

# SENIORS

## ENTREE

**SOUP OF THE DAY** ..... 3  
please see our daily specials

## MAIN

**ROAST OF THE DAY** (gfa) ..... 15  
served with roasted potato, pumpkin, carrot,  
broccolini, yorkshire pudding and gravy

**FISH & CHIPS** ..... 15  
grilled, battered or crumbed with chips,  
tartare, garden salad

**BAKED ATLANTIC  
SALMON FILLET** (gf) ..... 22  
cauliflower puree, salsa verde, parsnip chips

**MURRY VALLEY PORK CUTLET** (gf) ... 21  
maple glazed, green beans, spiced apple,  
mash potato

**CHICKEN BREAST** (gf) ..... 21  
pesto butter, parmesan chat potatoes, baby  
carrots, kalettes

**BRAISED BEEF GNOCCHI** ..... 22  
slow roasted beef ragu, kalamata olives,  
spanish onion, baby spinach, fresh chilli,  
grated parmesan

**AUSSIE PIZZA** (v) ..... 16  
vegemite butter, fresh sliced tomato, avocado,  
sea salt, mozzarella cheese

**NOURISH BOWL** (gf)(ve) ..... 15  
roasted sweet potato, carrots, spanish onion,  
chickpeas, quinoa, baby spinach, avocado,  
apple, grapes, cashew herb dip

Add squid. .... 6

Add chicken ..... 5

**CHICKEN OR BEEF SCHNITZEL** ..... 15  
with chips, garden salad and your choice  
of sauce

### Sauces

gravy, pepper, diane and mushroom

**Toppings** ..... 2  
parmigiana, Hawaiian

**250GM MSA SIRLOIN** ..... 23  
grilled to your liking, served with chips,  
salad and your choice of sauce

### Sauces

gravy, pepper, diane and mushroom

## DESSERT

**DESSERT OF THE DAY** ..... 3

### AVAILABLE LUNCH MONDAY - FRIDAY

(gf) gluten free (gfa) gluten free available (ve) vegan (v) vegetarian

Please alert wait staff to any allergies and/or intolerances. All of our (gf) dishes are made using gluten free ingredients, however some items are cooked in the deep fryer and may contain traces of gluten.