

GF = GLUTEN FREE
V = VEGETARIAN
VEG = VEGAN

SPECIAL DIETARY MENU

MEMBERS | GUESTS
MONDAY-SUNDAY
LUNCH 12PM-2PM & DINNER FROM 5:30

GLUTEN FREE MEALS

PIZZAS				
- BBQ Meatlovers	\$22.00	\$23.00		
- Vegetarian	\$21.00	\$25.00		
- Spicy pepperoni	\$19.00	\$23.00		
- Bloody Hot Pizza	\$22.00	\$26.00		
Gluten Free Base + \$3.00 (included in price)				
CHILLI & SALT FRIED CALAMARI STRIPS	\$13.00	\$16.00		
With rocket & parmesan salad, lemon zest and chunky tartare sauce				
Request for the meal to be GF				
BOWL OF BLACK SHELL MUSSELS	\$22.00	\$26.00		
In white wine, cream & garlic, (cooked the French way), served with toasted garlic bread				
Request no garlic bread				
ITALIAN STYLE BRUSCHETTA	\$8.50	\$11.50		
Grilled garlic bread, cherry tomatoes, red onion, balsamic, garlic, olive oil, parmesan & garden herbs				
Request for meal to be GF				
CAESAR SALAD (GF)	\$16.00	\$20.00		
Cos lettuce, poached egg, bacon, GF croutons , parmesan & Caesar dressing				
Add Chicken (\$4.00)				
Add Chilli & Salt Fried Calamari (\$5.00)				
GREEK SALAD (GF & V)			\$15.00	\$19.00
With red onion, capsicum, tomato, black olives, fetta & mixed leaves, lemon garlic dressing				
PUMPKIN, PINE NUT, CHERRY TOMATO & MUSHROOM RISOTTO (GF & V)			\$18.00	\$22.00
Finished with butter, cream & parmesan				
BATTERED FISH & CHIPS (GF)			\$18.00	\$22.00
Served with lemon, vinegar & chunky tartare with choice of salad (GF Caesar OR GF Greek)				
STEAKS				
Request GF chips, garlic cream sauce or GF gravy				
200g Prime Eye Fillet Steak (GF)			\$29.00	\$33.00
300g Grass Fed Rib Fillet Steak (GF)			\$36.00	\$40.00
300g Australian Rump Steak (GF)			\$27.00	\$31.00
ALL SIDES:			\$4.50	\$5.00
Request GF chips				
KIDS MEALS:				
Ask for bolognaise with GF spaghetti			\$9.90	\$9.90
Kids Steak with GF chips			\$13.90	\$13.90

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VEGETARIAN & VEGAN OPTIONS

GARLIC PIZZA BREAD (V) \$10.50 ~~\$13.50~~
Topped with roasted garlic & mozzarella

HAND CUT, CHUNKY CRISPY BATTERED ONION RINGS (V & VEG) \$8.50 ~~\$11.50~~
Simply sea salted & served

LARGE BOWL OF FRIES (V, VEG) (GF available on request) \$8.50 ~~\$10.50~~

BOWL OF WEDGES (V) \$9.50 ~~\$11.50~~

ITALIAN STYLE BRUSCHETTA (V) \$8.50 ~~\$11.00~~
Grilled garlic bread, cherry tomatoes, red onion, balsamic, garlic, olive oil, parmesan & garden herbs
(Vegan if requested)

DEEP FRIED SPRING ROLLS (4) \$12.50 ~~\$15.50~~
Served with sweet chilli and lime dipping sauce & soy
Choose 'Vegan vegetable' (VEG)

GREEK SALAD (GF & V) \$15.00 ~~\$19.00~~
With red onion, capsicum, tomato, black olives, fetta & mixed leaves, lemon garlic dressing
(Vegan with no fetta)

PUMPKIN, PINE NUT, CHERRY TOMATO & MUSHROOM RISOTTO (GF & V) \$18.00 ~~\$18.00~~
Finished with butter, cream & parmesan
(Vegan if requested)

EGGPLANT PARMY (V) \$22.00 ~~\$22.00~~
Crumbed & fried Eggplant Parmy, Napoli sauce, avocado, tomato, grilled mushrooms, herbs, three cheese melt
(Vegan with vegan cheese)

VEGETARIAN PIZZA (V) \$18.00 ~~\$22.00~~
Three cheese melt, roasted pumpkin, shaved red onion, fresh tomato wedges, arugula, fetta, toasted cashews & cracked black pepper & honey

VEGAN BURGER (VEG) \$22.00 ~~\$26.00~~
Vegan vegetable & lentil burger, roasted pumpkin, grilled mushrooms, avo, mung bean sprouts, tomato, pickled carrot & cucumber, vegan cheese & chimichurri. Served with steak fries

LACTOSE FREE MEALS:

DEEP FRIED SPRING ROLLS (4) \$12.50 ~~\$15.50~~
Served with sweet chilli and lime dipping sauce & soy
Choose 'Vegan vegetable' (VEG)

GREEK SALAD (GF & V) \$15.00 ~~\$19.00~~
With red onion, capsicum, tomato, black olives, fetta & mixed leaves, lemon garlic dressing
(Vegan with no fetta)

PAN SEARED MARINATED PRAWNS WITH SPAGHETTI \$21.50 ~~\$25.50~~
Shaved fennel, tomato, garlic, chilli, white wine & olive oil. Finished with shaved parmesan.
(Lactose free with no parmesan)