day

**Choripan** (Each) **5**  
(House Made Spicy Pork Chorizo Sandwich)

Choripan is the most popular snack in Argentina, the name comes from CHORI (chorizo) and PAN (bread)

## MEDIANO [MEDIUM]

### ROTISERIA | Deli |

**Rabas** (Crispy Calamari + Aioli) **25**

This used to be my treat when we went out on a weekend family lunch at any cantina in Buenos Aires. It's another dish inherited from the Spanish and Italians who went to Argentina looking for a better world

**Mollejas** (Grilled Sweet Breads) (GF) **13**

I love sweet breads!!! This gland is a delicacy for Argentines, served crispy with some lemon and a simple salad

**Morcilla Vasca** (Black Pudding) **13**

This is my mum's favourite, served with tomato, parsley + toasted brioche

**Chorizo Criollo** (Pork + Beef Chorizo) (GFA) **17**

House made mild chorizo served with chimichurri and bread

## GRANDE [LARGE]

### DE LA TIERRA | Land |

**Asado** (Grass Fed Short Rib) (600g) **36**  
Tomato, Honey Onions + Parsley Salad (GF)

*Brewer's choice: Pale Ale or Dark Ale*

Only for serious meat eaters, it's all about the flavour!! Love it or hate it!!!

**Cordero Patagonico** **36**  
(Dark Ale Braised Lamb Shoulder)  
Carrot, Coriander + Peanuts

*Brewer's choice: Dark Ale*

**Locro** (Argentinean Pork Stew) **39**  
Twice Smoked Crumbed Pork Belly

*Brewer's choice: Red Truck*

It's considered a national dish and is often served on May 25, the anniversary of the May revolution. Main ingredients are: pumpkin, white corn and pork. Every family has their own recipe. This is my version

## HUERTA [GARDEN]

### VEGETARIANO | Vegetarian |

**Trigo Y Nueces** (Cous Cous Salad) **14**

**Ensalada Mixta Con Palmitos** **10**  
(Seasonal Salad + Palm Heart) (GF)

**Remolacha Al Horno** (Roasted Beetroot) **13**  
Goat's Curd (GF)

**Curanto De Zapallo** (Roasted Pumpkin) **13**  
Smoked Yoghurt, Pine Nuts + Mint (GF)

Curanto is traditionally prepared in a deep hole dug in the ground full of red hot stones. The food is covered with leaves then wet sacks and dirt to create the effect of a pressure cooker

**Berenjena Grillada** (Grilled Eggplant) **13**  
Tomato + Parmesan (GF)

**Ensalada De Mozzarella** (GF) **13**  
(Fresh Mozzarella Salad)

That's Amore owned by Giorgio Linguanti who hand makes this beautiful fresh mozzarella

**Papas Fritas** (Rustic Chips + Aioli) (GF) **8**

(GF) Gluten Free (GFA) Gluten Free Adaptable (V) Vegetarian (VA) Vegetarian Adaptable  
Chimichurri - Spicy Argentinean Dressing (oregano, parsley, chili, garlic, olive oil)