

ASIAN FLAVOURS
AUSSIE CLASSICS
EST. 2014

SEALS

Bistro

GREAT FOOD
GOOD COMPANY
MAROUBRA

STARTERS

	MEMBERS	NON-MEMBERS
Garlic Bread	\$9.50	\$10.50
Cheesy Garlic Bread	\$12.00	\$14.00
Sweet Potato Wedges	\$14.00	\$16.00
Classic Potato Wedges	\$13.00	\$15.00
Steamed / Fried Dimsims	\$14.00	\$16.00
Vegetarian Spring Rolls	\$12.00	\$14.00
Peking Duck Spring Rolls	\$14.00	\$16.00

CLASSICS

	MEMBERS	NON-MEMBERS
Chicken Schnitzel	\$23.90	\$26.60
Chicken Parmigiana	\$25.90	\$28.90
Creamy Garlic Prawns (I) (GF Option)	\$23.90	\$26.90
Spaghetti Bolognese	\$21.90	\$24.90
Penne Carbonara	\$22.90	\$25.90
Creamy Chicken Carbonara	\$27.90	\$31.90
Chicken and Corn Soup (GF Option)	\$12.50	\$14.50
Pumpkin Soup (GF Option)	\$12.50	\$14.50

FROM THE PADDOCK

STEAKS

	MEMBERS	NON-MEMBERS
T-Bone Rump Sirloin (GF)	\$33.50	\$36.50
Surf and Turf (I) (GF Option)	\$36.90	\$39.90
Crumbed Lamb Cutlets	\$32.90	\$35.90
Veal Schnitzel	\$26.90	\$29.90
Veal Parmigiana	\$28.90	\$31.90
Lamb Souvlaki (GF Option)	\$26.90	\$29.90
Grilled Chicken Breast with King Prawns & Bernaise Sauce (GF Option)	\$25.90	\$28.90

ALL DISHES INCLUDE
Chips and salad OR vegetables
Mosh potato is available as an add on for \$3.50.

SEAFOOD

GRILLED

	MEMBERS	NON-MEMBERS
Barramundi Fillet (I) (GF Option)	\$27.90	\$30.90
Barramundi Seafood Supreme (I) (GF Option)	\$32.90	\$35.90
John Dory (I) (GF Option)	\$31.90	\$34.90
Atlantic Salmon (A) (GF Option)	\$32.90	\$35.90
Fish with Creamy Garlic Prawns (I) (GF Option)	\$23.90	\$26.90
Fish (I) (GF Option)	\$21.50	\$24.50

FRIED

Fish and Chips (I)	\$21.50	\$24.50
Calamari (I)	\$21.50	\$24.50
King Prawn Cutlets (I)	\$24.90	\$27.90
Seafood Basket (I)	\$21.90	\$24.90
Salt and Pepper Squid (I)	\$23.90	\$26.90

BURGERS & SALADS

	MEMBERS	NON-MEMBERS
Burger with the Lot	\$22.00	\$25.00
Cheeseburger	\$17.90	\$19.90
Grilled Chicken Burger	\$22.00	\$25.00
Chicken Caesar Salad (GF Option)	\$22.90	\$25.00
Thai Salad (GF Option)		
Chicken	\$21.90	\$24.90
Beef	\$21.90	\$24.90
King Prawns (I)	\$26.90	\$29.90
Greek Salad (GF Option)	\$17.90	\$20.90
Add chicken +\$5.00		

KIDS MENU

ALL \$12.50 / \$14.50
(includes fries ice cream)

Calamari and Chips (I)	\$12.50	\$14.50
Fish and Chips (I)	\$12.50	\$14.50
Spaghetti Bolognese	\$12.50	\$14.50
Chicken Strips	\$12.50	\$14.50

SIDES

Chips (Small)	\$5.00
Chips (Large)	\$9.50
Side Salad (GF Option)	\$5.00
Steamed Vegetables (GF Option)	\$5.00

SEAFOOD ORIGIN: (A) AUSTRALIAN (I) IMPORTED (M) MIXED ORIGIN | CHANGES TO INCLUDED SIDES MAY INCUR EXTRA CHARGE.

MASH POTATO IS AVAILABLE AS AN ADD ON AT EXTRA COST. | INFORM STAFF OF ANY DIETARY REQUIREMENTS AS NO CHANGES CAN BE MADE ONCE ORDER IS PLACED.

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ASIAN TEMPTATIONS

MEMBERS | NON-MEMBERS

Sweet and Sour Pork	\$23.90		\$26.90
Lemon Chicken	\$23.90		\$26.90
San Choy Bow (GF OPTION)	\$24.90		\$27.90
Honey Chicken	\$23.90		\$26.90
Honey Sesame King Prawns (I)	\$28.90		\$31.90
Chicken & Prawn Laksa (I)	\$25.90		\$28.90
Stir Fry Vegetables (GF OPTION)	\$23.90		\$26.90
Stir Fry Black Pepper Beef	\$28.90		\$31.90
Spicy Chicken and King Prawns with Cashew	\$28.90		\$31.90

Salt and Pepper Chicken	\$24.90		\$27.90
Salt and Pepper Soft Shell Crab (I)	\$27.90		\$30.90
Salt and Pepper Pork Chops	\$27.90		\$30.90
Salt and Pepper King Prawns (I)	\$28.90		\$31.90

SIDES

MEMBERS | NON-MEMBERS

Fried Rice	\$18.90		\$21.90
Special Fried Rice (GF OPTION)	\$21.90		\$24.90
Vegetarian Fried Rice (GF OPTION, EGG INCLUDED)	\$19.90		\$22.90

STIRFRY MENU

STEP 1: PICK YOUR PROTEIN

MEMBERS | NON-MEMBERS

Chicken	\$23.90		\$26.90
Beef	\$24.90		\$27.90
King Prawns (I)	\$28.90		\$31.90
Combination	\$29.90		\$32.90

STEP 2: PICK YOUR SAUCE / STYLE

Curry (GF OPTION)
Satay (GF OPTION)
Chow Mein (GF OPTION)
Spicy Stirfry with Cashews
Asian Omelette (GF OPTION)

SIZZLING PLATES

MEMBERS | NON-MEMBERS

Mongolian Lamb	\$34.90		\$37.90
Mongolian Beef / Chicken	\$31.00		\$34.00
Beef with Black Bean Sauce	\$31.00		\$34.00
Garlic Butter Chicken/Prawns (I) (GF OPTION)	\$31.00		\$34.00
Seafood Combination (I) (GF OPTION)	\$31.00		\$34.00
Chilli Pepper Prawns (I) (GF OPTION)	\$31.00		\$34.00
Ginger Fish and Prawns (I) with Asian Shallots (GF OPTION)	\$31.00		\$34.00

EXTRAS

Boiled Rice	\$2.80
Small Fried Rice	\$3.80
Fresh Chilli	\$1.00
Prawn Crackers	\$5.50
Tofu	\$3.80

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