

# BJ's Restaurant Arundel Tavern

## Breads

Garlic bread (v)	<b>8.9</b>
Cheesy garlic bread with balsamic glaze (v)	<b>9.9</b>
Grilled Turkish bread with a creamed Persian Feta cheese dip and Dukkah spice	<b>12.9</b>

## Entrees

Chef's soup of the day with garlic croutons and crispy Parmesan cheese crackle	<b>9.9</b>
Salt and Peppered squid with salad and aioli	<b>15.9</b>
Kuro prawns (3), bamboo charcoal infused prawns with Japanese panko crumb, Wasabi mayonnaise and pickled ginger salad	<b>14.9</b>
Sticky chicken wings with toasted sesame seeds and Asian style garnish salad	<b>15.9</b>
Shared mixed entree with prawn toast, chicken dim sim, curry puff, mini cigar vegetable spring roll, chicken and mushroom bun and a shitake mushroom infused soya	<b>18.9</b>

## Kid's menu

Chicken bites with chips and tommy sauce	<b>11</b>
Battered fish bites, chips and salad	<b>11</b>
Pasta with Napoli sauce and cheese (v)	<b>11</b>
Flash fried calamari with chips and tartare sauce	<b>11</b>

All kid's meals come with ice cream

## Mains

Pan fried reef fish of the day, chips, salad and lemon herb butter sauce (gfo)	m <b>22.9</b>   nm <b>23.9</b>
Add Kuro Prawns (2) \$7   Salt & Pepper Squid \$6	
Butter poached Atlantic Salmon with Salsa Verde, maple sweet potato, house pickled vegetable salad and Candied Macadamia nuts (gf)	m <b>26.9</b>   nm <b>27.9</b>
Pappardelle pasta with Blue Swimmer crab, Atlantic salmon and Baby spinach in a white wine and garlic cream, Parmesan crackle	m <b>28.9</b>   nm <b>29.9</b>
Lamb shank and wild mushroom ragout with mashed potato, baby carrots and minted peas, with red wine and Rosemary jus (gf)	m <b>26.9</b>   nm <b>28.9</b>
Penne pasta bolognese, ground Black Angus beef in a rich Napoli sauce, with Mozzarella and shaved Parmesan cheese	m <b>20.9</b>   nm <b>21.9</b>
Chinese BBQ Pork Belly with Vietnamese style salad, smashed peanuts, fried shallots, ginger and carrot mash (gf)	m <b>25.9</b>   nm <b>27.9</b>
Chicken Parmigiana with twice cooked ham, smoked sugo sauce, grilled Mozzarella and Parmesan cheese blend, with chips and salad	m <b>23.9</b>   nm <b>24.9</b>
Chicken breast schnitzel with chips, salad and your choice of sauce from the menu	m <b>21.9</b>   nm <b>22.9</b>
BJ's Angus beef burger on a toasted Brioche bun with caramelized red onion jam, lettuce, tomato, cheese and pickled cucumber with chipotle mayonnaise and chips	m <b>21.9</b>   nm <b>23.9</b>
Traditional Caesar salad with cos lettuce, crisp bacon lardons, garlic baked croutons, free range egg, with Parmesan crackle and dressing (v)	m <b>18</b>   nm <b>19</b>
Add Kuro Prawns (2) \$7   Chicken \$7   Salt and Peppered Squid \$6	
Asian style salad with cured Atlantic salmon gravellax, mixed lettuce leaves, tomatoes, cucumber, snow pea sprouts, crushed nuts, crisp shallots and nam jim dressing (gf)	m <b>24.9</b>   nm <b>25.9</b>

## Grilled

300gram Yearling Rump steak with salad and chips or vegetables and mashed potato, with your choice of sauce from the menu (gf)	m <b>27.9</b>   nm <b>29.9</b>
Chargrilled 300gram grain fed Rib Fillet with creamed potato and leek, baby carrots and greens with red wine jus and Bearnaise sauce (gf)	m <b>31.9</b>   nm <b>33.9</b>
Add Kuro Prawns (2) \$7   Salt & Pepper Squid \$6	
Portuguese marinated grilled chicken breast, bashed avocado and butter beans, phat boy chips, Tarragon butter sauce (gf)	m <b>25.9</b>   nm <b>27.9</b>

## Sides

Bowl of chips with citrus aioli or gravy (v)	<b>8</b>
Garden salad with Saigon dressing (v)(gf)	<b>6</b>
Paris mashed potatoes (v)	<b>6</b>
Steamed buttered greens (v)(gf)	<b>6</b>

## Sauces

Mushroom, Pepper, Dianne, Red Wine Jus, Tarragon butter, Garlic cream	add extra sauce <b>2</b>
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## Dessert

House made iconic sticky date pudding with butterscotch sauce, vanilla bean ice-cream and fig pearls	m <b>7</b>   nm <b>8</b>
Gluten free strawberry cheese cake with a fresh berry compote and Chantilly cream (gf)	m <b>8</b>   nm <b>9</b>
Blood orange and vanilla panna cotta with almond praline and toasted biscotti	m <b>6</b>   nm <b>7</b>

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

ONE ACCOUNT PER TABLE | m - Members / nm - Non Members

LUNCH @  
BJ's Restaurant  
Monday - Sunday  
with a member's card

**\$10 MEALS**

Creamy Seafood Vol Au Vent with grana Parmesan cheese, soft herb salad

Penne pasta Bolognese, ground Black Angus Beef in a rich Napoli sauce, Mozzarella and shaved Parmesan cheese

Salt and pepper squid with chips, salad and tartare sauce

**\$13 MEALS**

Crispy battered Flathead with chips, salad and Tartare sauce

Chicken breast schnitzel with chips, salad and your choice of sauce from the menu

**\$15 MEALS**

Pan fried Fish of the Day with chips, salad and lemon butter sauce (gfo)

200 Grm Chargrilled Yearling Rump steak with chips, salad and your choice of sauce from the menu (gf)

Add Kuro prawns (2) 7

Chicken Parmigiana with shaved leg ham, Napoli sauce, grilled Mozzarella and Parmesan cheese blend, served with chips and salad

Seafood basket with battered fish, crumbed prawn cutlets, scallop and calamari rings, served with chips, salad and Tartare sauce

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

ONE ACCOUNT PER TABLE

# 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