

breakfast

weekends 7am til 10.30am

	Members	Guests
Muesli Bowl (V) toasted muesli, layered honey, yoghurt, house made berry compote & fresh fruit.	9	9.90
Fruit & Walnut Toast (V) date, apricot & butter.	7	7.50
Smashed Avo (V) fresh avo & fetta on toasted sourdough with lemon & chilli flakes add bacon + \$6.00	12.50	13.50
Toast choice of white, wholemeal or sourdough with a selection of condiments	4.5	4.90
Short Stack Pancakes (3) (V) Maple syrup & ice cream House made berry compote & ice cream	9 11	10 12
Breaky Burger with fried egg, bacon, bbq sauce, cheese & hash browns on a milk bun.	12	13
Bacon Benny soft poached eggs, tomato & creamy hollandaise on sourdough.	17	18.50
Bacon & Eggs cooked your way with roasted herb tomato on sourdough	12	13
Farm Fresh poached egg, sautéed mushrooms, rocket, lemon & avocado on sourdough.	14	15
Spanish Omelette chorizo, roasted peppers, cheese, spinach & tomato on sourdough.	16	17.50
Big Breakfast bacon, eggs cooked your way, beans, mushrooms, hash brown, chorizo & tomato on sourdough.	19	21.50
Smoked Salmon with poached eggs, kale tabouli, sauce choron on sourdough	21	22
Truffled mushrooms (V) with ricotta on sourdough.	15	16

nippers menu

Pancakes 2 fluffy pancakes with soft serve ice cream & maple syrup.	7	8
Breaky Bites 1 egg cooked your way & your choice between crispy bacon or pork chipolata served with white toast or hash brown.	7	8
Waffle & Strawberries served with soft serve ice cream & maple syrup.	7	8

breaky extras

Egg 1.20 Bacon (2) 6.00 Mushrooms 4.30 Hash Brown \$2.50
Avocado 5.50 Chorizo 5.00 Spinach 3.00

Gluten free bread available on request \$2 per slice.

brunch

monday to friday 10am til 11.30am

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Muesli Bowl (V) toasted muesli, layered honey, yoghurt, house made berry compote & fresh fruit.	9	9.90
Fruit & Walnut Toast (V) date, apricot & butter.	7	7.50
Smashed Avo (V) fresh avo & fetta on toasted sourdough with lemon & chilli flakes add bacon + \$6.00	12.50	13.50
Toast choice of white, wholemeal or sourdough with a selection of condiments	4.5	4.90
Short Stack Pancakes (3) (V) Maple syrup & ice cream	9	10
House made berry compote & ice cream	11	12
Breaky Burger with fried egg, bacon, bbq sauce, cheese & hash browns on a milk bun.	12	13
Bacon & Eggs cooked your way with roasted herb tomato on sourdough	12	13
Farm Fresh poached egg, sautéed mushrooms, rocket, lemon & avocado on sourdough.	14	15

nippers menu

Pancakes 2 fluffy pancakes with soft serve ice cream & maple syrup.	7	8
Breaky Bites 1 egg cooked your way & your choice between crispy bacon or pork chipolata served with white toast or hash brown.	7	8
Waffle & Strawberries served with soft serve ice cream & maple syrup.	7	8

Gluten free bread available on request \$2 per slice.

lunch & dinner menu

lunch 7 days 12noon til 3pm

dinner sun to thurs 5.30pm til 8.30pm - fri & sat 5.30pm til 9pm

*extended hours during special events please check with club staff

starters

	members	guests
Crusty Garlic Bread (V) add cheese	6.00 1.00	6.90 1.50
Tuscan Flat Bread (V) with a trio of dips	10.00	11.00
Steak Fries (V) aioli or gravy	7.50	8.00
Potato Wedges (V) sweet chilli sauce, sour cream	9.00	10.50
Sweet Potato Fries (V) chipotle mayonnaise	9.50	10.90

sangas, wraps & burgers (please note availability)

BLT (avail. lunch only) bacon, locally grown lettuce, sliced tomato, mayonnaise on texas style bread, steak fries	9.00	10.50
Chicken Souvlaki Wrap (avail. lunch only) tender chicken pieces, quinoa tabouli, locally grown lettuce, sliced tomato, sweet chilli sauce, sour cream served with steak fries (*omit chicken for avocado V)	16.00	17.50
Veggie Burger (V) (avail. lunch only) falafel pattie, grilled haloumi, cos, sliced tomato, spicy capsicum relish, savoury yoghurt, sweet potato fries	19.00	20.00
Aussie Steak Burger (avail. lunch & dinner) char grilled rib eye steak, cheese, locally grown lettuce, sliced tomato, beetroot, mayonnaise, smokey BBQ sauce, steak fries	19.00	21.00
Americana Burger (avail. lunch & dinner) char grilled angus beef pattie, locally grown lettuce, sliced tomato, jack cheese, fried onion rings, green tomato pickle, mustard, ketchup, steak fries	19.00	21.00

