SPORTIES BISTRO

NUTRITIONAL GUIDE

- G — GLUTEN FREE
- G — GLUTEN FREE AVAILABLE
- N — NUT FREE
- N — NUT FREE AVAILABLE
- D — DAIRY FREE
- D — DAIRY FREE AVAILABLE
- VEG — VEGETARIAN
- VEG — VEGETARIAN AVAILABLE
- V — VEGAN
- V — VEGAN AVAILABLE



THE QR CODE EVEN WORKS WITH YOUR MEMBERSHIP!

YOU CAN ACCUMULATE & USE POINTS, AND STILL HAVE ACCESS TO THE WEEKLY MEMBER SPECIALS

CLICK THE PERSON ICON IN THE TOP RIGHT TO LOGIN

PLEASE NOTE - TO PAY BY POINTS YOU MUST HAVE ENOUGH POINTS TO FINALISE THE TRANSACTION (NO SPLIT-PAYMENTS)

STARTERS

BREAD ROLL (N) (D) — **0.8**

GARLIC HERB TURKISH BREAD (VEG) — **9.0**

CHEESY GARLIC HERB BREAD (VEG) — **10.0**
+ ADD Salami + 2.5

BRUSCHETTA (VEG) (D) — **14.0**
Prosciutto, tomato, red onion, basil, balsamic & ricotta

SALT & SZECHUAN PEPPER SQUID (N) — **14.0**
Served with Asian slaw & lime aioli

DAILY SPRING ROLLS (D) — **14.0**
Please check our daily specials board or ask your server

CHEF'S SOUP OF THE DAY (G) — **15.0**
Please check our daily specials board or ask your server

SALADS

CHEF'S DAILY SALAD (G) (N) (D) — **22.0**
Please check our daily specials board or ask your server

THAI BEEF SALAD (G) (D) — **24.0**
Beef pieces marinated in a sweet soy, chilli & lime dressing, vermicelli, nam jim, sesame seed & cashews

KIDS MEALS

Under 12 years – All kids meals include a FREE soft drink & jelly cup

MEMBERS KIDS EAT FREE EVERY FRIDAY IN THE BISTRO — **FREE**
2 Kids Meals per member*

CHICKEN NUGGETS (6) (N) — **10.0**
Served with chips & tomato sauce

CRUMBED FISH — **10.0**
Served with chips, tartare sauce & lemon wedge

ROAST OF THE DAY (G) (D) — **10.0**
Served with roasted potato, pumpkin & gravy

CARBONARA FETTUCCINE (N) — **10.0**
Bacon, mushroom & carbonara sauce with fettuccine

HALF MEALS

The following are served with your choice of 2 sides (chips, salad, mash, roast veg or steamed veg)

CHICKEN SCHNITZEL — **18.0**
Golden brown lightly crumbed chicken breast, served with your choice of 2 sides

BEER BATTERED HOKI (N) — **19.0**
Crispy battered hoki fillet, served with your choice of 2 sides, lemon wedge & tartare

CHICKEN PARMIGIANA — **21.0**
Golden brown chicken schnitzel topped with napoli sauce, smoked ham, shredded mozzarella, served with your choice of 2 sides

BOURBON PARMIGIANA — **22.0**
Golden brown chicken schnitzel topped with bourbon BBQ sauce, roasted red peppers, smoked ham and mozzarella. Served with your choice of 2 sides
+ ADD Onion Rings Topper + $4

The following are served as is with no substitution of sides...

ROAST OF THE DAY (G) (N) (D) — **18.0**
Served with roasted & steamed vegetables, finished with gravy & accompanying condiments. Please check daily special board

USA STICKY BBQ PORK RIBS (G) (N) (D) — **27.0**
Served with seasoned chips & crispy salad

WORCESTERSHIRE RISSOLES (G) (N) (D) — **18.0**
Pepper and Worcestershire flavoured beef rissoles, served with creamy mash, seasonal vegetables & gravy

CREAMY TOMATO RIGATONI (VEG) (V) (N) — **15.0**
Onion, garlic, chopped tomatoes, cream, basil pesto with rigatoni, topped with parmesan.
+ ADD Chicken + $4.5

DESSERTS

STICKY DATE PUDDING — **9.0**
With butter scotch sauce, vanilla ice cream, whipped cream & mixed berries

MINI PAVLOVA (G) — **7.5**
With seasonal fruits, drizzled passionfruit pulp, cream, and chocolate shards

CREAMY DARK CHOC MOUSSE (G) — **7.5**
With chantilly cream and chocolate shavings

FRUIT SALAD (G) (N) (V) (VEG) (D) — **6.5**

DAILY CHEESECAKE — **8.0**
Check specials board for daily flavour. Served with chantilly cream, fresh berries, & chocolate shards

LEMON MERINGUE — **9.0**
With cream and fresh berries

MAINS

The following are served with your choice of 2 sides (chips, salad, mash, roast veg or steamed veg)

CHICKEN SCHNITZEL 25.0
Lightly crumbed chicken breast cooked to golden brown

CHICKEN PARMIGIANA 29.5
Golden brown chicken schnitzel topped with napoli sauce, smoked ham & mozzarella

BOURBON PARMIGIANA 31.5
Golden brown chicken schnitzel topped with bourbon BBQ sauce, red peppers, smoked ham and mozzarella.
+ ADD Onion Rings Topper + 4.0

MEXICAN PARMIGIANA 31.5
Golden brown chicken schnitzel topped with salsa, sour cream, guacamole, jalapenos, cheese & corn chips.

