# GLUTEN FREE MENU

# FRONT + CENTRE

### **STARTERS**

RUSTIC GARLIC BREAD (V)	\$9
DUO OF DIPS (V) Marinated olives + warm ciabatta bread	\$13
THAI VEGETABLE SPRING ROLLS (V)(VG) Sweet chilli sauce	\$12
PORTARLINGTON MUSSELS Chilli, garlic, tomato, white wine + warm ciabatta bread	\$18
KARAAGE FRIED CHICKEN Sriracha kewpie mayo	\$14

### **MAINS**

Choose a side - salad + chips or mash + steamed vegetables Choose a sauce - creamy mushroom, peppercorn, red wine jus, gravy, garlic butter  TWICE COOKED PORK BELLY Spring onion mash, brussel sprouts, bacon + cider gravy  CHICKEN BREAST Gruyere + prosciutto, buttered green beans, chats + port jus  MUSHROOM + HALOUMI BURGER (V)(VGO)  Swiss flat mushroom, haloumi, lettuce, tomato, caramelised onion, pesto mayo + chips  EGGPLANT PARMIGIANA (V)(VGO) Rocket, tomato, onion + radish salad + roast chats  MUSHROOM + PINE NUT RISOTTO (V)(VGO)  Mixed mushrooms, pine nuts, rocket, fetta, truffle oil + parmesan. Add Chicken \$6 Add Prawns \$8  CREAMY GARLIC PRAWN FETTUCINE Cherry tomato, red onion, chives + parmesan  CHICKEN CAESAR SALAD  Cos, bacon, croutons, parmesan cheese, anchovies + poached egg. Add Prawns \$8  AUTUMN SUPER SALAD (V)(VGO)  Sweet potato, spinach, almonds, seeds, haloumi + sherry vinegar dressing.  Add Chicken \$6 Add Prawns \$8	
CHICKEN BREAST Gruyere + prosciutto, buttered green beans, chats + port jus  MUSHROOM + HALOUMI BURGER (V)(VGO)  Swiss flat mushroom, haloumi, lettuce, tomato, caramelised onion, pesto mayo + chips  EGGPLANT PARMIGIANA (V)(VGO) Rocket, tomato, onion + radish salad + roast chats  MUSHROOM + PINE NUT RISOTTO (V)(VGO)  Mixed mushrooms, pine nuts, rocket, fetta, truffle oil + parmesan. Add Chicken \$6 Add Prawns \$8  CREAMY GARLIC PRAWN FETTUCINE Cherry tomato, red onion, chives + parmesan  CHICKEN CAESAR SALAD  Cos, bacon, croutons, parmesan cheese, anchovies + poached egg. Add Prawns \$8  AUTUMN SUPER SALAD (V)(VGO)  Sweet potato, spinach, almonds, seeds, haloumi + sherry vinegar dressing.  Add Chicken \$6 Add Prawns \$8	\$39
MUSHROOM + HALOUMI BURGER (V)(VGO) Swiss flat mushroom, haloumi, lettuce, tomato, caramelised onion, pesto mayo + chips  EGGPLANT PARMIGIANA (V)(VGO) Rocket, tomato, onion + radish salad + roast chats  MUSHROOM + PINE NUT RISOTTO (V)(VGO)  Mixed mushrooms, pine nuts, rocket, fetta, truffle oil + parmesan. Add Chicken \$6 Add Prawns \$8  CREAMY GARLIC PRAWN FETTUCINE Cherry tomato, red onion, chives + parmesan  CHICKEN CAESAR SALAD  Cos, bacon, croutons, parmesan cheese, anchovies + poached egg. Add Prawns \$8  AUTUMN SUPER SALAD (V)(VGO)  Sweet potato, spinach, almonds, seeds, haloumi + sherry vinegar dressing.  Add Chicken \$6 Add Prawns \$8	\$32
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CHICKEN CAESAR SALAD  Cos, bacon, croutons, parmesan cheese, anchovies + poached egg. Add Prawns \$8  AUTUMN SUPER SALAD (V)(VGO)  Sweet potato, spinach, almonds, seeds, haloumi + sherry vinegar dressing.  Add Chicken \$6 Add Prawns \$8	\$24
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Sweet potato, spinach, almonds, seeds, haloumi + sherry vinegar dressing.  Add Chicken \$6 Add Prawns \$8	\$20
	\$21
DEDCIANT LAMB CALAD	
PERSIAN LAMB SALAD  Rocket, pomegranate seeds, cherry tomato, pumpkin, fetta + sumac pomegranate dressing	\$21

Our chefs make every effort to identify ingredients that may cause allergic reactions for those with food allergies and intolerances. While we take care in preparing and cooking our meals to our customer's requirements, it is important to note that our kitchen is not an allergen free environment. Please inform our staff when placing your order if you have a food allergy or dietary requirement.

This is our gluten free menu. (V) Vegetarian (VGO) Vegan Option Available

All RSL Members\* receive a 10% discount on meals. \*Excluding community only members.

## **CLASSICS**

CHICKEN PARMIGIANA Salad + chips	\$26
CHICKEN SCHNITZEL Salad, chips + gravy	\$25
FISH + CHIPS Grilled barramundi, salad, chips + tartare sauce	\$29
BEEF BURGER Cheese, bacon, red onion, cos, pickles, special burger sauce + chips	\$23
LEMON PEPPER SQUID Asian noodle salad, chips + sweet chilli aioli	\$25
TULLY'S BUTCHERS BANGERS + MASH Irish pork sausages, mash, peas + red wine jus	\$24

### **SENIORS**

CHICKEN PARMIGIANA Salad + chips	\$17
CHICKEN SCHNITZEL Salad, chips + gravy	\$15
<b>CAESAR SALAD</b> Cos, bacon, croutons, parmesan cheese, anchovies + poached egg Add Chicken \$4 Add Prawns \$6	\$14
<b>CHAR GRILLED MINUTE STEAK</b> Choose a side - salad + chips or mash + steamed vegetables Choose a sauce - creamy mushroom, peppercorn, red wine jus, gravy, garlic butter	\$20
BEEF RISSOLES Mash, vegetables + onion gravy	\$16
TULLY'S BUTCHERS BANGERS + MASH Irish pork sausages, mash, peas + red wine jus	\$18
LAMBS FRY + BACON Mash, vegetables + onion gravy	\$14
MUSHROOM + PINE NUT RISOTTO (V)(VGO)  Mixed mushrooms, pine nuts, rocket, fetta, truffle oil + parmesan . Add Chicken \$4 Add Prawns \$6	\$15
TRADITIONAL BOLOGNESE Beef bolognese, penne pasta + parmesan cheese	\$13
*Only available to Seniors. Please present seniors card when ordering.	

#### **KIDS**

	<u>:</u>
CHEESEBURGER + Chips	\$12
PENNE BOLOGNESE + Parmesan cheese	\$12
CHICKEN SCHNITZEL Chips + salad	\$12
CHICKEN PARMIGIANA Chips + salad	\$12
CHICKEN TENDERLOINS  Mash + vegetables	\$12
VEGETABLE FRIED RICE	\$12

\*Only available for kids 12 and under. Includes an ice cream.

#### **SIDES**

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MASH POTATO	\$7
STEAMED VEGETABLES + Garlic Butter	\$7
HOUSE SALAD	\$7
BOWL OF CHIPS + Tomato Sauce	\$7