salads

Happy Salad (V) super antioxidant kale, spinach, broccoli, grapes, roasted sunflower seeds, almonds, pear, goji berry, quinoa, citrus dressing	17.00	18.50
Macadamia & Spiced Chicken lemon myrtle dusted chicken fillets, locally grown mixed lettuce, bacon pieces, cucumber, red onion, feta, roasted macadamia nuts, semi dried tomatoes, ranch dressing	19.50	21.00
Zesty Thai Beef & Cashew seared beef strips, fresh leafy greens, rice noodles, fried onions, aromatic herbs, sprouts, tomato, cucumber, spicy sriracha chilli sauce	25.50	27.50

seafood

	members	guests
Spicy Salt & Pepper Squid wombok, crisp noodle salad, sweet soy glaze, spicy sriracha chilli sauce	19.00	21.00
Fish & Chips house salad, lemon & tartare	19.00	21.00
Fried Selection pale ale battered flathead, panko crumbed calamari, prawn cutlets, house salad, chips, tartare & lemon	20.00	22.00
Chilled Mooloolaba Ocean Prawns (300g, GF) served with aioli & lemon	26.00	28.50
Fresh Fish Of The Day- See The Daily Specials Board	Market Price	

mains

Vegetarian Lasagne (V) layers of fresh pumpkin pasta, Napoli, ricotta, sweet potato, spinach, onion, leeks, zucchini, fire roasted capsicum, house salad	19.00	21.00
Beef Lasagne layers of rich homemade bolognese, béchamel, fresh pasta, house salad	19.00	21.00
Penne Bolognese (GF*) rice & corn pasta, rich robust bolognese sauce, creamy mozzarella, levain sourdough roll (*omit roll GF)	17.50	19.50
Garlic Prawn Linguine rocket, chilli, lemon, white wine cream sauce, parmesan, toasted Tuscan flat bread	25.50	27.50
Prawn & Chicken Stirfry (GF) fresh vegetables, garlic, ginger, chilli plum sauce, coconut rice	22.50	24.50
Moroccan Lamb Shanks (2) vegetable cous cous, kale, savoury yoghurt, pomegranate & pan juices	25.00	26.90
Atlantic Salmon pan fried with carrot & lee nanna, broccolini & beetroot reduction	26.00	28.00
Vegetarian Stirfry (V) (GF) fresh vegetables, garlic, ginger, chilli plum sauce, coconut rice	17.00	19.00
Mexi Beef & Bean Nachos (GF) pulled stringy beef, blackened corn, green tomatillo salsa, sour cream, smashed avocado	19.50	21.50
Butter Chicken Curry house made, coconut basmati rice, naan bread, spiced yoghuty, tomato kasoundi	20.00	22.00
Chicken Schnitzel house salad, steak fries, choice of sauce	19.50	21.00
Chicken Parmigiana Napoli sauce, triple smoked ham, creamy mozzarella cheese, house salad, steak fries	21.00	23.00

Steaks are served with either roasted herbed potatoes & vegetables OR house salad & chips with your choice of sauce

Rump 200g (GF) – light choice cut Nolans Private selection grain fed aged beef	20.00	23.00
Sirloin 300g (GF) – black angus Southern Highlands NSW	30.00	34.00

Sauces- homestyle gravy, creamy mushroom, five pepper, Dianne, rosemary & garlic jus (GF), selection of hot sauce

seniors menu

available for lunch & dinner upon presentation of a seniors card

	members	guests
Half Chicken Schnitzel house salad, steak fries, choice of sauce	12.00	13.00
Fish & Chips house salad, lemon & tartare	14.00	15.00
Prawn Cutlets (3) steak fries, house salad, lemon & tartar	14.00	15.00
Penne Bolognese (*GF) rice & corn pasta, rich robust bolognese sauce, creamy mozzarella, levain sourdough roll (*omit roll GF)	13.50	15.00
Seniors Steak 120g (GF) seniors steak 120g (GF)	17.00	18.00

nippers menu

for children up to 12 years. All nippers meals are served with a drink & soft serve ice cream cup with topping.

Cheeky Monkey Picky Platter a happy selection of fresh fruit, vegetables, meat, cheese & crackers ideal for little fingers	10.50	11.50
Tempura Chicken Nuggets served with steak fries	10.50	11.50
Penne Bolognese (GF) served with creamy mozzarella cheese	10.50	11.50
Cheese Burger served with steak fries	10.50	11.50
Super Fish Stars served with steak fries and tartare	10.50	11.50
Calamari Rings served with steak fries & tartare	10.50	11.50

all day sides

Fried egg (GF)	1.00	1.50
Bacon Per Piece (GF)	2.00	2.50
Battered Onion Rings (X6) (V)	6.00	7.00
Steamed Vegetable Bowl a variety of seasonal veggies (V) (GF)	7.00	8.50
Chicken Grilled Tenders (X3) (GF)	8.00	9.50
House Salad ranch dressing (V) (GF)	9.00	10.00

saucers

included with schnitzel & steaks

Aioli (GF)	1.50	2.00
Home Style Gravy	2.00	2.50
Creamy Mushroom	2.00	2.50
5 Pepper Sauce	2.00	2.50
Dianne	2.00	2.50
Rosemary & Garlic Jus (GF)	2.00	2.50

(V) vegetarian (GF) gluten free

(GF*) option to delete the gluten elements. NB/ substitutes for the deleted elements will not be provided unless indicated on the menu. Due to the high volume nature of our kitchen, we cannot offer vegan meals or guarantee that there will not be nut product cross contamination.