BEER BATTERED HOKI FILLET (N) 29.0
Crispy battered hoki fillet served with your choice of 2 sides, lemon & tartare

The following are served as is with no substitution of sides...

WORCESTERSHIRE RISSOLES (G)(N)(D) 28.0
Pepper and Worcestershire flavoured beef rissoles, served with creamy mash, seasonal vegetables & gravy

ROAST OF THE DAY (G)(N) 28.0
Served with roasted & steamed vegetables, finished with gravy & accompanying condiments. Please check daily special board

USA STICKY BBQ PORK RIBS (G)(N)(D) 40.0
Served with seasoned chips & crispy salad

CHICKEN SCALLOPINI (G)(N) 30.0
Grilled chicken breast served with potato & herb gratin, steamed seasonal vegetables & mushroom compote

CREAMY TOMATO RIGATONI (VEG)(V)(N) 22.0
Onion, garlic, chopped tomatoes, cream, basil pesto with rigatoni, topped with parmesan.
+ ADD Chicken + 4.50

CARBONARA FETTUCCINE (N) 26.0
Bacon, mushroom & carbonara sauce with fettuccine
+ ADD Chicken + 4.50

LINGUINE PRAWN PASTA (N) 29.0
Garlic prawns cooked in white wine and garlic cream with linguine pasta & parmesan, served with garlic toast

SPRING SPECIAL

MEDITERRANEAN LAMB CUTLET PLATTER 38.0
Tender grilled lamb cutlets (3), served with toasted pita bread, fresh Greek Horiatiki salad, creamy hummus, and a side of tangy Greek yoghurt.

NOT APPLICABLE WITH MEMBER SPECIALS

Chef SELECT

Let our talented chefs take centre stage! Experience daily evolving descriptions, uncovering fresh flavours and delightful culinary adventures.
Please note that alterations or substitutions are not permitted.
Explore the special board for nightly combinations.

ANGUS EYE FILLET 49.0
250g Y.G. grass fed grain finish

CURRY PLATTER 31.0
Two of our authentic curry dishes paired together with baked rice, pappadum & naan bread

PORK 36.0
Description & allergens changed daily

FISH 37.0
Description & allergens changed daily

LOBSTER REEF & BEEF 65.0
350g Y.G. grass fed grain finish porterhouse topped with a southern rock lobster tail, choice of sauce from the grill sauces, served with chips & salad.

CHEF SELECT NOT APPLICABLE WITH MEMBER SPECIALS

THE GRILL

Choice of 2 sides and 1 sauce.

RUMP (G)(D) 34.0
300g Y.G. grass fed grain finish

SCOTCH FILLET (G)(D) 43.0
300g Y.G. grass fed grain finish

T-BONE (G)(D) 37.0
350g Y.G. grass fed grain finish

PORTERHOUSE (G)(D) 40.0
350g Y.G. grass fed grain finish

SIDES

Seasoned chips
Crispy salad
Roast vegetables
Mash potato
Seasonal steamed vegetables

SAUCES

Creamy Mushroom (G)
Diane (G)(D)
Gravy (G)(D)
Garlic & Pepper Butter (G)
Red Peppercorn Sauce (G)
Bearnaise (G)(N)

TOPPERS

CREAMY SEAFOOD MARINARA (G) 9.0
ONION RINGS (N) 4.5
FRIED EGGS (2) (G)(N)(D) 3.5
GARLIC PRAWN SKEWERS (2) (G)(N)(D) 8.5
PANKO CALAMARI RINGS (3) (N) 8.5

Members Specials

MONDAY MEMBERS POINTS

250 ADVANTAGE REWARDS POINTS PER HALF MEAL
500 ADVANTAGE REWARDS POINTS PER FULL MEAL

CHEW ~~TUE~~SDAYS

$10 OFF

ANY MAIN BISTRO PURCHASE
---- OR $5 OFF ANY HALF MEAL -----

WEDNESDAY STEAK night

THURSDAY 18 DOLLAR CURRY

A SPECIAL CURRY MENU

FREEDOM FRIDAY

KIDS EAT FREE

SATURDAY

$3 TOPPER!

COMPLIMENT ANY MEAL WITH $3 TOPPERS

SUNDAY THREE COURSE CARVERY

SOUP, BUFFET & DESSERT

$32

PROMOTIONS ARE FOR THE BENEFIT OF MEMBERS ONLY, CONDITIONS APPLY.