ēthos

ALSAHWA ESTATE

Welcome to éthos at Alsahwa Estate.
"ēthos" is a modern Mediterranean-inspired restaurant offering an intentional, farm-to-table dining experience set within the heart of Alsahwa Estate.

Our dishes are crafted to honour the land, the seasons, and the artisans who help bring our vision to life. At the core of éthos is a commitment to regenerative practices, treading lightly on the earth, supporting local producers, and nourishing our community with hyper-seasonal, nutrient-dense food grown in healthy soil. Each plate tells a story, every meal is designed with connection and made to be shared.

Our menu may differ slightly each week from what is on the menu. We are guided by what's fresh and in season from our local growers. Weather and growing conditions may also affect the availability of certain ingredients. This flexibility is intentional, as it allows us to serve food at its best and adds to the authenticity and experience of dining with us.

MIND. BODY. PLANET.

HARVEST MENU

Our harvest menu is designed to invite connection - a shared experience that allows guests to explore the best of our seasonal menu, both familiar and unexpected. Sit back, relax, and allow us to take you on a culinary journey through the Sunshine Coast and beyond.

90pp

+

Wine pairing - 3 glasses
49pp

+

Dessert
14pp

Please let us know of any dietary requirements and our kitchen team will be happy to accommodate you.

UNSUNG HEROES

The people behind the produce

Alsahwa Farm, QLD

Byron Bay Mozzarella, NSW

Falls Farm, QLD

Kenilworth Dairies, QLD

Mooloolaba Prawns, QLD

Parwan Prime Beef, VIC

Rhiza Rigde, QLD

Saison Small Goods, QLD

Salumi Australia, NSW

Wholegrain Milling Co, NSW

Woombye Cheese, QLD

All seafood proudly Australian

SMALL PLATES

Burrata caprese, tomato, balsamic pearls & basil gelato — 29
V | GFO

Fish crudo, cucumber, Estate herbs & preserved lemon creme fraiche — 28
GF | DFO

Carne cruda, Piedmont carpaccio, parmesan, fresh earthy mushroom, creamy truffle vinaigrette — 29
GF | DFO

Roasted beetroots, whipped feta, walnut and blackberry vinegar — 25
GF

DESIGNED FOR TWO - SHARING

Braised lamb shoulder, Paris mash — 90
GF | DFO

Whole baked snapper Corfu Bianco – Lemon, olive oil, white wine, potato, garlic, fine herbs — POA
GF | DF

GF - Gluten Free // DF - Dairy Free // V - Vegetarian // VG - Vegan // O - Options upon request

LARGE PLATES

Burnt eggplant, Chickpea hummus, roasted peppers, pickled red onions, blistered heirloom tomato — 36
GF | VG

Mooloolaba Prawn and fennel risotto — 42
GF| DFO

Free range chicken breast, zucchini & garlic macadamia pesto — 45
GF | DFO

400g Grass fed Parwan Prime OP rib fillet, wilted greens, mojo Verde — 70
GF | DFO

SIDES

Farm harvest vegetables, shifting with the seasons peak — 17
GF| V

Paris mash — 15
GF | V

Hand cut chips, Alsahwa Estate herbs and garlic aioli — 15
GF | DF | VGO

Alsahwa Estate honeycomb salad, snow peas, pea tendrils, chard, endive, vinaigrette, toasted walnuts — 17
GF | DF | V

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KIDS

12 & UNDER

Housemade spaghetti with sugo sauce & parmesan — 22
DFO

Pizetta with salami & mozzerella — 22
DFO | VO

Breaded free range chicken tenders & chips — 22
GF | DFO

Alsahwa Estate honey &
white chocolate kids ice cream — 9



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ANTIPASTI

Marinated olives with Alsahwa Estate natives — 12
DF | GF | V

Sourdough focaccia, confit garlic, caramelised balsamic & olive oil — 14
DF | V

ANTIPASTO BOARD

A selection of cheeses, cured meats, breads, lavosh, olives, pickles, dips, Alsahwa Estate honey, oils & herbs
GFO
2 people — 45
4 people — 85

SMALL BITES

Freshly shucked oysters
Natural with citrus — 6 ea
Sherry shallot mignonette — 7 ea
Lemon Myrtle gin & dill — 8 ea
GF | DF

Fire roasted capsicum, Muhammara dip, pomegranate & mint, served with foccacia — 17
GFO | DF | V

Whipped truffle ricotta, hot Alsahwa Estate honey, pistachio dukkah, served with focaccia — 18
GFO | V

Zucchini Nero, zucchini hummus, marinated zucchini, red onion gel, toasted pepita — 18
GF | V



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