

# LUNCH SPORTS BAR BISTRO

Monday - Sunday  
with a member's card

## \$10 meals

CREAMY SEAFOOD VOL AU VENT

with Grana Parmesan cheese & soft herb salad

PENNE PASTA BOLOGNAISE

ground Black Angus beef in a rich Napoli sauce, Mozzarella & shaved Parmesan cheese

SALT & PEPPER SQUID

with chips, salad & Tartare sauce

## \$12 meals

CRISPY BATTERED FLATHEAD

with chips, salad & Tartare sauce

CRUMBED CHICKEN BREAST SCHNITZEL

with chips, salad & your choice of sauce from the menu

## \$14 meals

PAN FRIED FISH OF THE DAY (gfo)

with chips, salad & lemon butter sauce

CHICKEN PARMIGIANA

with shaved leg ham, Napoli sauce, grilled Mozzarella & Parmesan cheese blend, served with chips & salad

SEAFOOD BASKET

with battered fish, crumbed prawn cutlets, scallop & calamari rings, served with chips & salad

200 gram CHARGRILLED YEARLING RUMP STEAK (gf)

with chips, salad & your choice of sauce from the menu

Add Kuro Prawns (2) \$7

## SAUCES

Mushroom, Pepper, Dianne, Red Wine Jus,  
Tarragon butter, Garlic Cream

add extra sauce 2

(v) Vegetarian

(vo) Vegetarian Option Available

(gf) Gluten Free

(gfo) Gluten Free Option Available

# SPORTS BAR BISTRO

## AT ARUNDEL TAVERN

### TO START

GARLIC BREAD (v) M 5.9 | NM 7.9

CHEESY GARLIC BREAD (v) M 6.9 | NM 8.9

with balsamic glaze

GRILLED TURKISH BREAD (v) M 11.9 | NM 13.9

with a creamed Persian Feta cheese dip & Dukkah spice

CHEF'S SOUP OF THE DAY M 8 | NM 10

SALT & PEPPERED SQUID M 13.9 | NM 14.9

with salad & aioli

STICKY CHICKEN WINGS M 12.9 | NM 13.9

with toasted sesame seeds and Asian style garnish salad

SHARE MIXED ENTREE M 16 | NM 18

prawn toast, chicken dim sim, curry puff, mini cigar vegetable spring roll, chicken & mushroom steamed bun & mushroom infused soya

### SIDES

BOWL OF CHIPS with citrus aioli or gravy 8

GARDEN SALAD with Saigon dressing 6

PARIS MASHED POTATO 6

STEAM BUTTERED GREENS 6

### KID'S MENU (12yrs & under) 11

CHICKEN BITES with chips and tommy sauce

BATTERED FISH BITES with chips and salad

PASTA (V) with Napoli sauce & cheese

FLASH FRIED CALAMARI with chips, salad and tartare sauce

ALL KID'S MEALS COME WITH ICE CREAM

### DESSERTS

BLOOD ORANGE & VANILLA BEAN M 6 | NM 9

Panna Cotta with almond praline & toasted biscotti

STRAWBERRY CHEESECAKE (gf) M 8 | NM 9

with a fresh berry compote and chantilly cream

HOUSEMADE ICONIC STICKY M 7 | NM 8

DATE PUDDING with butterscotch sauce, vanilla bean ice cream and his pearls

### MAINS

PAN FRIED REEF FISH OF THE DAY M 19.9 | NM 20.9

with chips, salad & lemon butter sauce (gfo)

Add Kuro Prawns (2) \$7 | Salt & Peppered Squid \$5

FLATHEAD M 18 | NM 20

crispy beer battered with chips, salad & house made Tartare sauce

SALT & PEPPERED SQUID M 19.9 | NM 20.9

with chips, salad & aioli

CHICKEN PARMIGIANA M 20.9 | NM 22.9

with twice cooked ham, Napoli sauce, grilled Mozzarella & Parmesan cheese, chips and salad

CHICKEN BREAST SCHNITZEL M 19.9 | NM 21.9

with chips, salad & choice of sauce

AT ANGUS BEEF BURGER M 18 | NM 20

with red onion jam, lettuce, tomato, cheese, pickled cucumber, smoked chilli mayo with chips

TRADITIONAL CAESAR SALAD M 15 | NM 17

with cos lettuce, crisp bacon, garlic baked croutons, free range egg with Parmesan crackle & dressing

Add Kuro Prawns (2) \$7 | Salt & Peppered Squid \$5 |

Chicken \$6

CHICKEN BREAST M 23.9 | NM 25.9

Moroccan spiced with Guacamole, rustic chunky chips & Tarragon butter sauce

PENNE PASTA BOLOGNAISE M 18.9 | NM 19.9

ground Black Angus beef in a rich Napoli sauce with Mozzarella & shaved Parmesan cheese

300g YEARLING RUMP STEAK (gf) M 24 | NM 26

with salad & chips or vegetables & mashed potato. Your choice of sauce

Add Kuro Prawns (2) \$7 | Salt & Peppered Squid \$5

### HOMESTYLE SPECIALS

LAMB & MUSHROOM PIE M 18.9 | NM 19.9

Chunky braised lamb shank & wild mushroom with rustic cut potatoes & minted peas

BLACK ANGUS MEAT BALLS M 17.9 | NM 18.9

House made in rich tomato, garlic & white wine sauce with fettuccini & parmesan cheese

CRUMBED STEAK M 16.9 | NM 17.9

with chips, salad & choice of sauce

(v) Vegetarian | (vo) Vegetarian Option Available | (gf) Gluten Free | (gfo) Gluten Free Option Available

M - Members Pricing | NM - Non Members Pricing