



Served Daily from 11am

# Lunch Menu

## Light

|  |      |
|--|------|
| <b>Classic Toastie</b><br>w ham, cheese & tomato   | 7.5  |
| <b>B &amp; E</b><br>crispy bacon & egg roll (served with your choice of tomato or BBQ sauce) | 11.5 |

## Fresh Seafood

|   |    |
|---|----|
| <b>Fresh Prawns</b>   250g                                    | 18 |
| 500g  | 28 |
| <b>Fresh Seafood Plate</b><br>Prawns, oysters & smoked salmon | 26 |

## Meals

served w thick cut chips

|   |      |
|---|------|
| <b>Quarter Deck Trawler</b><br>2 prawn cutlets, 2 calamari, battered fish & chips | 19.9 |
| <b>Golden Fried Catch of the Day</b>  | 17.9 |
| <b>Grilled Catch of the Day</b>   | 17.9 |
| <b>Salt &amp; Pepper Calamari</b>   | 16.9 |

## Burgers & Wraps

|  |      |
|--|------|
| <b>The Chicken Burger</b><br>chicken schnitzel w aioli, lettuce & tomato on a toasted milk bun               | 13.9 |
| <b>The Beef Burger</b><br>American BBQ pulled beef, Asian slaw, onion, aioli on a toasted milk bun           | 13.9 |
| <b>The Haloumi Burger</b><br>Grilled Haloumi, slaw, rocket, mushrooms, aioli & chutney on a toasted milk bun | 13.9 |
| <b>Grilled Chicken Wrap</b><br>Grilled Chicken, Asian slaw & smoked chipotle in a healthy toasted wrap       | 13.9 |
| <b>Add   Thick cut chips 3.5   Cheese 2   Bacon Rash 3</b>   |      |

## Healthy Bowls

|  |      |
|--|------|
| <b>Strength</b><br>Moroccan spiced salmon, couscous, roasted pumpkin, cucumber, mint Yoghurt and pistachio dukkah (1,435 kj) | 17.9 |
| <b>The Julius</b><br>Garlic lemon chicken w cos, crunchy croutons, bacon bits, shaved parmesan & Caesar dressing             | 16.9 |
| <b>Clean &amp; Green</b><br>Roasted pumpkin, sweet potato, brown rice, quinoa, beetroot & rocket (1,148 kj)                  | 15.9 |

ADD - Tofu 3

## Kids Meals (under 12)

|  |     |
|--|-----|
| <b>Finding Nemo</b><br>Golden fried catch of the day w thick cut chips & dipping sauce | 9.9 |
| <b>Angry Birds</b><br>Chicken nuggets [5] w thick cut chips & dipping sauce            | 9.9 |
| <b>Squidward</b><br>Calamari [4] w thick cut chips & dipping sauce                     | 9.9 |

## Sides & Extras

|  |     |
|--|-----|
| <b>Salt &amp; Pepper White Bait</b><br>w lemon aioli | 9.5 |
| <b>Chicken Nuggets [5]</b>                           | 8.5 |
| <b>Prawn Cutlets [each]</b>                          | 3   |
| <b>Thick Cut Chips</b>                               |     |
| Small  | 5.5 |
| Large  | 8.5 |

## Coffee

|  |     |
|--|-----|
| Small Coffee                               | 3.9 |
| Large Coffee                               | 4.6 |
| Iced Coffee   Iced Chai                    | 6.5 |
| Iced Chocolate   Iced Tumeric              |     |
| Extra Shot   Decaf   Flavours              | 0.7 |
| Lactose Free Milk   Almond Milk   Oat Milk |     |

## Fresh Juice

|  |     |
|--|-----|
| Orange                                   | 8   |
| Merry Mango   Orange & Mango             | 8.5 |
| Suns Up   Apple, Pineapple, Passionfruit | 8.5 |
| Summer Lovin   Watermelon & Apple        | 8.5 |
| Clean Green   Celery & Apple             | 8.5 |

## Shakes & Bottles

|   | Reg | Kids |
|---|-----|------|
| <b>Milk Shakes</b>   Chocolate, Lime      | 6.5 | 5    |
| Caramel, Vanilla, Banana, Strawberry      |     |      |
| <b>Bottled Juice</b>   Orange, Pineapple, | 6.5 | 5    |
| Apple, Cranberry                          |     |      |

## Alcoholic Beverages

|                          |                  |
|--------------------------|------------------|
| Corona                   | 9                |
| Tooheys Extra Dry        | 8                |
| XXXX                     | 8                |
| Canadian Club & Dry      | 10               |
| Jim Beam & Coke (Bottle) | 10               |
| Telling Tales Wines      | g. 12<br>b. 49.8 |

Sparkling | Sauv Blanc | Pinot Grigio | Chardonnay | Moscato | Shiraz | Merlot