



Served Daily from 11am

# Lunch Menu

## Light

<b>Classic Toastie</b> w ham, cheese & tomato	7.5
<b>B &amp; E</b> 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> Prawns, oysters & smoked salmon	26

## Meals

served w thick cut chips

<b>Quarter Deck Trawler</b> 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> chicken schnitzel w aioli, lettuce & tomato on a toasted milk bun	13.9
<b>The Beef Burger</b> American BBQ pulled beef, Asian slaw, onion, aioli on a toasted milk bun	13.9
<b>The Haloumi Burger</b> Grilled Haloumi, slaw, rocket, mushrooms, aioli & chutney on a toasted milk bun	13.9
<b>Grilled Chicken Wrap</b> 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> Moroccan spiced salmon, couscous, roasted pumpkin, cucumber, mint Yoghurt and pistachio dukkah (1,435 kj)	17.9
<b>The Julius</b> Garlic lemon chicken w cos, crunchy croutons, bacon bits, shaved parmesan & Caesar dressing	16.9
<b>Clean &amp; Green</b> 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> Golden fried catch of the day w thick cut chips & dipping sauce	9.9
<b>Angry Birds</b> Chicken nuggets [5] w thick cut chips & dipping sauce	9.9
<b>Squidward</b> Calamari [4] w thick cut chips & dipping sauce	9.9

## Sides & Extras

<b>Salt &amp; Pepper White Bait</b> 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 b. 49.8

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