SPORTIES **RESTAURANT - CAFE**

MARCH MONTHLY

VEGAN GLUTEN-FREE VEGETARIAN

M - MEMBERS PRICE | V - VISITORS PRICE

\$17 VISITORS \$14 MEMBERS

- MONDAY ··· Potato Gnocchi With Creamy Pesto Sauce and Parmesan Cheese (V)
- TUESDAY ··· Spaghetti Bolognaise With Parmesan Cheese and Garlic Bread
- WEDNESDAY **Corned Beef** ... With Mashed Potatoes, Peas and Parsley Sauce (GF)
 - THURSDAY Japanese Chicken Katsu Curry • • • With Steamed Rice and Shredded Cabbage Salad
 - FRIDAY ··· Panko Crumbed Flathead With Chips & Salad, Tartare Sauce & Lemon
 - SATURDAY ... Minute Rump Steak With Chips, Salad and Gravy (GF)

Ballina

SUNDAY ... **Roast Of The Day | Members \$19 Visitors \$22**

with roasted vegetables, steamed vegetables,

gravy plus a dessert

trees and starters

Garlic Bread		\$8	\$9	
Cheesy Garlic Bread		\$9	\$10	
Small Chips	VVG	\$6	\$7	
GF on request				
Large Chips	VVG	\$10	\$13	
GF on request				
Vegetarian Spring Rolls (4)		\$18	\$21	

sweet chilli sauce

Coconut Crumbed Prawns

herb salad, shallots, tangy chilli and honey dipping sauce, fresh lime

Indonesian Style Chicken Wings

kecap manis, pickled cucumber, herb salad

Pumpkin Arancini Balls

VGGE \$20 \$23

\$20

\$20

\$23

\$23

vegan marinated feta, rocket, roasted walnuts, arrabbiata sauce



Classic Caesar Salad

\$18 \$21

cos lettuce, bacon, boiled egg, crispy totillas, house dressing, shaved parmesan | GF on request

Roasted Vegetable Salad **VVG** \$18 \$21

kale, mint, pickled onion, quinoa, walnuts, pepitas, house marinated feta, maple and dijon dressing

add: smoked chicken, salt and pepper prawns, marinated tofu

\$8







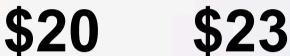


All Served With Chips | Gluten free bun \$3

\$20 \$23 **Beef and Bacon Burger** cheese, salad, dill pickles, burger sauce | GF on request **\$6 Double beef** \$23 **Thai Spiced Chicken Burger** \$20 coconut marinated char-grilled thigh fillet, lettuce, pickled cucumber, asian herbs, sweet chilli sauce | GF on request

_entil Burger





cheese, salad, dill pickles, aioli | VG & GF on request

\$20 \$23 **Beer Battered Snapper Burger**

salad, dill pickles, tartare sauce | GF on request



served with your choice of chips and salad or mash and vegetables

200g Grain Fed Rump	\$27	\$30
300g Grain Fed Sirloin	\$38	\$41
250g Grain Fed Eye Fillet	\$42	\$45

GF

C

\$10

Sauces: gravy, mushroom, peppercorn, diane, garlic cream gf

Garlic prawn topper



Sri Lankan Style Seafood C \$35 \$38 Curry

fish, prawns, mussels, squid, steamed rice, coconut sambal

Slow cooked Beef Short Rib \$33 \$36 G

rich red wine and tomato jus, mashed potatoes, sweet corn salsa, corn chips, sour cream

Asian Style Red Braised Pork

\$33 \$36

Belly

saffron rice, tempura broccolini, toasted cashews, sesame seeds, herb salad, kimchi

GF \$20 \$23 **Beef and Onion Sausages**

mashed potatoes, peas, gravy, tomato relish

\$36 **Char-Grilled Lamb Cutlets** \$33

cauliflower puree, tempura broccolini, candied carrots, red wine jus GF on request

add cutlet

\$10



Hot Smoked Salmon Linguine

\$30 \$27

shaved fennel, capers, spinach, garlic cream sauce, bottarga

V **Spinach and Ricotta Tortellini** \$26 \$29





Fish and Chips

\$22 \$25

beer battered local whiting fillets, chips, salad, tartare sauce, lemon

Panko Crumbed Calamari Rings (6) \$25 \$28

chips, salad, seafood sauce, lemon

Chicken Schnitzel

crumbed chicken breast, chips, salad, choice of sauce

\$21 **\$24**

Chicken Parmigiana

\$24 \$27

\$23

\$20

chicken schnitzel, house napoli sauce, ham, mozzarella cheese, salad, chips

V

Margherita

tomato, basil, passata, mozzarella cheese		
Pepperoni	\$21	\$24
spanish onion, pepperoni, passata, mozzarella cheese		
Hawaiian	\$21	\$24
leg ham, pineapple, passata, mozzarella cheese		
BBQ Chicken	\$22	\$25
smoked chicken breast, chorizo, baby spinach, olives, s bbq sauce, mozzarella cheese	spanish c	onion,
Plant-based Chicken and Mushroom Garden Goddess	\$23	\$26

house made basil pesto, plant-based chicken, oyster mushrooms, rocket, pinenuts, dairy-free mozzarella, marinated feta

gluten free add \$4





Small Chips	VVG	\$5
GF on request		
Chef's Salad	VVGGF	\$6
balsamic vinaigrette		
Steamed vegetables	V VG GF	\$6
Mashed potatoes	VGF	\$6
Steamed Rice	VVGGF	\$6





Chicken Nuggets \$10	\$11
chips, tomato sauce	
Battered Whiting Fillets \$10	\$11
chips, lemon	
Cheese burger \$10	\$11
chips	
Tomato LinguineImage: Market Action\$10	\$11
house napoli sauce, cheese	
Ham and Pineapple Pizza \$10	\$11
chips	
Beef and Onion Sausage 310	\$11
mashed potatoes, peas, gravy	

